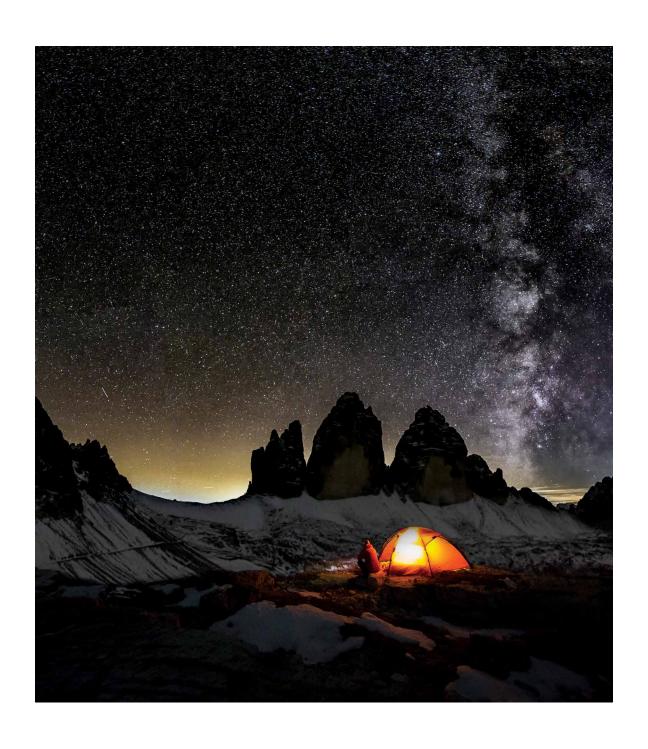
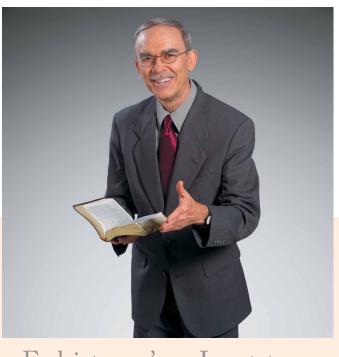
HISTORIC LANDINARKS

— OF ADVENTISM —





Editor's Letter

John J. Grosboll

Neglect of Health Reform and Delusions of Satan

The health reform, I was shown, is a part of the third angel's message and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God's people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work: one cannot do it for another." Testimonies, vol. 1, 486.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those

who are slaves to appetite will fail in perfecting Christian character." Ibid., vol. 3, 491, 492.

"God's purpose for His children is that they shall grow up to the full stature of men and women in Christ. In order to do this, they must use aright every power of mind, soul, and body. They cannot afford to waste any mental or physical strength.

"The question of how to preserve the health is one of primary importance. When we study this question in the fear of God we shall learn that it is best, for both our physical and our spiritual advancement, to observe simplicity in diet. ... Nature's laws are not to be resisted, but obeyed." Ibid., vol. 9, 153.

"The voice of Satan is so disguised that it is accepted as the voice of God." Ibid., vol. 5, 512.

"Do not forget that the most dangerous snares which Satan has prepared for the church will come through its own members who do not love God supremely or their neighbor as themselves." Ibid., 477.

"God has placed it in our power to obtain a knowledge of the laws of health. He has made it our duty to preserve our physical powers in the best possible condition, that we may render to Him acceptable service. Those who refuse to improve the light and knowledge that has been mercifully placed within their reach are rejecting one of the means which God has granted them to promote spiritual as well as physical life. They are placing themselves where they will be exposed to the delusions of Satan." Ibid., 193.

Features

LANDMARKS

Staff

Editor John J. Grosboll

Graphic Designer Martin Bernar

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Publisher

Steps to Life, Inc.
P. O. Box 782828
Wichita, KS 67278
tel 316.788.5559
fax 316.788.6900
e-mail: historic@stepstolife.org
web: www.stepstolife.org

LandMarks is a magazine of Steps to Life, a ministry established in 1988 by Seventh-day Adventists. It is dedicated to the publication of the historic doctrines held by God's true people in all ages. Its special emphasis is to present truth (II Peter 1:12)—those historic doctrines espoused by Seventh-day Adventist pioneers in the nineteenth century. Its purpose is to help all of God's remnant people to press together in unity, holding high the banner on which is inscribed the commandments of God and the faith of Jesus. Because the powers of darkness have attempted to take control of God's last-day people through infiltration and false signs and teaching which if possible would deceive the very elect, this magazine is intended to help those believers who are contending with professed brethren over the faith once delivered to the saints. Many historic believers have established home churches where they can bring new interests and converts to hear the Three Angels' Messages instead of the New Theology. This magazine is designed to help them to defend the faith and to expose the flood of false doctrine by which the truth is being assailed in these last days.

It is the goal of *LandMarks*' editors to present articles based on truth from the Bible and the Spirit of Prophecy. Viewpoints of writers and/or contributors expressed outside of articles printed in this publication are not necessarily the views of this magazine's editors and are not endorsed by Steps to Life Ministries.

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Conditions to Meet

By John J. Grosboll

Because the early church consisted of people who were all of one heart, the Holy Spirit was poured out and thousands were converted in a day. That power is lacking today yet we are told that it will happen again and with even greater power than before. So, why has this not happened already?

There are conditions to receiving the Holy Spirit empowered thereby.

Only those who meet those conditions will receive it. At that time the church will be united and move forward as one unit to finish God's work.

In Acts 2:1 we are told: "When the Day of Pentecost had fully come, they were all with one accord in one place." Then we read in Acts 2:42: "... they continued steadfastly in the apostle's doctrine and fellowship, in the breaking of bread, and in prayers." Verse 44: "Now all who believed were together, and had all things in common." Verses 46 and 47: "So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved." Acts 4:32: "Now the multitude of those who believed were of one heart and one soul"

These verses describe the attitude of the early Christians towards each other. Let's look at some of the conditions that must be met to enable God's faithful ones to be "with one accord."

Obedience

In Acts 5:31 the apostles proclaimed the exaltation of Christ by saying, "Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins." But notice the very next verse: "And we are His witnesses to these things, and so also is the Holy Spirit whom God has given to them who obey Him" (verse 32).

Obedience to the word of God is a condition of receiving the Holy Spirit. Jesus Himself said in John 14:15, 16, "If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever."

John 14:17 says, "The Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you." It was not just that the Holy Spirit was with them. The Holy Spirit was in them. When that happens, the power of God is revealed through that person and can speak through human agents.

In *Testimonies*, vol. 6, 140, Ellen White wrote, "Obedience to every word of God is another condition of success." If we are not obedient, we are not going to have the Holy Spirit in us. That does not mean the Holy Spirit will not be pleading with us. It is one thing to have the Holy Spirit pleading with you, and it is another

We have no idea what this might be, but we can be sure that it will surprise the greatest powers of earth. However, in order for Christ to conduct the battle on behalf of His people, there has to be obedience. That was the lesson Christ sought to teach the vast armies of Israel. It was a hard lesson for them to learn.

The first king of Israel, Saul, did learn the lesson but too late to save himself. Saul's disobedience to a direct command provoked a stern rebuke from Samuel. "Then Samuel said: 'Has the LORD as great delight

"When the Day of Pentecost had fully come, they were all with one accord in one place." Acts 2:1

thing to have the Holy Spirit inside and speaking through you.

The statement continues, "Victories are not gained by ceremonies or display, but by simple obedience to the highest General, the Lord God of heaven. He who trusts in this Leader will never know defeat. Defeat comes in depending on human methods, human inventions, and placing the divine secondary. Obedience was the lesson that the Captain of the Lord's host sought to teach the vast armies of Israelobedience in things in which they could see no success. When there is obedience to the voice of our Leader, Christ will conduct His battles in ways that will surprise the greatest powers of earth." Ibid.

When there is obedience, Christ will conduct His battle—the battle between righteousness and evil that is going on all over the world.

in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to heed than the fat of rams. For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because you have rejected the word of the LORD, He also has rejected you from being king' "(I Samuel 15:22).

Deliberate disobedience is called rebellion. No one in rebellion to the truths they know will receive the Holy Spirit unless and until they come into harmony with the will of the Lord.

Being obedient to God often brings great trials to many people. Many have lost their jobs. Others have lost a spouse or become estranged from their parents or their children because of their choice to obey the Lord. Jesus recognized that obedience was difficult. In Matthew 10:32–34, He said, "Therefore whoever confesses Me before men, him I will

also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven. Do not think that I came to bring peace on earth. I did not come to bring peace but a sword. For I have come to 'set a man against his father'"

When two opinions clash there is controversy. The most difficult kind of persecution to endure is that which involves trouble in your own family.

We cannot receive the Holy Spirit unless we are obedient. Jesus said in verse 37, "He who loves father or mother more than Me is not worthy of Me. And he who loves son or church family than they are to their blood family. The Lord has made provision so that everyone in His church should be part of a transformed body. It is within this body of believers that they are strengthened in their spiritual journey.

"Christ has made provision that His church shall be a transformed body, illumined with the light of heaven, possessing the glory of Immanuel. It is His purpose that every Christian shall be surrounded with a spiritual atmosphere of light and peace." *Testimonies*, vol. 8, 19. If we are obedient and receive the Holy Spirit, we will have light and peace. It will be

"If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever." John 14:15, 16

daughter more than Me is not worthy of Me. And he who does not take up his cross and follow after Me is not worthy of Me."

While on this planet we have yet many trials to meet. "... We must through much tribulation enter the kingdom of God' "(Acts 14:22). "We are to find our strength just where the early disciples found their strength: 'These all continued with one accord in prayer and supplication.' 'And they were all filled with the Holy Ghost, and they spake the word of God with boldness. And the multitude of them that believed were of one heart and of one soul' (Acts 1:14; 4:31, 32)." Testimonies, vol. 6, 140.

Believers in the Christian church are more closely related to their

a joy to be part of this closely united spiritual family.

"For we are members of His body, of His flesh, and of His bones" (Ephesians 5:30). The church is the body of Christ. To be a member of His body means you are one with Him. "There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus" (Galatians 3:28).

When the Holy Spirit was poured out on the early church, all were motivated by the same spirit. (See Ephesians 4:4.)

This condition could not have been reached while the disciples of Jesus were striving for the highest place. They had to get over the idea of making themselves the center. Whenever

people strive for the highest position, conflict results. That was the situation the whole time Jesus was on earth. The disciples were in strife and contention over who was going to have the highest position and be the greatest. In Matthew 18 it is recorded that they boldly came to Jesus wondering who would be the greatest in the kingdom of heaven.

"Notice that it was after the disciples had come into perfect unity, when they were no longer striving for the highest place, that the Spirit was poured out. They were of one accord. All differences had been put away. And the testimony borne of them after the Spirit had been given is the same. Mark the word: "The multitude of them that believed were of one heart and of one soul' (Acts 4:32)." *Testimonies*, vol. 8, 20.

To the church in the future, Ellen White wrote, "The solemn, important hours intervening between us and the judgment are not to be employed in warfare with believers; this is Satan's work; he began it in heaven, and he has with unabated energy kept it up ever since his fall." *General Conference Daily Bulletin*, 1893, 168.

Warfare with fellow believers is one of the principle ways that we can lose the presence of the Holy Spirit and become separated from God. We then wonder why we have such spiritual darkness and trouble in the church. "God does not separate from His people, but His people separate themselves from God by their own course of action. And I know of no sins greater in the sight of God than those of cherishing jealousy and hatred toward brethren, and turning the weapons of warfare against them." Ibid.

There is no greater sin than jealousy and hatred and turning weapons of warfare against others in the church, or, in other words, infighting! People claim to be God's children but in reality, they are helping the devil. In the same *General Conference Daily Bulletin*, it says, "I point my brethren to Calvary. I ask you, What is the price of man? It is the only begotten Son of the infinite God. It is the price of all the heavenly treasures.

"Evil is ever warring against good. And since we know that the conflict with the prince of darkness is constant, and must be severe, let us be united in the warfare.

"Cease to war against those of your own faith. Let no one help Satan in his work." Ibid., 169.

Church history indicates that evidently that was a problem in 1893, in 1888, in 1901 and also in 1903. It was also a problem in the church in 1905, 1906, 1907 and in 1922. Many dates of more recent origin could be quoted for incidents I have seen myself.

Fighting each other and sending out evil reports against one another is also rampant among historic Adventists and has been for twenty-five years. Then people wonder why the power of God is missing from our midst!

Separate From Evil

To receive the Holy Spirit we must separate from evil. The Holy Spirit will not inhabit where evil exists. The apostles were of one accord, but they were not of one accord in sin. They were of one accord in righteousness. It is not enough to be in accord with our brethren if that accord is not based on righteousness.

"A passive piety will not answer for this time; let the passiveness be manifested where it is needed, in patience, kindness, and forbearance. But we must bear a decided message of warning to the world. The Prince of Peace thus proclaimed His work, 'I came not to send peace on earth, but a



Victories are not gained by ceremonies or display, but by simple obedience to the highest General, the Lord God of heaven.

sword' (Matthew 10:34). Evil must be assailed; falsehood and error must be made to appear in their true character; sin must be denounced; ..." Ibid. [Emphasis author's.]

When the apostles received the Holy Spirit, they denounced sin. Peter said, "The God of our fathers raised up Jesus whom you murdered by hanging on a tree" (Acts 5:30). With holy boldness Peter dealt with the issue. His rebuke was not taken lightly and the people were so angry with him that they beat him and wanted to kill him right then.

"Evil must be assailed; falsehood and error must be made to appear in their true character; sin must be denounced" My dear friends, there are many Christian churches today, where the pastors are afraid to renounce sin for fear that they will lose a large share of their members if certain sins are denounced so they remain quiet on those issues. To do this is at the peril of failing to receive the Holy Spirit.

Ellen White wrote, "Evil must be assailed; falsehood and error must be

made to appear in their true character; sin must be denounced; and the testimony of every believer in the truth *must be as one*. All your little differences which arouse the combative spirit among brethren, are devices of Satan to divert minds from the great and fearful issue before us." Ibid., 169. [Emphasis added.]

When the Holy Spirit was poured out in the early church it was poured out on people who were obedient. They were not afraid to denounce and condemn sin. They had opened their hearts and come into a spiritual condition to receive it, and the result was that the whole multitude of them that believed were of one heart and one soul.

We want to see that happen again. They were not just individual units, like we see in churches all over today. They were one, filled with the same spirit moving forward in a unified and harmonious way. "The Spirit of Christ made them one. This is the fruit of abiding in Christ. But if dissension, envy, jealousy, and strife are the fruit we bear, it is not possible

that we are abiding in Christ." Ibid. [Emphasis author's.]

James 3:16, 17 speaks of the same principle: "For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy."

The message coming from many different authors is that if we have envy or strife among us, we cannot receive the Holy Spirit. There are always going to be two groups. Ellen White addresses one group and then the other. To those who have never had the converting experience that comes from above but they are still in the church, she wrote, "If those who have

or female, but all are one in Christ Jesus. Paul said in Romans 12:5: "... so we, being many, are one body in Christ, and individually members of one another."

When the Holy Spirit was poured out, the disciples saw that the prophecies in the Old Testament about the Messiah had been literally fulfilled. They had a faith and assurance in what they read but had never understood before. They now understood that the divine teacher that they had been with was everything that He claimed to be.

When Jesus was here in the flesh, He appeared as a human being, and the great mass of mankind, even the disciples did not fully comprehend who He was.

There is no greater sin than jealousy and hatred and turning weapons of warfare against others in the church, or, in other words, infighting!

had great light have not corresponding faith and obedience, they soon become leavened with the prevailing apostasy; another spirit controls them." Ibid.

Notice, these people are not controlled by the Holy Spirit. "While they have been exalted to heaven in point of opportunities and privileges, they are in a worse condition than the most zealous advocates of error." Ibid.

That is an awful statement. God is in the business of bringing a people into spiritual harmony and unity so that they will be as one. Remember, Paul said in Galatians 3:28 that there is no bond or free, there is no male "They realized that although He was clothed with humanity, He was of divine origin." *The Review and Herald*, June 18, 1895. Then they expressed to the people with burning zeal what they now understood.

Notice how Peter expressed what he believed on the Day of Pentecost: "This Jesus God has raised up, of which we are all witnesses. Therefore being exalted to the right hand of God, and having received from the Father the promise of the Holy Spirit, He poured out this which you now see and hear ... 'Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you

crucified, both Lord and Christ.' Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, 'Men and brethren, what shall we do?' Then Peter said to them, 'Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call' " (Acts 2:32–39).

"And they continued steadfastly in the apostle's doctrine and fellowship, in the breaking of bread, and in prayers. Then fear came upon every soul, and many wonders and signs were done through the apostles. ... So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved" (verses 42–47).

"Now the multitude of those who believed were of one heart and one soul; neither did anyone say that any of the things he possessed was his own, but they had all things in common. And with great power the apostles gave witness of the resurrection of the Lord Jesus. And great grace was upon them all" (Acts 4:32).

On the night that He was crucified, Jesus said, "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father" (John 14:12). That prediction was fulfilled shortly after Pentecost. Not only did they do the works of Christ, they did those greater works through the power of the Holy Spirit. That same experience that happened after Pentecost is going to happen again with

greater power in the last days than it happened then.

"Before the final visitation of God's judgments upon the earth there will be, among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic times." *The Great Controversy*, 464.

If we are to have that experience again, we are going to have to get ready. The disciples had to get ready. Jesus founded a kingdom that was based on a principle that is far different from that on which all the kingdoms of this world are based. After His ascension the disciples began to recognize that they had to take this gospel message to the whole world. They knew they had to do something; so they began to go to each other and pray.

"After Christ's ascension, the disciples were gathered together in one place to make humble supplication to God. And after ten days of heart searching and self-examination, the way was prepared for the Holy Spirit to enter the cleansed, consecrated soul temples." *The Review and Herald*, June 10, 1902.

Like the disciples we also must be prepared for the Holy Spirit to enter us and fill us with light, and give us that same kind of power. Such preparation takes obedience and cooperation.

After the heart searching and self-examination, "Every heart was filled with the Spirit, as though God desired to show His people that it was His prerogative to bless them with the choicest of heaven's blessings. What was the result?—Thousands were converted in a day. The sword of the Spirit flashed right and left. Newly edged with power, it pierced even to the dividing asunder of soul and spirit, and of the joints and marrow. The idolatry that had been mingled



There are many Christian churches today, where the pastors are afraid to renounce sin for fear that they will lose a large share of their members.

with the worship of the people was overthrown. New territory was added to the kingdom of God. Places that had been barren and desolate sounded forth His praises. Believers, reconverted, born again, were a living power for God. A new song was put in their mouths, even praise to the Most High. Controlled by the Spirit, they saw Christ in their brethren. One interest prevailed. One subject of emulation swallowed up all others—to be like Christ, to do the works of Christ." Ibid.

Are we preparing day by day to have that experience again? "The mighty power of the Holy Spirit works an entire transformation in the character of the human agent, making him a new creature in Christ Jesus. When a man is filled with the Spirit, the more severely he is tested and tried, the more clearly he proves that he is a representative of Christ." Ibid.

"The peace that dwells in the soul is seen on the countenance. The words and actions express the love of the Saviour. There is no striving for the highest place. Self is renounced. The name of Jesus is written on all that is said and done." Ibid.

Remember, we will not be filled with the Spirit until we have made the necessary preparation. The Bible says that the people took knowledge of them that they had been with Jesus. To be a Christian means to be Christlike. How many people are there who are like Christ?

The real question I must ask myself if I want to be part of such a demonstration of primitive godliness that has not been seen in this world since the time of the apostles is, Is my character in harmony with my profession?

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

Pastor John J. Grosboll is Director of Steps to Life and pastors the Prairie Meadows Church of Free Seventh-day Adventists in Wichita, Kansas. He may be contacted by email at: historic@stepstolife.org, or by telephone at: 316-788-5559.

Refinement

A SILK PURSE FROM A SOW'S EAR

BY JOHN PEARSON

A ccording to Wiktionary ("a collaborative project to produce a free-content multilingual dictionary"), the expression "to make a silk purse from a sow's ear" means "to produce something refined, admirable, or valuable from something which is unrefined, unpleasant, or of little or no value" (https://en.wiktionary.org/wiki/make_a_silk_purse_of_a_sow%27s_ear).

Perhaps there is no better way to describe in the common vernacular the work of the Holy Spirit on the human heart.

Indeed, the Bible is replete with expressions of the miraculous transformation of something "of little or no value" into "something refined, admirable, or valuable." While we fallible humans might view someone steeped in sin as of little or no value, we should be thankful that the Lord knows the heart. Think of the woman taken in adultery, the woman at the well, or even Saul, one of the disciples' most ardent foes, who was transformed into Paul, one of Christ's most faithful disciples.

It is important to note that although this transformation is done as a free gift to mankind, one must participate in the effort on a personal level to ensure fitness to receive this gift.

On first examination, this gifting seems to be a bit of a paradox. In temporal life, quite often if someone chooses to present a gift to another, there need not necessarily be any action on the recipient's part to qualify. However, the plan of salvation is not a birthday party, and diligent effort is indeed required to be fit to receive the gift of salvation.

Without doubt, the promises of salvation are plentiful in God's word. They are plentiful and they are secure. But they are also conditional. Although God's love is unconditional—He loves the sinner to the same degree as He loves the saint—His promises are conditional. If we do not fulfill the conditions associated with a given promise, we cannot expect to benefit from that promise.

A favorite promise is the one found in Ezekiel 11:16–21: "Therefore say, "Thus says the Lord God: "Although I have cast them far off among the Gentiles, and although I have scattered them among the countries, yet I shall be a little sanctuary for them in the countries where they have gone."' Therefore say, 'Thus says the Lord God: "I will gather you from the peoples, assemble you from the countries where you have been scattered, and I will give you the land of Israel." "And they will go there, and they will take away all its detestable things and all its abominations from there. Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh, that they may walk in My statutes and keep

am hallowed in you before their eyes. For I will take you from among the nations, gather you out of all countries, and bring you into your own land. Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them. Then you shall dwell in the land that I gave to your fathers; you shall be My people,

In answer to our prayer, the Lord does not remove temptations from our pathway, but instead He gives us the power to resist those temptations.

My judgments and do them; and they shall be My people, and I will be their God. But as for those whose hearts follow the desire for their detestable things and their abominations, I will recompense their deeds on their own heads,' says the Lord God."'"

This promise of a new heart is repeated in Ezekiel 36:22–32: "Therefore say to the house of Israel, 'Thus says the Lord God: "I do not do this for your sake, O house of Israel, but for My holy name's sake, which you have profaned among the nations wherever you went. And I will sanctify My great name, which has been profaned among the nations, which you have profaned in their midst; and the nations shall know that I am the Lord," says the Lord God, "when I

and I will be your God. I will deliver you from all your uncleannesses. I will call for the grain and multiply it, and bring no famine upon you. And I will multiply the fruit of your trees and the increase of your fields, so that you need never again bear the reproach of famine among the nations. Then you will remember your evil ways and your deeds that were not good; and you will loathe yourselves in your own sight, for your iniquities and your abominations. Not for your sake do I do this," says the Lord God, "let it be known to you. Be ashamed and confounded for your own ways, O house of Israel!" ' "

Notice that in both of these passages there is a reason for this action on God's part.

In Ezekiel 11, it is only those who have separated themselves from detestable things and abominations who are recipients of one heart and a new spirit, the result being that they "walk in My statutes and keep My judgments and do them."

In Ezekiel 36, the basis of the promise is to uphold the honor of God's holy name, "which has been profaned among the nations." Although no specific action on the part of the recipients is stated, it is clear from verses 31 and 32 that the recipients of a "heart of flesh" had been cleansed from all their filthiness and from all their idols through cooperation with God as He did this miraculous work in them.

Remember that in Ezekiel 33:11, God had said, "Say to them: 'As I live,' says the Lord God, 'I have no

"Those who are living upon the earth when the intercession of Christ shall cease in the sanctuary above are to stand in the sight of a holy God without a mediator. Their robes must be spotless, their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort they must be conquerors in the battle with evil. While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God's people upon earth." The Great Controversy, 425. [Emphasis added.]

The obvious question here is, What "diligent effort" is required on each individual's part in the "putting away of sin"?

Just as Christ, by faith, resisted every effort on Satan's part to get Him to deny His faith, we are promised that same victory.

pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, O house of Israel?' "

Clearly, God could not fulfill His promises to Israel until they had met the conditions by turning from their evil ways. Failure to do so could only result in death.

The role that one must play in being fit to receive this wonderful free gift is made evident not only in Scripture, but also in the Spirit of Prophecy.

First, we must believe when we repeat David's prayer for a clean heart and a right spirit that God answers that prayer. We must use that "measure of faith" each has been given to grasp the promise that if we delight ourselves in the LORD, He shall give us the desires of our heart (Psalm 37:4). It should also be understood that our desires must be in accord with His plan of salvation. He certainly is not going to give Satan the desires of his wicked heart.

Then we must understand what our "diligent effort" is to include.

When God answers our prayer for a new heart and a right spirit, will we suddenly no longer be tempted by our besetting sin? Would that it were that easy! No. Unfortunately, Satan and his evil agents will continue to bring temptations before us.

Remember that Christ was tempted up until He took His last breath: "And those who passed by blasphemed Him, wagging their heads and saying, 'You who destroy the temple and build it in three days, save Yourself! If You are the Son of God, come down from the cross.' Likewise the chief priests also, mocking with the scribes and elders, said, 'He saved others; Himself He cannot save. If He is the King of Israel, let Him now come down from the cross, and we will believe Him'" (Matthew 27:39–42).

In answer to our prayer, the Lord does not remove temptations from our pathway, but instead He gives us the power to resist those temptations. Just as Christ, by faith, resisted every effort on Satan's part to get Him to deny His faith, we are promised that same victory "through Christ who strengthens me" (Philippians 4:13). Remember that God's people are characterized as "those who keep the commandments of God and the faith of Jesus" (Revelation 14:12).

Paul provided what is arguably one of the most encouraging promises in God's word when he wrote to the Corinthians, "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it" (I Corinthians 10:13).

That "way of escape" that God makes involves the exercise of faith in His promises and availing ourselves of the abundant grace He so freely and generously provides that enable us to resist the efforts of the enemy of souls to dissuade us from the path of truth and righteousness.

When the enemy comes in like a flood, we must have the presence of mind to call upon God, "who performs all things for me" (Psalm 57:2).

Isaiah expressed the same faith in God's protection and assistance in Isaiah 26:12: "LORD, You will establish peace for us, for You have also *done all our works in us.*" [Emphasis added.]

Even Jeremiah, often referred to as the prophet of doom or the weeping prophet, understood and wrote a powerful expression of God's work in our hearts: "They shall be My people, and I will be their God; then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them. And I will make an everlasting covenant with them, that I will not turn away from doing them good; but I will put My fear in their hearts so that they will not depart from Me" (Jeremiah 32:38–40).

Jesus also acknowledged the work that God does to enable us to bear fruit ripe for repentance: "Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit" (John 15:2).

Although this pruning process can be unpleasant and even painful, it is a necessary process in shaping one's character into the image of Christ. Then the transformation from sow's ear to silk purse will be complete.

One of the most encouraging (if indeed it is possible to rank the wonderful promises in God's word) is found in Philippians 1:6: "... being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ."



Remember that God's people are characterized as "those who keep the commandments of God and the faith of Jesus" (Revelation 14:12).

What a glorious day that will be when that small cloud appears in the east and the saints can say in unison, "Behold, this is our God; we have waited for Him, and He will save us. This is the LORD; we have waited for Him; we will be glad and rejoice in His salvation" (Isaiah 25:9).

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it" (I Thessalonians 5:23, 24).

"Therefore we also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power, that the name of our Lord Jesus Christ may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ" (2 Thessalonians I:II, 12).

"But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you" (I Peter 5:10).

"I thank my God always concerning you for the grace of God which was given to you by Christ Jesus, that you were enriched in everything by Him in all utterance and all knowledge, even as the testimony of Christ was confirmed in you, so that you come short in no gift, eagerly waiting for the revelation of our Lord Jesus Christ, who will also confirm you to the end, that you may be blameless in the day of our Lord Jesus Christ" (I Corinthians 1:4–8).

"Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen" (Jude 1:24, 25).

All quotes NKJV unless otherwise noted. LM

John Pearson is the office manager and a board member of Steps to Life. After retiring as chief financial officer for the Grand Canyon Association, Grand Canyon, Arizona, he moved to Wichita, Kansas, to join the Steps team. He may be contacted by email at: johnpearson@stepstolife.org.



GOD'S TELESCOPE AND MICROSCOPE

By Brenda Douay

"Your way, O God, is in the sanctuary; who is so great a God as our God?"

Psalm 77:13

"The subject of the sanctuary was the key which unlocked the mystery of the disappointment of 1844. It opened to view a complete system of truth, connected and harmonious."

The Great Controversy, 423

As we begin this study, there is a concept that we need to understand. That concept is this: the sanctuary, the third angel's message, the plan of redemption or new covenant, Christ the great center – all these terms refer to different facets of one great truth, the truth of God's divine, omnipotent plan to redeem fallen man, to restore in man His image.

Our beginning quote from Inspiration gives us several critical pieces of information that will be the focus of our study. It says that the subject of the sanctuary is a complete system of truth. If something is complete, nothing more is needed. Nothing can be added. Nothing can be taken away, and still have completeness. This inspired statement also says the subject of the sanctuary is connected. Spend some time pondering and trying to grasp the meaning of that word, and what God is trying to communicate to us through that word. And then, lastly, these sentences declare that the subject of the sanctuary is one of harmony - it is in agreement, accord, coherence, with itself.

This study begins in the book *Education* from the chapter entitled "Mental and Spiritual Culture," which begins on page 123, and is grand and beautiful in the significance of its words.

We need to have a context for the paragraphs we want to study, which we find in the first three sentences of the chapter. "For the mind and the soul, as well as for the body, it is God's law that strength is acquired by effort. It is exercise that develops. In harmony with this law, God has provided in His word the means for mental and spiritual development." We read here that in His holy word, we find the means for both the development of our mental faculties and for spiritual growth. Also stated is the

fact that this is gained only through effort. These sentences introduce the focus of the chapter – mental and spiritual development.

In the next few paragraphs this thought is expanded, broadened, deepened and explained. Then follows the paragraph on which we are going to focus. It says, "In its wide range of style and subjects the Bible has something to interest every mind and appeal to every heart. In its pages are found history the most ancient; biography the truest to life; principles of government for the control of the state, for the regulation of the household [marriage and family life]—principles that human wisdom has never equaled. It con-

The beauty, the grandeur, the depth, the breadth, the meaning in this paragraph gives food for a long period of prayerful thought and contemplation.

"The Bible contains all the principles necessary." That means every aspect of life, every subject. There is tremendous food for thought just in that phrase. The Bible is immeasurably superior in value to the productions of any human author.

Let's continue and we will read an astonishing and beautiful truth: "... but of infinitely wider scope, of infinitely greater value, are they when viewed in their relation to the grand central thought. Viewed in the light of this thought, every topic has a

The central theme of the Bible, the theme about which every other in the whole book clusters, is the redemption plan, the restoration in the human soul of the image of God.

tains philosophy the most profound, poetry the sweetest and the most sublime, the most impassioned and the most pathetic. Immeasurably superior in value to the productions of any human author are the Bible writings, even when thus considered; but of infinitely wider scope, of infinitely greater value, are they when viewed in their relation to the grand central thought. Viewed in the light of this thought, every topic has a new significance. In the most simply stated truths are involved principles that are as high as heaven and that compass eternity." Education, 125.

new significance. In the most simply stated truths are involved principles that are as high as heaven and that compass eternity."

Oh, my friends, we add to immeasurable, the word infinitely. Another word with no comparison. Nothing even comes close. The Bible, when considered and understood in relation to the grand central thought is of infinitely greater value. Why? Why is its relation to the grand central thought so important that God says in this light it has infinitely greater scope and value? This question also is answered in the paragraph itself. It is because "in the most simply stated truths are



In the most simply stated truths are involved principles that are as high as heaven and that compass eternity.

involved principles that are as high as heaven and that compass eternity."

Only through the understanding, acceptance and cooperation with this great central thought is salvation, life eternal, possible! Is it important to know what the grand central thought is? Yes. It is of vital, eternal consequence.

What is the grand central thought? Must human mind and wisdom define the grand central thought? No. Inspiration provides it in the very next paragraph. We read, "The central theme of the Bible, the theme about which every other in the whole book clusters, is the redemption plan, the restoration in the human soul of the image of God. From the first intimation of hope in the sentence pronounced in Eden to that last glorious promise of the Revelation, 'They shall see His face; and His name shall be in their foreheads' (Revelation 22:4), the burden of every book and every passage of the Bible is the unfolding of

this wondrous theme—man's uplifting—the power of God, 'which giveth us the victory through our Lord Jesus Christ' (I Corinthians 15:57)." *Education*, 125, 126.

"He who grasps this thought has before him an infinite field for study. He has the key that will unlock to him the whole treasure house of God's word." Ibid., 126.

What beauty, what grandeur we find in these few sentences. What food for thought is found therein. God tells us to believe something only on the testimony of two or more witnesses. On this subject there are not just two, or three, or four, but many witnesses. But for the sake of space we will briefly consider two more quotes beautiful in simplicity and clarity on this subject.

This first paragraph gives us a setting for the one we wish to study. "There is nothing more calculated to strengthen the intellect than the study of the Scriptures. No other book is so

potent to elevate the thoughts, to give vigor to the faculties, as the broad, ennobling truths of the Bible. If God's word were studied as it should be, men would have a breadth of mind, a nobility of character, and a stability of purpose rarely seen in these times." *Steps to Christ*, 90.

Here is the crucial thought: "But there is but little benefit derived from a hasty reading of the Scriptures. One may read the whole Bible through and yet fail to see its beauty or comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained." Ibid.

Did you comprehend that? If we do not study each passage until we understand its significance and its relation to the plan of salvation, we have gained no positive instruction. We may have gleaned wonderful knowledge and understanding for temporal benefit, but we have not gained positive instruction for eternity.

What subjects are covered in the Bible? History, biography, government, marriage and family, philosophy, poetry. In fact, Inspiration tells us, "The Bible contains all the principles that men need to understand in order to be fitted either for this life or for the life to come." *Education*, 123. There is no subject of life that is not covered in the Bible.

"The Sabbath school should be a place where the jewels of truth are searched for and rescued from their environment of error, and placed in their true setting in the framework of the gospel. ... Sacred and eternal principles connected with the plan of salvation have long been lost from sight, but they must be restored





In its wide range of style and subjects the Bible has something to interest every mind.

The Sabbath school should be a place where the jewels of truth are searched.

to their proper place in the plan of salvation, and made to appear in their heavenly light, and penetrate the moral darkness in which the world is enshrouded." *Counsels on Sabbath School Work*, 12, 13.

What are the jewels of truth spoken of here? They are simply the divine instructions for living a happy, peaceful, successful life. Sometimes we call them beliefs or doctrines. Again we find that these must be placed in the framework of the gospel—the plan of salvation—or they are in an environment of error.

Let us reason together now. Of what eternal value, in reality, is any belief that is disconnected from God's plan and desire for our salvation? God has an intensity of interest in healing the broken relationship with mankind that mortal mind cannot comprehend. We are told over and over again that this interest, this purpose is the central theme, the grand

central thought of the Bible. It is the theme of every passage, every book of the Bible. Dare we value any less, dare we place any less importance on this theme, this purpose, this goal than does the great God, the Creator, the Redeemer, the Sanctifier?

Let us remember what He says. The word of divinity is, "of infinitely wider scope, of infinitely greater value, are they when viewed in their relation to the grand central thought. Viewed in the light of this thought, every topic has a new significance. In the most simply stated truths are involved principles that are as high as heaven and that compass eternity."

I know that old habits and thought patterns are difficult to change. But, we claim to worship and have faith in the great Creator of the universe. Does He not have the power, the ability to help us? Pray. Ask Him for help. Tell Him you want to understand every jewel of truth,

every passage of His word and its significance and relation to His plan of salvation. Make a commitment, with faith in His promises, to study, to contemplate, to chew carefully and thoroughly, His great revelation to mankind. Commit that with the aid of His Holy Spirit that you will study His word as He has instructed. Study one passage at a time. Study for a depth of understanding that "infinitely" surpasses the "immeasurable" benefit of the scriptures gained through the Bible from a temporal viewpoint. Study for that eternal benefit, the benefit of the grand central thought—your redemption. LM

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

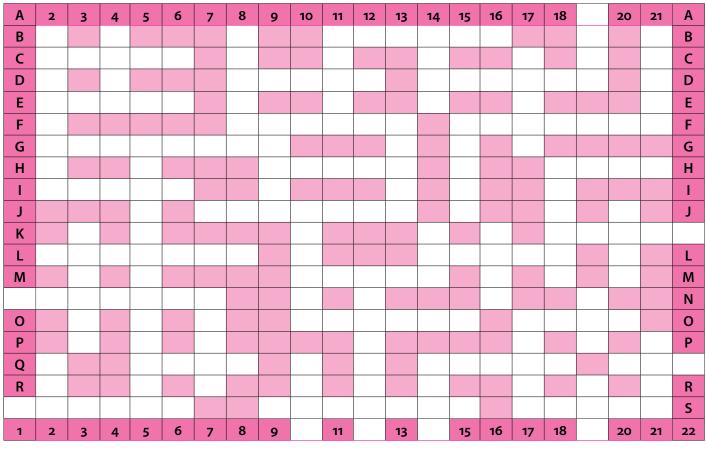
Brenda Douay is a staff member at Steps to Life. She may be contacted by email at: brendadouay@stepstolife.org.

Crossword

Ephesians

By Rob Hagar

21t1 033.		
B11	The Christian's "weapons" are compared to this soldier's garb	6:13
C2	It is a shame to do what of the sinful things the wicked do?	5:12
D8	Give no place in your life to what?	4:27
D14	This was slain by the cross	2:16
E2	The fifth commandment promises we will live long here	6:3
F8	Before becoming Christians the Ephesians were this from Israel	2:12
F15	What we do against principalities and powers	6:12
G2	We must not be deceived by false winds of this	4:14
H9	What must happen when we are spiritually asleep	5:14
H18	How many were given the gift of prophets and evangelists?	4:11
I2	We should be filled with the Spirit instead of this with wine	5:18
J7	The purposes of God are this	3:10, 11
K18	We must be truthful at all times and put this away	4:25
L2	What we must do with works of darkness	5:11
L14	Our God is this and through all and in all	4:6
M10	We must grow out of being influenced by how many winds?	4:14
N1	What did Christ give as an offering and sacrifice?	5:2
O10	In Christian warfare faith is our what?	6:16
O17	Do not let the sun go where when angry?	4:26
Q5	Spiritual gifts last " we all come in the unity of the faith"	4:13
Q14	Our faith should quench what kind of darts from Satan?	6:16
Q20	What Paul did with his knees before God the Father	3:14
S1	Our attitude should be to make this in our hearts to God	5:19
S9	God wants the character of His church (us) to not have this	5:27
S17	In Christian warfare the word of God is this	6:17
Down:		
A19	The church is Christ's	1:22, 23
B2	Jesus gave spiritual gifts when He did what on high?	4:8
B4	We should submit to one another in the of God	5:21
B8	This was corrupt with deceitful lusts (two words)	4:22
B11	What we must do when spiritually dead	5:14
B14	What children must do to their parents	6:1
B21	Every single one of us has been given this spiritual gift	4:7
C17	We need the armour of God to fight against this of the devil	6:11
F9	When a man loves a woman he will do this to his parents	5:31
F13	When a thief becomes a Christian he does this no more	4:28
F15	These must submit to their spouse	5:22
G5	This should be our attitude towards others	4:32



Answer key on page 26.

H18	We must not grieve the Holy Spirit so He can do this to us	4:30
J10	Another category that we Christians wrestle with	6:12
J20	How we should act towards others	4:32
K3	In Christian warfare our salvation is represented by this	6:17
K14	Paul wrote "This I" although it was written, not spoken	4:17
K16	What husbands must do to their wives	5:25
M12	Spiritual gifts are for doing this to the body of Christ	4:12
N7	These people do not walk circumspectly	5:15
N19	When husband and wife marry how many shall be one?	5:31
O17	Satan and wicked people throw these at Christians	6:16
P21	This is the only kind of communication we should have	4:29
Q2	Quantity of body of Christ, faith, God	4:4-6
Q10	Every one of these works together to build the body of Christ	4:16
Q14	What Jesus did to all things	4:10
R19	is rich in mercy and great love	2:4



THE BURNT COMPOSITION

By Ernest Lloyd

There! It is finished, Mamma! Will you read it over now, and see if it is correct?"

Mrs. Carter looked up from her sewing at her little girl's eager, flushed face, smiling at her earnestness.

"Let me see dear," she said, taking the papers in her own hand. "It looks very neat."

"There is not one blot or erasure," said Nettie; "if the spelling and grammar are right, I think my chance for a prize is as good as anyone's. Mr. Mason said he would give prizes for all the correct compositions, though the writing desk is for the best one in every way. I don't think I shall get that, Mamma. We all think Hattie Ross will have that, if she is only careful about her blots. She does write so beautifully; only she will blot and smear badly. I guess she will be neat this time, though. The desk is such a beauty, with a little silver plate for the name of the winner. If I can get one of the books for correct composition, I will be satisfied."

"I think you will get one, Nettie," said her mother, after carefully reading the composition. "This is correct, well expressed and very neat."

"Now, Mamma, will you tie it with the ribbons for me, and I will put it away."

The precious manuscript being tied nicely with crisp, dainty ribbons, Nettie put it carefully in her desk, with a long sigh of relief. It had been a very difficult task for the little twelve-year-old girl to complete a correct and neat composition. She was not fond of writing, had hard work to put her ideas into words, and found it quite as hard to keep her sheet clean. So it was quite a triumph when the work was really complete, entirely alone, and had been pronounced worthy of a place among the prize compositions.

The little girl was still in the room where she and her sisters studied, when Amy, her cousin, nearly her own age, came in, flushed and tearful.

"Is your composition ready?" she asked.

"Yes, and Mamma says it will do."

"Then you can help me with mine. I have tried and tried, and I can't write one."

"But, Amy, if I help you, you can't try for a prize. You know Mr. Mason said we must not have any help, even from our parents."

"Your mamma helped you."

"No, not one bit. She only read it when it was finished."

"But you will help me, Nettie. Nobody will ever know."

"But it will not be honorable."

Amy would not listen, however, to her cousin. She coaxed a long time, making it very hard for tenderhearted, good-natured little Nettie to refuse the request. She loved Amy very dearly, and it was her constant habit to assist her with all her lessons and exercises. Only the fact that it would be a dishonorable trick upon their teacher kept her from yielding now. Hard as it was for her, she refused upon that plea.

Then Amy grew angry, taunted her with jealousy, selfishness, and miserably mean motives, that Nettie felt were untrue and unjust. Working herself into a fury, Amy suddenly seized the precious manuscript her cousin had just completed, and tossed it upon the red coals of the open grate.

"If you won't help me to a prize, you shan't have one yourself," she cried.

"Oh, Amy!"

The cry was too late to save the treasure. Already it was curling up in the fierce heat, and a bright blaze was in a few moments all that was left of the work of many play hours.

As the flame died away in a black mass, both children stood very still, looking at the destruction one passionate moment had made. Already Amy was sorry, for her tempests of temper never lasted long, and she hoped Nettie would scold and cry, as she would have done, and then "makeup." But Nettie's grief was too deep for anger. She did not speak after the first cry, but went silently from the room to lock herself in her own little bedroom, and sat down for a hearty cry.

Remember, she was but twelve years old, and had worked very faithfully for the promised reward. As the tears ran down her cheeks, her thoughts were very busy.

"I will never speak to Amy again, nor help her with a single lesson. She had no right to burn it. I would have helped her with anything else, but this would have been wrong; it would have been cheating to write this composition. I'll never forgive her, never! It was so pretty, too! And I cannot have another ready in time—there is so much to do before examination, and only one week for all. I wonder if Amy feels bad. I should, I know. I hope she does. Do I? Is this Christian forgiveness? Only one month since I resolved never to be bitter again, to conquer my temper, and try to be a real, true Christian, like Mamma; and now I am revengeful, unforgiving, and wicked. What shall I do? I can't forgive Amy, I can't."

So her thoughts ran, now blaming Amy, now herself, the tears flowing fast all the time. At last the little girl, tired of crying, knelt down and said very softly the Lord's Prayer. Her sweet face was very earnest as she whispered, "'Forgive us our trespasses as we forgive those who trespass against us' (Matthew 6:12). I will forgive Amy. Help me, Heavenly Father, to forgive her, as I hope to have all my sins forgiven."

In the meantime, a very unhappy, penitent little girl was walking slowly homeward. Amy would have given all her own hard study for the other prizes if she could have restored the burnt composition. Her conscience

was very sore. She knew that Nettie was right in refusing her request, and she knew that in every way she had been wrong; wrong in asking for help, wrong in getting angry, and oh! how very, very wrong in taking such a wicked revenge for Nettie's refusal! She thought of the many hours Nettie had spent trying to help her in her studies, of the many times her cousin had given up a pleasant walk or ride to aid her in a difficult sum or exercise; and before she reached home, Amy was quite sorry and felt quite as guilty and mean as Nettie

Mrs. Carter pressed a warm kiss upon the penitent little face.

"If you always atone for a fault so nobly as this, Amy," she said kindly, "you will not feel miserable long. It will be a lesson for you and help you to check the hasty temper that gets you into so much trouble. I will write the note to Mr. Mason now."

The note was soon ready, and Amy took it gratefully.

"Will Nettie forgive me now, Aunt Mary?"

"Nettie forgave you fully and freely before she slept, Amy."

I will forgive Amy. Help me, Heavenly Father, to forgive her, as I hope to have all my sins forgiven.

could have wished her had she been ever so revengeful.

The next morning, after Nettie had started for school, Mrs. Carter was surprised to see Amy, with a grieved face, standing before her.

"Aunt Mary," she said, trying not to cry, "did Nettie tell you about the composition?"

"Yes," Mrs. Carter said very gravely.

"Do you think she will forgive me, if I try to make up the loss, Aunt Mary? I am so sorry."

"I don't think the loss can be made up, Amy."

"I have tried to make it right, Aunt Mary. It was very hard to do, but I went to Mr. Mason this morning, and told him the whole story. He says if you will send him a note saying the composition was correct and neat, he will consider it the same as if he saw it himself. O Aunt Mary, please do! I am so miserable."

"I wonder if I could be so good as that?" Amy said tearfully. "I am sure I can never be ugly to Nettie again."

When the examination day came, Mr. Mason handed each of the cousins a small pocket Bible.

"Yours," he said to the wondering Amy, "is to prove to you how much I appreciate the true penitence that acknowledges a fault at once, and tries to make amendment. Nettie earned a reward by her hard study, and she holds it in her hand; but, above all study, I prize the Christian kindness and forgiveness that kept her silent when I asked for her composition, rather than tell me how it was destroyed."

I have told you this little story, little readers, because it is true, every word of it, and proves how truly the power of prayer and principle will aid us in atoning for faults and forgiving our enemies.

Choice Stories for Children, Ernest Lloyd, 116–120. LM



THE HEALING OF THE DEADLY WOUND!

We are living in the time of history where prophecy is being fulfilled before our eyes. 2017 will mark the 500th anniversary of the Reformation when Martin Luther nailed his Ninety-five Theses to the door of All Saints' Church in Wittenberg on 31 October 1517.

JOINT STATEMENT

on the occasion of the Joint Catholic-Lutheran Commemoration of the Reformation Lund, 31 October 2016

"Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in Me" (John 15:4).

With thankful hearts

With this Joint Statement, we express joyful gratitude to God for this moment of common prayer in the Cathedral of Lund, as we begin the year commemorating the five hundredth anniversary of the Reformation. Fifty years of sustained and fruitful ecumenical dialogue between Catholics and Lutherans have helped us to overcome many differences, and have deepened our mutual understanding and trust. At the same time, we have drawn closer to one another through joint service to our neighbours – often in circumstances of suffering and persecution. Through dialogue and shared witness we are no longer strangers. Rather, we have learned that what unites us is greater than what divides us.

Moving from conflict to communion

While we are profoundly thankful for the spiritual and theological gifts received through the Reformation, we also confess and lament before Christ that Lutherans and Catholics have wounded the visible unity of the Church. Theological differences were accompanied by prejudice and conflicts, and religion was instrumentalized for political ends. Our common faith in Jesus Christ and our baptism demand of us a daily conversion, by which we cast off the historical disagreements and conflicts that impede the ministry of reconciliation. While the past cannot be changed, what is remembered and how it is remembered can be transformed. We pray for the healing of our wounds and of the memories that cloud our view of one another. We emphatically reject all hatred and violence, past and present, especially that expressed in the name of religion. Today, we hear God's command to set aside all conflict. We recognize that we are freed by grace to move towards the communion to which God continually calls us. ...

We long for this wound in the Body of Christ to be healed. This is the goal of our ecumenical endeavours, which we wish to advance, also by renewing our commitment to theological dialogue. ...

http://download.elca.org/ELCA%20Resource%20Repository/joint_commemoration_joint_statement_en.pdf?_ga=1 .266067663.1739485236.1472747116

"The time has come when things must be called by their right names. The truth is to triumph gloriously, and those who have long been halting between two opinions must take their stand decidedly for or against the law of God. Some will take up with theories that misinterpret the word of God, and undermine the foundation of the truth that has been firmly established, point by point, and sealed by the power of the Holy Spirit. The old truths are to be revived, in order that the false theories that have been brought in by the enemy may be intelligently met. There can be no unity between truth and error. We can unite with those who have been led into deception only when they are converted."

The Upward Look, 88.



Father: Try me that I may see what my real self is like. Try me that I may see and repent of my shortcomings. Try me that I may come forth as gold tried in the furnace after it has done its work on my heart and removed all of the devil's control within me. I want to be saved and not stuck with self and aligned with the devil and lose eternal life. Oh, help Lord! Amen.

WHY TRIALS?

By Judy Hallingstad

ave you noticed that the true character of a person comes out during a period of stress or trial? Many have watched the character of a professed Christian crumble under trial. We would never know what was truly in our hearts unless God allowed a trial, or test, to come upon us. In 1 Peter 1:7 we are told: "That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ."

Pray that when a trial comes upon you, you will recognize that "all things work together for good to them that love God, to them who are the called according to His purpose" (Romans 8:28).

Pray that your actions and reactions will reflect the character of our Saviour and not the character of the usurper of this world. We do not know what is in our hearts until we are tested.

Pray for that test or trial, so you may know and understand what is really in your heart. **Pray** for the Lord to disclose what is really in the heart. There is no way for us to know when we are under the control of the devil unless something happens that brings forth our real character. We are told:

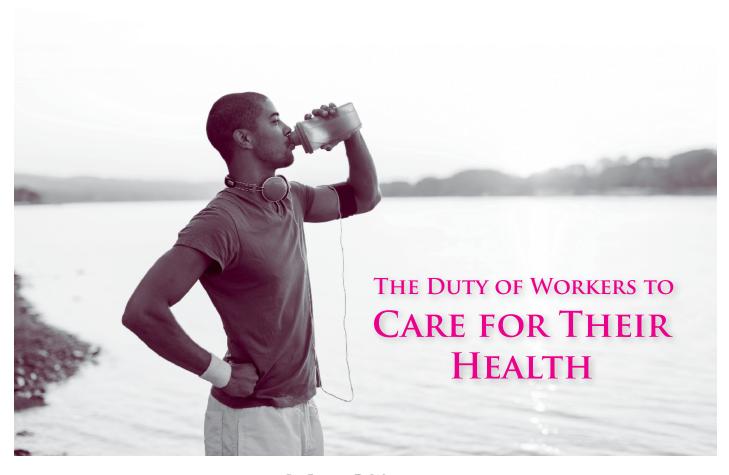
"Christ desires nothing so much as to redeem His heritage from the dominion of Satan. But before we are delivered from Satan's power without, we must be *delivered from his power within*.

- The Lord permits trials in order that we may be cleansed from earthliness, from selfishness, from harsh, unchristlike traits of character.
- He suffers the deep waters of affliction to go over our souls in order that we may know Him and Jesus Christ whom He has sent, in order that we may have deep heart longings to be cleansed from defilement, and may come forth from the trial purer, holier, happier.

"Often we enter the furnace of trial with our souls darkened with selfishness; but if patient under the crucial test, we shall come forth reflecting the divine character. ..." *Christ's Object Lessons*, 174, 175. [Emphasis added.]

Pray moment by moment that the Lord will keep your heart no matter what kind of trial comes. "There is no danger that the Lord will neglect the prayers of His people. The danger is that in temptation and trial they will become discouraged, and fail to persevere in prayer." Ibid.

Pray for a character that will draw others to the Saviour! Remember to persevere! Those trials "... are not worthy to be compared with the eternal weight of glory awaiting the overcomer. They are God's workmen, ordained for the perfection of character. However great the deprivation and suffering of the Christian, however dark and inscrutable may seem the way of Providence, he is to rejoice in the Lord, knowing that all is working for his good." *The Review and Herald*, May 6, 1902. LM



BY ELLEN G. WHITE

ealth is a blessing of which few appreciate the value; yet upon it the efficiency of our mental and physical powers largely depends. Our impulses and passions have their seat in the body, and it must be kept in the best condition physically and under the most spiritual influences in order that our talents may be put to the highest use. Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong.

The misuse of our physical powers shortens the time in which our lives can be used for the glory of God, and it unfits us to accomplish the work God has given us to do. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives and unfit

themselves for service by disregarding nature's laws, are guilty of robbery toward God. And they are robbing their fellow men also. The opportunity of blessing others, the very work for which God sent them into the world, has by their own course of action been cut short. And they have unfitted themselves to do even that which in a briefer period of time they might have accomplished. The Lord holds us guilty when by our injurious habits we thus deprive the world of good.

The health of the Lord's messengers should be carefully considered. As the true watchman goes forth bearing precious seed, sowing beside all waters, weeping and praying, the burden of labor is very taxing to mind and heart. He can not keep up the strain continuously—his soul stirred to the very depths—without wearing out prematurely. Strength and efficiency are needed in every discourse. And from time to time, fresh supplies of things new and old need to be brought forth from the storehouse of God's word. This will impart life and power to the hearers. God does not want His workers to become so exhausted that their efforts have no freshness nor life. ...

It is the part of a medical missionary to minister to the needs of the soul as well as the needs of the body. Those who put the whole soul into the medical missionary work, who labor untiringly in peril, in privation, in watchings oft, in weariness and painfulness, are in danger of forgetting that they must be faithful guardians of their own mental and physical powers. They are not to allow themselves to be overtaxed. But they are filled with zeal and earnestness, and sometimes they move unadvisedly, putting themselves under too heavy a strain. Unless such workers make a change, the result will be that sickness will come upon them, and they will break down.

We need as workers to keep looking unto Jesus, the author and finisher of our faith (Hebrews 12:2). As workers together with God, we are to draw souls to Christ. We are to remember that each has a special part to act in the Master's service. O, how much good the members of the church might accomplish if they realized the responsibility resting upon them to point those with whom they come in contact to the Redeemer. When church-members shall disinterestedly

engage in the work given them of God, a much stronger influence will be exerted in behalf of souls ready to die, and much more earnest efforts will be put forth in medical missionary lines. When every member of the church does his part faithfully, the workers in the field will be helped and encouraged and the cause of God will move forward with power.

Some of our ministers feel that they must every day perform some labor that they can report to the conference. As a result of trying to do this, their efforts are often weak and inefficient. They should have periods of rest, of entire freedom from taxing labor; but these can not take the place of daily physical exercise.

with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given in regard to these things? Brethren, is it not time for you to be converted on these points of selfish indulgence? "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be

Many eat hurriedly of various kinds of food; this causes war in the stomach, and confuses the brain.

Brethren, when you take time to cultivate your garden, thus gaining the exercise needed to keep the system in good working order, you are just as much doing the work of God as in holding meetings. God is our Father, He loves us, and He does not require any of His servants to abuse their bodies.

Another cause, both of ill health and of inefficiency in labor, is indigestion. It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food; this causes war in the stomach, and confuses the brain. The use of unwholesome food, and overeating of even that which is wholesome, should alike be avoided. Many eat at all hours, regardless of the laws of health. Then gloom covers the mind. How can men be honored

a castaway" (1 Corinthians 9:24–27). Study these words earnestly.

Life is a holy trust, which God alone can enable us to keep, and to use to His glory. But He who formed the wonderful structure of the body will take special care to keep it in order if men do not work at cross-purposes with him. Every talent entrusted to us He will help us to improve and use in accordance with the will of the Giver. Days, months, and years are added to our existence that we may improve our opportunities and advantages for working out our individual salvation, and by our unselfish life promote the well-being of others. Thus may we build up the kingdom of Christ, and make manifest the glory of God.

Excerpts from *The Review and Herald*, June 20, 1912. LM

From the Desk of Pastor John J. Grosboll

February 2016

"Thank you again for your magazines, CDs, and newsletters. It is comforting to see the work of your church in the U.S., but also in the mission field. May God richly bless your ministries."—
—SK, Nebraska

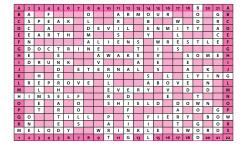
"Just wanted to say thank you for your dedication in getting the gospel to the world. We enjoy the *LandMarks* very much. May our Lord continue to bless your efforts."—

-LW, Idaho

"Love the information in *LandMarks* under "FOOD." We copy them and share with everyone and in our health and healing talks. Wow—it's so amazing. You've helped so many people!"—

-B&SC, Nevada

Crossword Puzzle (p. 19) Answers



Dear Friend,

Are you having the vibrant, fulfilling, satisfying experience with the Lord that your inmost soul desires? Many are not because they are not doing active witnessing for their faith. Ellen White explains it this way: "Everywhere there is a tendency to substitute the work of organizations for individual effort. Human wisdom tends to consolidation, to centralization, to the building up of great churches and institutions. Multitudes leave to institutions and organizations the work of benevolence; they excuse themselves from contact with the world, and their hearts grow cold. They become self-absorbed and unimpressible. Love for God and man dies out of the soul.

"Christ commits to His followers an individual work—a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel." *The Ministry of Healing*, 147.

I cannot do everything.

But I can do something.

And because I cannot do everything I will not use that as an excuse for not doing the thing that I can do.

Recently, my wife and I visited a man who has several needs. First of all, he is in deep poverty. Second, he is sick with a disease that could soon become fatal. Third, he is in trouble in his domestic life. Fourth, he is troubled about his soul—if he should die, would he be lost and lose eternal life? This man does not live near us, but when I heard about his case, I said to my wife that we cannot be like the priest and the Levite who passed by on the other side and gave the man in trouble no help.

Who is the person in trouble that you know about or are in contact with? It is God that places us in circumstances where we reveal to the whole universe whether we are like the priest and Levite or like the good Samaritan.

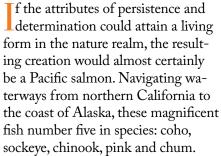
Your brother in witnessing,

Pastor John J. Grosboll

Nature

Pacific Salmon

By Lynette Golia



In the upper reaches of an inland river or stream, countless thousands of eggs usher in a new generation of Pacific salmon. Spawning sites are selected with cold water flow which provides oxygen for the eggs, carrying away carbon dioxide. After hatching, the tiny fish or alevins stay

close to the protection of their rock and gravel nests where they will live for three or four months, subsisting off nutrients absorbed from the yolk sacs attached to their stomachs. They will then leave the protection of the rocks to live and grow in the current of the water. Within a year the fish will grow to a length of four to six inches.

Created with the anadromous capacity to thrive in both fresh and salt water, thousands of young salmon or smolts head downstream traveling with the rushing flow for days, sometimes weeks, and though



casualties are high, the majority will reach the mouth of the river. It is here the fish undergo an amazing physiological change for adaptation to life in the salt water of the Pacific Ocean. Their scales enlarge, their color turns silvery, their tail lengthens and becomes deeply forked. They feed heavily, growing larger to ensure their survival.

Swimming north in massive schools along the coast of Alaska thousands of miles from their native rivers, the adult salmon then move out into the open waters of the sea for one to seven years, most

of their adult life, depending on the species. Their travel can span halfway to Japan and back again. During their oceanic migra-

tion millions are taken by fishing and a host of natural predators. Those that survive reach maturity in size and

strength while preparing for their final phase—the return home.

The salmons' return from sea to their place of birth is an extraordinary feat of instinct, navigation, strength and determination. The adults are so completely consumed with their quest of battle upstream, circling, finning, flinging, leaping, often in just inches of water and through endless rocky obstructions, that they will eat nothing and no obstacle can discourage them. Ascending falls more than 10 feet high, the salmon face devastating hazards. It is an all or nothing effort.

With sheer power and singleness of purpose the survivors press on – bruised, swollen, gaunt, torn – sometimes more than 2000 miles to reach their natal stream. Finally, in the gravel beds of the exact waters where they had been birthed, the salmon lay their eggs. A new generation is ensured, their mission fulfilled.

"Courage, energy, and perseverance [Christ's followers] must possess. Though apparent impossibilities obstruct their way, by His grace they are to go forward. Instead of deploring difficulties, they are called upon to surmount them. They are to despair of nothing, and to hope for everything." *Gospel Workers*, 39.

"'... press toward the mark for the prize of the high calling of God in Christ Jesus' (Philippians 3:14). There is no release in this warfare; the battle is life-long, and must be carried forward with determination and energy proportionate to the value of the object to be attained, which is eternal life." *The Review and Herald*, August 25, 1891.









A future church building being constructed to replace a shelter in Zambia.

Zambia & Malawi

The work in Zambia and Malawi is moving forward rapidly. As you can read in the centerspread, the folk are working to organize and move forward with greater efficiency to spread the gospel in their area. Twenty-two leaders have been chosen as representatives from the different churches in both Zambia and Malawi and one from Mozambique.

Medical missionary work will play a big part in their outreach to people in both countries. A medical missionary seminar alongside the Youth Bible conference is to be held in Chipata. A crusade held in Malawi in August 2016 resulted in the establishment of a new church. The work of the Zambia Malawi division of free SDAs is be-

ing promoted by the use of radio programs and there has been one televised interview in Malawi with the hope of another. The effort for unity and the spread of the gospel are unwavering in both countries.

Due to the current as well as expected future growth, the division is in immediate need of two churches. Work has already begun with the laying of a foundation for the church in Malawi. The church in Zambia has been outgrown and is no longer safe, requiring a new building. The $2^{\rm nd}$ quarter $13^{\rm th}$ Sabbath offering will help build these two churches.

Please help this newly organized division by marking your 13th Sabbath offering *Zambia/Malawi Churches*.

February Sermon of the Month

A Different Spirit

By John J. Grosboll

Jesus said, "Beloved, do not believe every spirit, but test the spirits" (1 John 4:1 NKJV). Two supernatural spirits are seeking to control the world. The idea that you can be independent is a delusion. The gospel is preached with the hope of turning the hearts of people from the power of Satan to the Creator God.

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



The Guadalajara metroplex is home to some 4.3 million inhabitants.



By Domingo Nunez

he project to evangelize the western part of Mexico has been not only a challenge but also a real test of faith to Seventh-day Adventist believers in Guadalajara, Jalisco, Mexico. Those who have been supporting the burden of work in this part of the vineyard have been striving to put new life into the working methods and also to promote new plans and new methods to arouse the interest of members of the family of God. They have united in their efforts to reach the world. One of the new plans to reach unbelievers, opened by the providence of God, is the use of the "airwaves" (radio and television).











As a result of initial successes in the past year, those who are not of our faith have become familiar with the message of the third angel and the sympathies of former idol worshippers have been aroused. Some have sought to learn more about this truth that has such power to transform hearts and lives.

Men and women of all social classes have become connected to the present truth of God. The group is striving to present the example of Nehemiah to urge their brothers to study again the experience of this man of prayer, faith, and solid judgment who dared to ask his friend, King Artaxerxes, to help promote the cause of God.

The members of this faithful group understand that presenting the needs of their work can reflect light on others only when, such as Nehemiah in ancient times, they remain close to God and live in close relationship with the Giver of all light. They understand that they must be firmly rooted in the knowledge of the truth if they want to win those steeped in error to the truth.

They are diligently investigating the Scriptures so that, as they become acquainted with unbelievers, they can introduce Christ to them as our Lord and Savior, anointed, crucified and risen, of whom the prophets and believers gave testimony, and through whose name we receive the forgiveness of sins.

In all of Mexico, less than 3% of the population follow the Seventh-day Adventist faith and are aware that our world is soon to come to an end. We have a great responsibility to present the present truth to others. To accomplish this ambitious but imperative objective, this group has secured radio air time every Saturday evening and Sunday morning. The broadcasts cover the Guadalajara metropolitan area, with more than

five million inhabitants. They have also created an internet website, accessible around the world, at www.laverdadpresente.mx.

This "radio evangelism project" became a reality, initially, thanks to a group of people with the same mind who have placed their faith in our God. They rely on people like you, knowing what a challenge of this magnitude involves. Now they rely not only on their continuing personal sacrifices but also on the efforts and offerings from others. With your cooperation, this project will continue winning souls to Christ.

The Bible says in Matthew 24:14, "And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Please consider how you can assist in making this a reality in Mexico.

Thank you for your sincerity, understanding, generous cooperation, and prayers.

Question

Why did Ahithophel, one of David's top counselors, turn traitor and defect to Absalom (2 Samuel 15)?

Answer

"Again David was forced to recognize in his calamities the results of his own sin. The defection of Ahithophel, the ablest and most wily of political leaders, was prompted by revenge for the family disgrace involved in the wrong to Bathsheba, who was his granddaughter." Patriarchs and Prophets, 735.

"Upon arriving at Hebron, Absalom immediately summoned Ahithophel, one of the chief counselors of David, a man in high repute for wisdom, whose opinion was thought to be as safe and wise as that of an oracle. Ahithophel joined the conspirators, and his support made the cause of Absalom appear certain of success, attracting to his standard many influential men from all parts of the land." Ibid., 730, 731.

"Ahithophel had been held in high esteem for his wisdom, but he was destitute of the enlightenment which comes from God." Ibid., 739.

"Ahithophel urged upon Absalom the necessity of immediate action against David. ... This plan was approved by the king's counselors. Had it been followed, David would surely have been slain, unless the Lord had directly interposed to save him. But a wisdom higher than that of the renowned Ahithophel was directing events. ...

"... Hushai (sent by David as a spy) saw that if the proposed plan were followed, David would be lost.

And he said, 'The counsel that Ahithophel hath given is not good at this time' (2 Samuel 17:7) ... He suggested a plan attractive to a vain and selfish nature, fond of the show of power. ... 'And Absalom and all the men of Israel said, The counsel of Hushai the Archite is better than the counsel of Ahithophel' (verse 14). But there was one who was not deceived—one who clearly foresaw the result of this fatal mistake of Absalom's.

"Ahithophel knew that the cause of the rebels was lost. And he knew that whatever might be the fate of the prince, there was no hope for the counselor who had instigated his greatest crimes. Ahithophel had encouraged Absalom in rebellion; he had counseled him to the most abominable wickedness, to the dishonor of his father; he had advised the slaying of David and had planned its accomplishment; he had cut off the last possibility of his own reconciliation with the king; and now another was preferred before him, even by Absalom.

"Jealous, angry, and desperate, Ahithophel 'gat him home to his house, to his city, and put his household in order, and hanged himself, and died' (verse 23). Such was the result of the wisdom of one, who, with all his high endowments, did not make God his counselor." *Conflict and Courage*, 183.



THE EFFECT OF DIET ON THE BRAIN

BY JUDY HALLINGSTAD

We have only one brain and it would be well for each of us to keep it in good thinking order. For the brain to function at maximum capacity it must be supplied with good, nourishing food. What you eat affects the mental as well as the physical health. Our brains need to be in good health so that we may glorify God in all that we do and say. Having said that, we need to realize that food taken into the body also affects our brain health. Researchers studied over 950 brains for five years and came up with some very interesting information on how to maintain our brain's health. With all of the talk about the increase of dementia and Alzheimers it would be beneficial to pay close attention to what this article is suggesting to keep our brains healthy.

The following article is called:

EATING GREEN LEAFY VEGETABLES KEEPS YOUR BRAIN STRONG

"Something as simple as eating more leafy veggies could significantly slow down cognitive decline and keep your brain healthier for a longer period of time. A new study found that nutrients and vitamins found in plants such as spinach, kale, collards and mustard greens help keep your mental abilities sharp.

"Researchers studied 950 [people] over five years on average to see why our brains start to lose their potency, and what we could eat to prevent that.

"'Losing one's memory or cognitive abilities is one of the biggest fears for people as they get older,' said Martha Clare Morris, Sc.D., assistant provost for community research at Rush University Medical Center and leader of the research team. 'Since declining cognitive ability is central to Alzheimer's disease and dementias, increasing consumption of green leafy vegetables could offer a very simple, affordable and non-invasive way of potentially protecting your brain from Alzheimer's disease and dementia.'

"The type of food they found had the most impact was green, leafy vegetables. People who ate 1–2 servings a day had the cognitive abilities of a person 11 years younger. In terms of nutrients, they found that vitamin K, lutein, folate and beta-carotene were likely doing the heavy lifting.

"'Our study identified some very novel associations,' said Morris, who will present the research at the American Society for Nutrition (ASN) Annual Meeting during Experimental Biology 2015. 'No other studies have

looked at vitamin K in relation to change in cognitive abilities over time, and only a limited number of studies have found some association with lutein.' Other studies have linked folate and beta-carotene intake with slower cognitive decline.

"Participants were aged 81 on average, and researchers calculated their total nutrient intake; they also accounted and corrected for age, sex, education, smoking, genetic risk for Alzheimer's disease and participation in physical activities when estimating the effects of diet on cognitive decline.

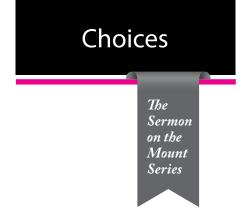
"'With baby boomers approaching old age, there is huge public demand for lifestyle behaviors that can ward off loss of memory and other cognitive abilities with age,' said Morris. 'Our study provides evidence that eating green leafy vegetables and other foods rich in vitamin K, lutein and beta-carotene can help to keep the brain healthy to preserve functioning.'

"Aside for these vegetables, other good sources of vitamin K, lutein, folate and beta-carotene include brightly colored fruits and vegetables. Now, the team is trying to figure out what are the mechanisms through which the vitamins keep the brain fit." www.zmescience.com/medicine/mind-and-brain/leafy-green-brain-06072015/

Let's keep our minds alive to the glory of God. Let's return to a simple diet loaded with God's simple foods with plenty of greens included!

We are truly "fearfully and wonderfully made" (Psalm 139:14)! LM







THE NARROW WAY

By John J. Grosboll

Some people believe that it is easier to be saved than to be lost. Others believe that it is easier to be lost than to be saved. What is the truth about this? Is it hard or is it easy to find salvation? Will a majority find salvation and be saved, and a minority be lost? Or will it be the other way around and only a minority find salvation and be saved while the majority be lost?

The Golden Rule found in Matthew 7:12 says, "Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets." Immediately after speaking these words, Jesus gave the people a surprising fact, which is equally surprising to many people today. Describing the way to eternal life He said, "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult (or restricted) is the way which leads to life, and there are few who find it" (verses 13, 14).

Jesus said the gate that you must go through in order to have eternal life is narrow, and it is difficult of entrance. Why is it so difficult? Remember Jesus' instruction when he said that you need to treat others in the same manner that you want to be treated. This Golden Rule, as we know it today, excludes all pride and self-seeking. Those characteristics are acceptable and belong to those who travel on the wider road, but the end of that road is destruction. All who want to enter into life must climb up a narrow way of self sacrifice with the few others who choose that path.

The broad road appears attractive with all of its enticements of fun and games. The gate at the end is wide to accommodate the masses who choose that way. Most of the people choose the way of ease and comfort where every desire can be gratified on their life journey. It is littered with worldliness, where selfishness, pride and self-seeking are rampant with dishonesty and moral abasement. The broad road is wide enough to accommodate all to have any opinion they choose and to hold any doctrine or teaching they desire. There is enough space for all

to follow whatever their inclination would dictate, and to do whatever their self-love would indicate.

Feet naturally turn toward the wide path; so there is never a need to search for it. But that path leads to death. The way that leads to eternal life is steep. The entrance is narrow and the road is restricted all along the way. Those clinging to any besetting sin will find that the gate is too narrow to go through. Self will, personal inclinations and evil habits or practices must be given up by those who wish to travel the narrow way to eternal life.

12:3, "the contradiction of sinners against Himself" (literal translation). That also must be our portion if we are to follow our Leader up the narrow way and enter into the paradise of God. However, having looked at that, we would not want to make a false conclusion that the upward path is the difficult path and the downward path is the easy path, because the downward path is deceptive. All along the road that leads to death, there are pain and penalties, sorrow, grief, and disappointments.

Along the broad road are warnings at each turn not to continue on the

The broad road is wide enough to accommodate all to have any opinion they choose and to hold any doctrine or teaching they desire.

To follow the Lord means that you cannot serve yourself, follow the world's opinions or meet the world's standard because heaven's path is not for the proud, the selfish, the sinful to walk. It is too narrow for the person whose life is centered in his or her own ambition. It is too steep for the lazy or the lovers of pleasure to climb. The Bible says that in the last days there will be people that love pleasure more than they love God. Those people will find the narrow way too arduous and will not be in the kingdom of heaven. Toil, patience, selfdenial, reproach, and poverty were the lot of Jesus Christ when He was here in this world and a servant is no greater than his master.

Jesus endured what the Bible describes as His portion in Hebrews

path to destruction. There are warnings to turn around because God's love for His wayward children is so great that He wants it to be difficult for the heedless and the headstrong to destroy themselves. At the beginning of their journey, the path that Satan bids you to follow looks attractive, but that is a deception. In the way of evil, all along the way, there is bitter remorse, cankering care. At first it seems to be wonderful to follow your own ambition and your own prideful desires, but the end is pain and sorrow. Selfish plans may present flattering prospects with the possibility to live a life of enjoyment, but later on you find that your happiness is poisoned. The poison of sin wrecks everything that otherwise would taste good.

That which started out joyful becomes despairing. Solomon, known as the wise man, talks about the person who follows the way of wickedness. He said, "... the way of the unfaithful is hard" (Proverbs 13:15). Isaiah said, "There is no peace, says my God, to the wicked" (Isaiah 57:21, literal translation).

However, concerning those who choose to climb the narrow way, it says in Proverbs 3:17, "Her ways are ways of pleasantness, and all her paths are peace." You see, so often our perception of something is not always accurate. The Bible says, "There is a

walk through the narrow gate, He will lead us safely. A terrible sinner still need not miss the way because the Lord has made the way plain that leads to eternal life. There is no room on that path to take along your sins. Only a person who is willing to practice righteous and holy living can walk up the narrow way where sin is not tolerated. Remember, the access is secured for all who want to go through and no soul need ever say, "God doesn't care about me." The Lord has made a way that you can enter the narrow gate and walk the narrow way and end up having eternal life.

To follow the Lord means that you cannot serve yourself, follow the world's opinions or meet the world's standard.

way that seems right to a man, but the end thereof are the ways of death" (Proverbs 16:25, literal translation).

Don't be deceived by the glitter of the broad road that seems more attractive at the beginning. It leads to eternal destruction. The way to life often seems restricted. There are sins that must to be given up so that the journey is not jeopardized. But, wisdom's ways are ways of pleasantness, and her paths are peace. Every time we choose to obey Christ, every time we practice self-denial for His sake, every time we endure trial without murmuring and complaining, every victory that we gain over temptation is simply one more step in the march that will lead to final victory and eternal life.

If we take Christ as our guide, if we are willing to lay aside our sins and

The narrow way seems to be rough to those walking the broad road. It seems to be a steep ascent and there may be pitfalls on the right hand and on the left. The travelers may have to toil when they are tired. They may have to continue to hope when they feel discouraged. They may have to fight when they feel like not going on anymore and they are faint. But, as they follow Jesus as their guide, obeying His word, doing what He says to do, they will not fail of reaching their desired haven at last. Jesus Himself has walked up that same way and He has smoothed the path for the feet of His followers.

All the way up the steep ascent are well springs of joy to refresh the weary. The Bible says that if you walk in wisdom's ways, those ways are peace, even in tribulation. The apostle Paul

says, I am exceedingly joyful (2 Corinthians 7:4, *last part*). Why? The One whom your soul loves, the One whom you are following, walks invisible beside you, and at each upward step, you can discern more distinctly the touch of His hand. The path of the righteous is as a shining light, or a shining star that shines more, and more, "... unto the perfect day," as you can read in Proverbs 4:18.

Jesus told the people that He did not come to tell them how to overcome the world's great empires. The popular belief then was that when the Messiah came, He was going to come and give them the victory over the Roman Empire. Jesus disappointed their hopes when He spoke on the mountain. He opened before the people the glory of character which is the true glory of His kingdom. This offer is no promise of earthly dominion, yet it is worth a sincere, supreme desire and effort. He did not call them to battle against the Roman Empire, but do not make the mistake and conclude that there are no battles to be fought and no victories to be won.

He said that His followers would have to strive and agonize to enter into His spiritual kingdom—agonize or struggle to go through the narrow gate. What was Jesus talking about when He said, "Strive to enter through the narrow gate, for many, I say to you, will seek to enter and will not be able" (Luke 13:24)? Many people will seek to find salvation and never find it. They will be lost while hoping and desiring to be saved, because the Christian life is a battle and a march and most people are not prepared to fight for what they want. "In this warfare there is no release; the effort must be continuous and persevering. It is by unceasing endeavor that we maintain the victory over the

temptations of Satan. Christian integrity must be sought with resistless energy and maintained with a resolute fixedness of purpose." *The Ministry of Healing*, 453.

The apostle Paul told a young minister by the name of Timothy to "Fight the good fight of faith, lay hold on eternal life" (I Timothy 6:12). Paul describes this fight of faith in Philippians I:30 where he said, "Having the same conflict which you saw in me and now hear is in me."

What is this conflict that the apostle Paul says was in him? The battle is not just external but an internal fight against evil, against sinful thoughts and desires, against sinful actions and words. Victory must be gained over these things if we are to enter the kingdom of heaven. Salvation, as promised in the New Testament, is only to those who overcome.

Victory over sin is not what provides the merit that gives salvation. The merit to save you is provided totally by grace alone. But, salvation can be enjoyed not only by those whose sins have been forgiven and who have received the grace of Christ, not only by having a title to heaven, which the sacrifice on the cross of Calvary provides, but to receive the free gift of salvation, one must also be fit to go to heaven. That is why the Bible says that without holiness, no one will see the Lord (Hebrews 12:14).

All of the apostles say the same thing in different words. Peter says the same thing in 1 Peter 1 and 2 Peter 3. The victory, then, must be gained, but it is not won by human power. The field of conflict in the Christian life is the field of the human heart. The battle that we have to fight, the greatest battle that has ever been fought by any man, is the surrender of self to the will of God, the yielding of the heart to the sovereignty of love.



The Bible says that in the last days there will be people that love pleasure more than they love God. Those people will find the narrow way too arduous and will not be in the kingdom of heaven.

The old nature, born of the flesh, born of blood, the will of the flesh, cannot inherit the kingdom of God (John 1:13). Hereditary tendencies and former habits must be given up. If we determine that we are going to enter this spiritual kingdom, then right away we find that the powers and passions of the unregenerate nature, aided by the forces of the kingdom of darkness, are arrayed against us. Selfishness and pride rise up in the heart and make us stand against anything that would show them to be sinful.

It is impossible to conquer these evil desires and habits that strive for the mastery inside by ourselves. We cannot overcome the mighty enemy who holds us captive in his thrall. Only God can give us the victory. The Lord desires us to have the mastery over ourselves, to be master in control over our own wills and our own ways, but He cannot work in our heart and change us without our consent and cooperation.

Victory, then, will not be won without much earnest prayer, without

the humbling of self at every step, because God will never force your will into cooperation with the divine agencies. We have to voluntarily surrender and submit to God. Is your will placed on the side of God's will today? You cannot bring your purposes and your desires into submission to the will of God, but you can choose to serve Him. If you are willing to be made willing, God will accomplish the work in you.

"Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ" (2 Corinthians 10:5). Is your every thought brought into captivity to obedience to Christ? If so, then you will be in a position to work out your salvation with fear and trembling. That is what the apostle Paul says in Philippians 2:12 and 13: "Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; for it is God who works in you both to will and to

do for His good pleasure." The reason there are so many people that want to go through the narrow gate and do not ever make it is because they shrink, they withdraw from the conditions by which alone they could enter through the gate.

There are many people today who are traveling down the broad road of sin. They are not fully satisfied with the path they are walking on and wish they could break away from the slavery of sin by which they are held in bondage. Sometimes they try in their own strength to break some of their evil habits or sinful practices. They look toward the narrow gate, the

We must choose to cooperate with Him. Hour by hour and day by day we must choose to surrender our will to the will of God because we cannot retain our natural, sinful self, and yet enter into the kingdom of God. If we ever attain unto holiness, it will be through the renunciation of self and the reception, the receiving of the mind of Christ. Pride and selfsufficiency have to be crucified. So the question is simply this: Are you willing to pay the price necessary to go through the narrow gate, and up the narrow road so that you can have salvation? Are you willing to have your will brought into perfect confor-

with put forth His divine power, and at one touch, Jacob was disabled. He was wounded and helpless, but he fell upon the breast of the Angel, pleading for a blessing. He said, "I cannot let You go, unless You bless me" (Genesis 32:26, literal translation).

He received the answer to his prayer because he was persistent and determined to have that one thing he wanted. He was willing to give up everything else if he could have his prayer answered. In Isaiah 27:5 the Lord is speaking to Isaiah, "Let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me."

Friend, are you determined that you are going to be saved in the kingdom of heaven? Are you persistent? Is your whole heart in it? Have you said to the Lord, "Lord, this is what I choose, to surrender myself to You, and to follow Jesus all the way"? If you do that, your prayer will be answered just the same as was Jacob's. The Lord said to him, "You are like a prince. You have power both with God and with men. And if you have power with God, you won't need to worry about what's going to happen to you with men, because the Lord will take care of you" (Genesis 32:28, literal translation).

Have you made that decision in your life and said, "Lord, whatever happens, I'm choosing to follow Jesus all the way? I'm choosing to follow Him, and do His will, and surrender my will to Him?"

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

Pastor John J. Grosboll is Director of Steps to Life and pastors the Prairie Meadows Church of Free Seventh-day Adventists in Wichita, Kansas. He may be contacted by email at: historic@stepstolife.org, or by telephone at: 316-788-5559.

Salvation, as promised in the New Testament, is only to those who overcome.

straight, the narrow way but selfish pleasure and love of the world, pride and unsanctified ambition place a barrier between them so that they cannot go through that gate. They would have to renounce their own will, their chosen objects of affection, and pursuits. They would have to be willing to sacrifice some things that they are doing right now.

So they hesitate, and falter, and turn back. Jesus said that many will try, but they won't be able to go through the gate. They desire the good. They even make some effort to obtain it, but they do not choose it. They have not a settled purpose to secure eternal life, even if it costs them everything. The only hope, friend, for you and for me, if we would overcome, is to surrender our will to God's will. We must be willing to be made willing.

mity with the will of God? The Bible says, "Can two walk together, except they be agreed" (Amos 3:3 KJV)?

Dear friend, if you or if I am not agreed with God on some point, it is we who need to change. There is the story in the Bible of Jacob, who came to the great crisis in his life and turned aside to pray. He was filled with one overmastering purpose—he wanted to be transformed in character. He knew that he had lived a very sinful, checkered life. The Bible records many of the sins that he committed. While he was pleading with God, it seemed to him that an enemy came, placed his hand upon him, and all night he wrestled and fought with what he thought was somebody who was trying to take his life.

When his strength was nearly spent, just before the dawn of the day, the Angel that he was fighting

February 26 - March 4

The Message to Laodicea

Key Text

"I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see" (Revelation 3:18).

Study Help: "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 7, 961–967.

Introduction

"Everyone needs now to seek the Lord. God's people will not endure the test unless there is a revival and a reformation. The Lord will not admit into the mansions He is preparing for the righteous, one soul who is self-sufficient." *Testimonies*, vol. 7, 285.

Sunday

THE LAODICEAN CONDITION

What attitude is prevalent in the professed Christian world today? Isaiah 4:1.
What is the dangerous condition of Christ's church during the Laodicean period? Revelation 3:17.

Note: "There are many who are priding themselves upon their spiritual riches, their knowledge of the truth, and are living in guilty self-deception. When the members of the church humble themselves before God by zealous, not half-hearted, lifeless action, the Lord will receive them." *The Review and Herald*, December 23, 1890.

"Christ cannot take up the names of those who are satisfied in their own self-sufficiency. He cannot importune in behalf of a people who feel no need of His help, who claim to know and possess everything." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 7, 964.

Monday

2 THE STRAIGHT TESTIMONY TO LAODICEA

a.	What startling denunciation does Christ give to His professed people? Revelation 3:15, 16.

Note: "The message to the church of the Laodiceans is a startling denunciation and is applicable to the people of God at the present time." *The Review and Herald,* September 16, 1873.

b. What message designed to correct this condition was rejected at the 1888 General Conference held in Minneapolis? Revelation 3:18; 18:1.

Note: "The message given us by A. T. Jones, and E. J. Waggoner is the message of God to the Laodicean church, and woe be unto anyone who professes to believe the truth and yet does not reflect to others the God-given rays." *Manuscript Releases*, vol. 15, 92.

"The message and the messengers have not been received but despised. I longed that those who have greatly needed the message of divine love would hear Christ's knock at the door of the heart, and let the heavenly guest enter. But at the hearts of some Jesus has knocked in vain. In rejecting the message given at Minneapolis, men committed sin. They have committed far greater sin by retaining for years the same hatred against God's messengers, by rejecting the truth that the Holy Spirit has been urging home." The Ellen G. White 1888 Materials, 913.

"The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth." *Selected Messages*, Book 1, 363.

"An unwillingness to yield up preconceived opinions, and to accept this truth, lay at the foundation of a large share of the opposition manifested at Minneapolis against the Lord's message through Brethren [E. J.] Waggoner and [A. T.] Jones. By exciting that opposition Satan succeeded in shutting away from our people, in a great measure, the special power of the Holy Spirit that God longed to impart to them. The enemy prevented them from obtaining that efficiency which might have been theirs in carrying the truth to the world, as the apostles proclaimed it after the day of Pentecost. The light that is to lighten the whole earth with its glory was resisted, and by the action of our own brethren has been in a great degree kept away from the world." Ibid., 234, 235.

Tuesday

3 KEEPING THE CANDLESTICK BURNING

a.	What warning is given to us today? Revelation 2:5; Job 18:5, 6; Jeremiah 25:10.

Note: "When we cease to fulfill our mission, when the candlestick refuses to reflect light, and the great truths committed to us individually in trust for the world, are not given to them, then the candlestick will be removed." *The Review and Herald*, June 7, 1887.

"We have a message of warning to the church. God says to you, 'Be zealous and repent.' I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent' (Revelation 3:19; 2:5). Precious time has been squandered in which you might have won souls to Christ—souls that through your love of ease are now lost. Every member of the church should awake to duty now. May God help you to take on the burden. Let the church-members pray and fast and believe. Let the hearts of parents be turned to their children, and the hearts of children to their parents, 'Lest I come,' saith the Lord, 'and smite the earth with a curse' (Malachi 4:6)." Historical Sketches of the Foreign Missions of the Seventh-day Adventists, 286, 287.

"The living Christian is one who has not left his first love, and his candlestick is not removed out of its place." *The Review and Herald*, November 1, 1892.

b.	What should we do with the light that we have? Matthew 5:16; Luke 11:33. What do we need in order for our ligh to shine? Matthew 25:4.

Note: "We are to look to Jesus, to catch His Spirit, to live in the light of His goodness and love, and to reflect His glory upon others." *My Life Today*, 200.

"Let the church arise and shine. Let every family practice self-denial, doing all they can to improve their own condition. Those who are truly on the Lord's side will be self-denying and self-sacrificing. They will eat and drink to the glory of God, refusing to corrupt soul and body by intemperance. Then the condition of the church will testify that her light has not been removed. But if church members do not act the part God has assigned them, the movement of health reform will go on without them, and it will be seen that God has removed their candlestick out of its place. Those who refuse to receive and practice the light will be left in the background." *Manuscript Releases*, vol. 13, 339.

Wednesday

4 OIL IN OUR VESSELS

a.	What is the similarity between the Laodicean condition
	and the state of the church represented by the five foolish
	virgins? Revelation 3:15, 18; Matthew 25:3, 8-10.

Note: "In these sleeping disciples He [Jesus] sees a representation of a sleeping church. When they should be watching, they are asleep." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 5, 1104.

"The state of the Church represented by the foolish virgins, is also spoken of as the Laodicean state." *The Review and Herald*, August 19, 1890.

"Though the professed followers of Christ are in a deplorable condition, they are not yet in so desperate a strait as were the foolish virgins whose lamps were going out, and there was no time in which to replenish their vessels with oil. When the bridegroom came, those that were ready went in with him to the wedding; but when the foolish virgins came, the

door was shut, and they were too late to obtain an entrance. But the counsel of the True Witness does not represent those who are lukewarm as in a hopeless case. There is yet a chance to remedy their state, and the Laodicean message is full of encouragement; for the backslidden church may yet buy the gold of faith and love, may yet have the white robe of the righteousness of Christ, that the shame of their nakedness need not appear." Ibid., August 28, 1894.

b. What is needed by the slumbering, lukewarm church? Matthew 25:4, 7; Leviticus 24:2.

Note: "God calls upon you to shine. With intense solicitude trim your lamps, take the oil of grace in your vessels, and keep your lamps trimmed and burning, that your light may shine bright and clear amid the moral darkness of this world. All who hold the truth should hold it in righteousness, and appreciate its value and sacredness. They should ask wisdom of God, that they may send its rays into all the highways and byways of life. If we are sanctified by the truth, our souls will be pervaded by a deep and abiding sense of its importance, and it will be our meat and drink to obey the truth, and pass along the precious light to others." *The Review and Herald*, February 7, 1893.

Thursday

5 LIGHT BEARERS TO THE WORLD

a. What is our work during the judgment period of Laodicea? Revelation 3:19-21; 14:6.

Note: "We have precious light to present before the people, and we rejoice that we have a message for this time which is present truth. The tidings that Christ is our righteousness has brought relief to many, many souls, and God says to His people, 'Go forward.' "The Review and Herald, July 23, 1889.

"It is the work of everyone to whom the message of warning has come, to lift up Jesus, to present Him to the world as revealed in types, as shadowed in symbols, as manifested in the revelations of the prophets, as unveiled in the lessons



It is the will of God that union and brotherly love should exist among His people.

given to His disciples and in the wonderful miracles wrought for the sons of men. Search the Scriptures; for they are they that testify of Him.

"If you would stand through the time of trouble, you must know Christ, and appropriate the gift of His righteousness, which He imputes to the repentant sinner." *Selected Messages*, Book. 1, 363.

b. What condition within Christ's remnant church will be a witness to the world? John 17:20, 21; Hebrews 13:1; 1 Peter 3:8, 9.

Note: "It is the will of God that union and brotherly love should exist among His people. ... While we are not to sacrifice one principle of truth, it should be our constant aim to reach this state of unity." *Patriarchs and Prophets*, 520.

Friday

- What is the sad condition of the church during the Laodicean period?
- 2 What prevented God's people from receiving the special power of the Holy Spirit more than 100 years ago?
- 3 How can we let our light shine?
- What hope can we have as we consider the difference between Laodicea and the five foolish virgins?
- What is God's desire for us at this time?

March 5 - 11

Reviving Primitive Godliness

Key Text

"According as His divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of Him that hath called us to glory and virtue" (2 Peter 1:3).

Study Help: Christ's Object Lessons, 339–342; Colporteur Ministry, 72–75.

Introduction

"It is only as the law of God is restored to its rightful position that there can be a revival of primitive faith and godliness among His professed people." *The Great Controversy*, 478.

Sunday

- THE GREATEST NEED OF THE REMNANT CHURCH
- a. What is the most vital and pressing of all the needs of the church? Hosea 6:1, 2; Isaiah 57:14, 15.

Note: "A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work." *The Review and Herald*, March 22, 1887.

b. What power is it that enables a genuine revival? Zechariah 4:6; John 3:5, 6.

Note: "A revival and a reformation must take place, under the ministration of the Holy Spirit. Revival and reformation are two different things. Revival signifies a renewal of spiritual life, a quickening of the powers of mind and heart, a resurrection from spiritual death. Reformation signifies a reorganization, a change in ideas and theories, habits and practices. Reformation will not bring forth the good fruit of righteousness unless it is connected with the revival of the Spirit. Revival and reformation are to do their appointed work, and in doing this work they must blend." *The Review and Herald*, February 25, 1902.

Monday

2 A WORK OF RESTORATION

a.	What is involved in	our	mission?	Isaiah	58:12;	Acts
	3:20, 21.					

Note: "Living power must attend the message of Christ's second appearing. We must not rest until we see many souls converted to the blessed hope of the Lord's return. In the days of the apostles the message that they bore wrought a real work, turning souls from idols to serve the living God. The work to be done today is just as real, and the truth is just as much truth; only we are to give the message with as much more earnestness as the coming of the Lord is nearer. The message for this time is positive, simple, and of the deepest importance. We must act like men and women who believe it. Waiting, watching, working, praying, warning the world—this is our work." *Evangelism*, 219.

b. How did Nehemiah meet opposition when rebuilding the walls of Jerusalem after the captivity? Nehemiah 6:3. What can we learn from this experience?

Note: "The work of restoration and reform carried on by the returned exiles, under the leadership of Zerubbabel, Ezra, and Nehemiah, presents a picture of a work of spiritual restoration that is to be wrought in the closing days of this earth's history. The remnant of Israel were a feeble people, exposed to the ravages of their enemies; but through them God purposed to preserve in the earth a knowledge of Himself and of His law. They were the guardians of the true worship, the keepers

of the holy oracles. Varied were the experiences that came to them as they rebuilt the temple and the wall of Jerusalem; strong was the opposition that they had to meet. Heavy were the burdens borne by the leaders in this work; but these men moved forward in unwavering confidence, in humility of spirit, and in firm reliance upon God, believing that He would cause His truth to triumph. Like King Hezekiah, Nehemiah 'clave to the Lord, and departed not from following Him, but kept His commandments. ... And the Lord was with him' (2 Kings 18:6, 7)." *Prophets and Kings*, 677.

"God calls for men like Elijah, Nathan, and John the Baptist—men who will bear His message with faithfulness, regardless of the consequences; men who will speak the truth bravely, though it call for the sacrifice of all they have." Ibid., 142.

Tuesday

3 SYMPATHIZING WITH SIN

a. How does the Bible define sin? I John 3:4. How does God regard unwise sympathy for sin? Titus 3:10, 11; Ephesians 5:11.

Note: "In the work of reform to be carried forward today, there is need of men who, like Ezra and Nehemiah, will not palliate or excuse sin, nor shrink from vindicating the honor of God. Those upon whom rests the burden of this work will not hold their peace when wrong is done, neither will they cover evil with a cloak of false charity. They will remember that God is no respecter of persons, and that severity to a few may prove mercy to many. They will remember also that in the one who rebukes evil the spirit of Christ should ever be revealed." *Prophets and Kings*, 675.

"There is a sympathy for sin and sinners that is dangerous to the prosperity of the church at the present day. You must have charity is the cry. But that sentiment that would excuse wrong and shield the guilty, is not the charity of the Bible." *The Signs of the Times*, January 6, 1881.

b. Should sin go unrebuked? Ephesians 5:11; 2 Timothy 4:2.



Deal faithfully with wrong-doing. Warn every soul that is in danger. Leave none to deceive themselves. Call sin by its right name. Declare what God has said in regard to lying, Sabbath-breaking, stealing, idolatry, and every other evil.

Note: "When will be heard once more in the church the voice of faithful rebuke, 'Thou art the man'? (See 2 Samuel 12:7.) If these words were not so rare, we should see more of the power of God. The Lord's messengers should not complain of their efforts' being fruitless until they repent of their love of approbation, their desire to please men, which leads them to suppress the truth, and to cry, Peace, when God has not spoken peace." *Gospel Workers*, 150.

"[John 20:23 quoted.] Christ here gives no liberty for any man to pass judgment upon others. In the sermon on the mount He forbade this. It is the prerogative of God. But on the church in its organized capacity He places a responsibility for the individual members. Toward those who fall into sin, the church has a duty, to warn, to instruct, and if possible to restore. ...

"Deal faithfully with wrong-doing. Warn every soul that is in danger. Leave none to deceive themselves. Call sin by its right name. Declare what God has said in regard to lying, Sabbath-breaking, stealing, idolatry, and every other evil. 'They which do such things shall not inherit the kingdom of God' (Galatians 5:21)." Ibid., 502.

Wednesday

4 EARNESTNESS TO DO RIGHT

a. How earnest will God's messengers be for the right? Isaiah 58:1.

Note: "In this time of well-nigh universal apostasy, God calls upon His messengers to proclaim His law in the spirit and power of Elias. As John the Baptist, in preparing a people for Christ's first advent, called their attention to the Ten Commandments, so we are to give, with no uncertain sound, the message: 'Fear God, and give glory to Him; for the hour of His judgment is come' (Revelation 14:7). With the earnestness that characterized Elijah the prophet and John the Baptist, we are to strive to prepare the way for Christ's second advent." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 4, 1184.

"Our message must be as direct as was the message of John. He rebuked kings for their iniquity. Notwithstanding that his life was imperiled, he did not hesitate to declare God's word. And our work in this age must be done as faithfully." *Gospel Workers*, 55.

b.	How do we often react when called to engage in a work of reformation, and how does this affect others? Deuteronomy 20:8.
c.	What can we remember at such times? Isaiah 35:4; Matthew 28:20, <i>last part</i> .

Note: "Elijah should not have fled from his post of duty. He should have met the threat of Jezebel with an appeal for protection to the One who had commissioned him to vindicate the honor of Jehovah. He should have told the messenger that the God in whom he trusted would protect him against the hatred of the queen. Only a few hours had passed since he had witnessed a wonderful manifestation of divine power, and this should have given him assurance that he would not now be forsaken. Had he remained where he was, had he made God his refuge and strength, standing steadfast for the truth, he would have been shielded from harm. The Lord would have given him another signal victory by sending His judgments on Jezebel; and the impression made on the king and the people would have wrought a great reformation." *Prophets and Kings*, 160.

Thursday

5 THE POWER OF EXAMPLE

a. How effective and far-reaching is the power of example?
1 Timothy 4:12; Isaiah 62:10.

Note: "The people will seldom rise higher than their minister. A world-loving spirit in him has a tremendous influence upon others. The people make his deficiencies an excuse to cover their world-loving spirit. ...

"Ministers should be examples to the flock. They should manifest an undying love for souls and the same devotion to the cause which they desire to see in the people." *Testimonies*, vol. 2, 645, 646.

b. How can we all be self-deceived about our own condition? Matthew 23:25–28. What is the remedy? James 4:8.

Note: "Reformers are not destroyers. They will never seek to ruin those who do not harmonize with their plans and assimilate to them. Reformers must advance, not retreat. They must be decided, firm, resolute, unflinching; but firmness must not degenerate into a domineering spirit. God desires to have all who serve Him firm as a rock where principle is concerned, but meek and lowly of heart, as was Christ. Then, abiding in Christ, they can do the work He would do were He in their place." *Testimonies*, vol. 6, 151.

"The religion of Jesus softens whatever is hard and rough in the temper, and smooths whatever is rugged and sharp in the manners. It makes the words gentle and the demeanor winning. Let us learn from Christ how to combine a high sense of purity and integrity with sunniness of disposition. A kind, courteous Christian is the most powerful argument that can be produced in favor of Christianity." *Colporteur Ministry*, 73.

Friday

- What is the greatest need of the church today?
- 2 How can we be involved in giving the message of Jesus' soon return?
- 3 What is the church's responsibility toward its members?
- What should be our attitude as we undertake a work of reformation?
- How can we follow Jesus' example in our manner of dealing with others?

March 12 - 18

Our Message

Key Text

"Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ" (Colossians 2:8).

Study Help: *The Desire of Ages*, 100–108.

Introduction

"God's plan is not to send messengers who will please and flatter sinners; He delivers no message of peace to lull the unsanctified into carnal security. But he lays heavy burdens upon the conscience of the wrongdoer, and pierces his soul with sharp arrows of conviction." *Testimonies*, vol. 4, 178.

Sunday

A WATERED-DOWN MESSAGE

a.	How is it possible to weaken, or make of none effect,
	God's message? 1 Corinthians 1:17; Mark 7:13.
b.	Instead of a faithful message, what is often told to the people? Jeremiah 6:14, 15; Ezekiel 13:10.
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Note: "People venture to commit sins that are grievous in the sight of God, and think that they are not to be called to task for them, because they say they are due to nervousness, to a peculiar temperament; but this is simply soothing the conscience, and crying, 'Peace, peace, when there is no peace' (Jeremiah 6:14). Sin is sin, and it is the delusion of Satan to look upon it in any other light than that it is grievous." *The Review and Herald*, August 1, 1893.

does flattery achieve? Proverbs 26:28; 29:5.	

How does God regard flattery? Psalms 5:9; 12:3. What

Note: "Praise, flattery, and indulgence have done more toward leading precious souls into false paths, than any other art that Satan has devised." *Fundamentals of Christian Education*, 304.

Monday

2 OUR LIFESTYLE

ı.	What was John's diet, and what was said of his character?
	Matthew 3:4; Luke 1:80. In what ways was his lifestyle a
	rebuke to the people of his time?

Note: "In the time of John the Baptist, greed for riches, and the love of luxury and display had become widespread. Sensuous pleasures, feasting and drinking, were causing physical disease and degeneracy, benumbing the spiritual perceptions, and lessening the sensibility to sin. John was to stand as a reformer. By his abstemious life and plain dress he was to rebuke the excesses of his time. Hence the directions given to the parents of John—a lesson of temperance by an angel from the throne of heaven." *The Desire of Ages*, 100, 101.

"For years the Lord has been calling the attention of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of man. John the Baptist went forth in the spirit and power of Elijah, to prepare the way of the Lord, and to turn the people to the wisdom of the just. He was a representative of those living in these last days, to whom God has entrusted sacred truths to present before the people, to prepare the way for the second appearing of Christ. John was a reformer. The angel Gabriel, direct from heaven, gave a discourse upon health reform to the father and mother of John. He said that he should not drink wine or strong drink, and that he should be filled with the Holy Ghost from his birth." *Counsels on Diet and Foods*, 70, 71.

b.	Compare John's dress with that of Elijah's. Matthew 3:4; 2 Kings 1:8. What lesson does this have for us?	b.	What is often the case when God's people forsake Hin and what is our responsibility toward these brethren an sisters? Proverbs 28:4; Romans 1:32.

Note: "John's singular appearance carried the minds of his hearers back to the ancient seers. In his manner and dress he resembled the prophet Elijah. With the spirit and power of Elijah he denounced the national corruption, and rebuked the prevailing sins. His words were plain, pointed, and convincing. Many believed him to be one of the prophets risen from the dead. The whole nation was stirred. Multitudes flocked to the wilderness." *The Desire of Ages*, 104.

"Puritan plainness and simplicity should mark the dwellings and apparel of all who believe the solemn truths for this time." *Testimonies*, vol. 5, 189.

Tuesday

3 PRIDE, VANITY, EXTRAVAGANCE HAVE NO PLACE

a. What should be our attitude toward worldly things? I John 2:15–17. What is the basic principle behind dress reform, and what is its purpose? I Timothy 2:9, 10; Numbers 15:38–40.

Note: "The children of Israel, after they were brought out of Egypt, were commanded to have a simple ribbon of blue in the border of their garments, to distinguish them from the nations around them, and to signify that they were God's peculiar people. The people of God are not now required to have a special mark placed upon their garments. But in the New Testament we are often referred to ancient Israel as examples. If God gave such definite directions to His ancient people in regard to their dress, will not the dress of His people in this age come under His notice? Should there not be in their dress a distinction from that of the world? Should not the people of God, who are His peculiar treasure, seek even in their dress to glorify God? And should they not be examples in dress, and by their simple style rebuke the pride, vanity, and extravagance of worldly, pleasureloving professors?—God requires this of His people. Pride is rebuked in His word." The Review and Herald, January 23, 1900.

Note: "When those who are uniting with the world, yet claiming great purity, plead for union with those who have ever been the opposers of the cause of truth, we should fear and shun them as decidedly as did Nehemiah. Such counsel is prompted by the enemy of all good. It is the speech of timeservers, and should be resisted as resolutely today as then. Whatever influence would tend to unsettle the faith of God's people in His guiding power, should be steadfastly withstood." *Prophets and Kings*, 660.

"There are times when apostasy comes into the ranks, when piety is left out of the heart by those who should have kept step with their divine Leader. The people of God separate from the source of their strength, and pride, vanity, extravagance, and display follow. There are idols within and idols without; but God sends the Comforter as a reprover of sin, that His people may be warned of their apostasy and rebuked for their backsliding." *Christian Education*, 95.

Wednesday

4 UPHOLDING THE STANDARD

a. How can we lift the standard of truth today? 2 Peter 1:10-12; 2 Timothy 2:15; Romans 12:9.

Note: "All who join the church should reveal a transformation of character which shows their reverence for holy things. Their whole life should be molded after the refinement of Christ Jesus. Those who join the church are to be humble enough to receive instruction on the points wherein they are remiss, and wherein they can and must change. They must exert a Christian influence. Those who make no change in words or deportment, in their dress or in their homes, are living unto themselves and not unto Christ. They have not been created anew in Christ Jesus, unto the purifying of the heart and the outward surroundings." *Testimonies to Southern Africa*, 87.



God's plan is not to send messengers who will please and flatter sinners.

"I am charged to say that there is need of a reformation in every church, in every family. We have no time to devote to pleasure-loving, no means to invest in buying the pictures of human faces. Invest your means in the cause of God. Guard carefully your example. It is of the greatest consequence to every soul to love and fear God, to obey His commands. We all need to become better acquainted with the laws of God's Kingdom, lest we lose our eternal life insurance policy (2 Peter 1:10–12) and fail to find entrance into the city of God." *Manuscript Releases*, vol. 21, 409.

b. What are our standards to be based upon? Isaiah 59:19; 8:20; Ecclesiastes 12:13.

Note: "God will have a people upon the earth to maintain the Bible, and the Bible only, as the standard of all doctrines and the basis of all reforms. The opinions of learned men, the deductions of science, the creeds or decisions of ecclesiastical councils, as numerous and discordant as are the churches which they represent, the voice of the majority—not one nor all of these should be regarded as evidence for or against any point of religious faith. Before accepting any doctrine or precept, we should demand a plain 'Thus saith the Lord' in its support." *The Great Controversy*, 595.

Thursday

5 ADDING POWER TO THE MESSAGE

a. When can the Holy Spirit work to forward the final message of truth? Acts 2:1, 4; Revelation 2:26.

Note: "When the reproach of indolence and slothfulness shall have been wiped away from the church, the Spirit of the Lord will be graciously manifested. Divine power will be revealed. The church will see the providential working of the Lord of hosts. The light of truth will shine forth in clear, strong rays, and, as in the time of the apostles, many souls will turn from error to truth. The earth will be lighted with the glory of the Lord." *Testimonies*, vol. 9, 46.

b. When can we expect the power of God to be manifested in a marveled manner to heal the sick? Matthew 17:19-21; 1 Corinthians 10:31; 9:27.

Note: "You may say, 'Why not, then, take hold of the work, and heal the sick as Christ did?' I answer, You are not ready. Some have believed; some have been healed; but there are many who make themselves sick by intemperate eating or by indulging in other wrong habits. When they get sick, shall we pray for them to be raised up, that they may carry on the very same work again? There must be a reformation throughout our ranks; the people must reach a higher standard before we can expect the power of God to be manifested in a marked manner for the healing of the sick." *Medical Ministry*, 15, 16.

Friday

- What is flattery, and why should Christians not use it?
- 2 How did John rebuke the intemperance prevalent in his time? What does this imply for us?
- 3 What has happened to those who exhibit pride, vanity, and extravagance?
- 4 How do we reveal that we have been created anew in Christ?
- In order for the message to go forward with power, how must we live?

March 19 - 25

A Work of Restoration

Key Text

"They shall build the old wastes, they shall raise up the former desolations, and they shall repair the waste cities" (Isaiah 61:4).

Study Help: The Adventist Home, 326–339.

Introduction

"Christ came to adjust truths that had been misplaced and made to serve the cause of error. He recalled them, repeated them, placed them in their proper position in the framework of truth, and bade them stand fast forever. Thus it was with the law of God, with the Sabbath, and with the marriage institution." *Manuscript Releases*, vol. 17, 21.

Sunday

1 THE SABBATH—THE BREACH IN GOD'S LAW

a.	in God's Law? Isaiah 58:12; 1 Kings 18:30; Nehemiah							

Note: "In the time of the end every divine institution is to be restored. The breach made in the law at the time the Sabbath was changed by man, is to be repaired. God's remnant people, standing before the world as reformers, are to show that the law of God is the foundation of all enduring reform and that the Sabbath of the fourth commandment is to stand as a memorial of creation, a constant reminder of the power of God. In clear, distinct lines they are to present the necessity of obedience to all the precepts of the Decalogue." *Prophets and Kings*, 678.

"The Sabbath commandment is placed in the midst of the Decalogue, and it was instituted in Eden at the same time that God instituted the marriage relation. God gave the Sabbath as a memorial of His creative power and works. ... He made its observance obligatory upon man, in order that he might contemplate the works of God, dwell upon His goodness, His mercy, and love, and through nature look up to nature's God. If man had always observed the Sabbath, there would never have been an unbeliever, and infidel, or an atheist in the world." *The Signs of the Times*, February 13, 1896.

Monday

2 MARRIAGE AND THE FAMILY UNIT

a.	What was the original design of God in regard to marriage? Genesis 2:24; Matthew 19:4–6.

Note: "When the Pharisees ... questioned Him concerning the lawfulness of divorce, Jesus pointed His hearers back to the marriage institution as ordained at creation. 'Because of the hardness of your hearts,' He said, Moses 'suffered you to put away your wives: but from the beginning it was not so' (Matthew 19:8). He referred them to the blessed days of Eden when God pronounced all things 'very good' (Genesis 1:31). Then marriage and the Sabbath had their origin, twin institutions for the glory of God in the benefit of humanity. Then, as the Creator joined the hands of the holy pair in wedlock, saying, A man shall 'leave his father and his mother, and shall cleave unto his wife: and they shall be one,' He enunciated the law of marriage for all the children of Adam to the close of time (Genesis 2:24). That which the eternal Father Himself had pronounced good was the law of highest blessing and development for man." The Adventist Home, 340, 341.

"Marriage was from the creation, constituted by God, a divine ordinance. The marriage institution was made in Eden. The Sabbath of the fourth commandment was instituted in Eden, when the foundations of the world were laid, when the morning stars sang together, and all the sons of God shouted for joy. Then let this, God's institution of marriage, stand before you as firm as the Sabbath of the fourth commandment." *Manuscript Releases*, vol. 1, 160, 161.

b.	How will both the divine institution of marriage and the family relationship be restored in the last days? Malachi 4:5, 6; Matthew 17:11; Acts 3:20, 21.

Note: "There were two institutions founded in Eden that were not lost in the fall—the Sabbath and the marriage relation. These were carried by man beyond the gates of paradise. He who loves and observes the Sabbath, and maintains the purity of the marriage institution, thereby proves himself the



Marriage and the Sabbath had their origin, twin institutions for the glory of God in the benefit of humanity, had their origins at Creation.

friend of man and the friend of God. He who by precept or
example lessens the obligation of these sacred institutions is
the enemy of both God and man, and is using his influence
and his God-given talents to bring in a state of confusion and
moral corruption." The Signs of the Times, February 28, 1884.

Tuesday

3 PRACTICING ABSTEMIOUSNESS IN DIET

a.	soon return maintain? 1 Corinthians 9:25; 10:31; Luke
	4:2-4.

Note: "John the Baptist went forth in the spirit and power of Elijah, to prepare the way of the Lord, and to turn the people to the wisdom of the just. He was a representative of those living in the last days, to whom God has intrusted sacred truths to present before the people, to prepare the way for the second appearing of Christ. And the same principles of temperance which John practiced should be observed by those who in our day are to warn the world of the coming of the Son of man." *Christian Temperance and Bible Hygiene*, 39.

"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion. Abstemiousness in diet and control of all the passions will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers and to discern between right and wrong, the sacred and the common." *Testimonies*, vol. 3, 491.

b.	What kind of diet was originally given to Adam? Genesis
	1:29; 3:18.

Note: "We must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. 'Behold,' He said, 'I have given you every herb yielding seed, ... and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food' (Genesis 1:29, ARV). Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also 'the herb of the field' (Genesis 3:18).

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." *The Ministry of Healing*, 295, 296.

What attitude in regard to diet is detrimental to the

spiritual experience? Isaiah 22:13, 14.

Wednesday

4 A CHANGE OF HEART

a. Before God can begin a work of restoration with each of us, what must first take place? Proverbs 28:13; Psalm 32:5; I John 1:9.

Note: "If we have sinned against the Lord, we shall never have peace and restoration to His favor without full confession and reformation in regard to the very things in which we have been remiss. Not until we have used every means in our power to repair the evil, can God approve and bless us. The path of confession is humiliating, but it is the only way by which we can receive strength to overcome. All the dropped stitches may never be picked up so that our work shall be as perfect and God-pleasing as it should have been; but every effort should be made to do this so far as it is possible to accomplish it." *The Review and Herald*, May 22, 1888.

- b. What has God promised to do with the hearts of those who desire to serve Him? Ezekiel 36:26.
- c. How all-absorbing is the truth to the converted Christian? Romans 10:10; Mark 12:30. What will be the constant prayer? Psalm 139:23, 24.

Note: "Truth must become truth to the receiver, to all intents and purposes. It must be stamped on the heart.... The heart is the citadel of the being, and until that is wholly on the Lord's side the enemy will gain constant victories over us through his subtle temptations." *In Heavenly Places*, 140.

"God looks at the heart; 'all things are naked and opened unto the eyes of Him with whom we have to do' (Hebrews 4:13). Will He be satisfied with anything but truth in the inward parts? Every truly converted soul will carry the unmistakable marks that the carnal mind is subdued." *Testimonies*, vol. 1, 163.

Thursday

5 AN ENDURING MESSAGE

How do the righteous regard the message of truth in contrast to the wicked? Proverbs 4:19, 18; 2 Peter 3:18.

Note: "The sanctified soul will not be content to remain in ignorance, but will desire to walk in the light and to seek for greater light. As a miner digs for gold and silver, so the follower of Christ will seek for truth as for hidden treasures, and will press from light to a greater light, ever increasing in knowledge. He will continually grow in grace and in the knowledge of the truth. Self must be overcome. Every defect of character must be discerned in God's great mirror." *Selected Messages*, Book 1, 317.

b. How long will truth endure? Psalms 100:5; 117:2; Proverbs 12:19. How long will the work of reformation continue?

Note: "The Reformation did not, as many suppose, end with Luther. It is to be continued to the close of this world's history. Luther had a great work to do in reflecting to others the light which God had permitted to shine upon him; yet he did not receive all the light which was to be given to the world. From that time to this, new light has been continually shining upon the Scriptures, and new truths have been constantly unfolding." *The Story of Redemption*, 353.

Friday

- When was the Sabbath given to humanity, and what was its purpose?
- What happens in society when people disregard God's Sabbath and His design for marriage?
- 3 How does temperance or the lack of temperance affect our choices?
- What should we realize about the condition of our heart if we are constantly failing when tempted?
- If we are truly sanctified, what will be our attitude toward light, or knowledge?

March 26 – April 1

The Call of the Church

Key Text

"Go through, go through the gates; prepare ye the way of the people; cast up, cast up the highway; gather out the stones; lift up a standard for the people" (Isaiah 62:10).

Study Help: Evangelism, 217–221.

Introduction

"Let it be written upon the conscience as with a pen of iron upon the rock, that real success, whether for this life or for the life to come, can be secured only by faithful adherence to the eternal principles of right." *Testimonies*, vol. 7, 164.

Sunday

1 A MESSAGE FOR US

a.	Why is it important that we apply to ourselves the mes-
	sage of the True Witness to Laodicea? Revelation 3:14-17;
	1 Corinthians 8:2; 10:12.

Note: "The message to the Laodicean church comes home to those who do not apply it to themselves." *Counsels to Writers and Editors*, 99.

b. What shows that the Laodicean condition is not hopeless? Revelation 3:18. What will we need to do to apply the remedy? 1 Peter 5:6; Psalm 147:11.

Note: "But the counsel of the true Witness does not represent those who are lukewarm as in a hopeless case. There is yet a chance to remedy their state, and the Laodicean message is full of encouragement; for the backslidden church may yet buy the gold of faith and love, may yet have the white robe of the righteousness of Christ, that the shame of their nakedness

need not appear. Purity of heart, purity of motive, may yet characterize those who are halfhearted and who are striving to serve God and mammon. They may yet wash their robes of character and make them white in the blood of the Lamb." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 7, 966.

Monday

2 A WAKE-UP CALL

a.	What must we do so that we can have a part in carry-
	ing the final message to the world? I Corinthians 15:34
	Romans 13:11.

Note: "We are living in the closing scenes of this earth's history. Prophecy is fast fulfilling. The hours of probation are fast passing. We have no time—not a moment—to lose. Let us not be found sleeping on guard. Let no one say in his heart or by his works: 'My Lord delayeth His coming' (Matthew 24:48). Let the message of Christ's soon return sound forth in earnest words of warning. Let us persuade men and women everywhere to repent and flee from the wrath to come. Let us arouse them to immediate preparation, for we little know what is before us. Let ministers and lay members go forth into the ripening fields to tell the unconcerned and indifferent to seek the Lord while He may be found. The workers will find their harvest wherever they proclaim the forgotten truths of the Bible. They will find those who will accept the truth and will devote their lives to winning souls to Christ." Testimonies, vol. 8, 252, 253.

b. What work is to be carried forward at this time? Nehemiah 2:18; Psalm 94:16.

Note: "The Lord desires His people to arise and do their appointed work. The responsibility of warning the world rests not upon the ministry alone. The lay members of the church are to share in the work of soul-saving. By means of missionary visits and by a wise distribution of our literature, many who have never been warned, may be reached. Let companies be

organized to search for souls. Let the church members visit their neighbors and open to them the Scriptures. Some may be set to work in the hedges, and thus, by wise planning, the truth may be preached in all districts. With perseverance in this work, increasing aptitude for it will come, and many will see fruit of their labors in the salvation of souls. These converted ones will, in turn, teach others. Thus the seed will be sown in many places, and the truth be proclaimed to all." *The Review and Herald*, January 25, 1912.

"We have warnings now which we may give, a work now which we may do, but soon it will be more difficult than we imagine." *Evangelism*, 218.

Tuesday

3 REVIVING THE DRY BONES

a. In the vision given to Ezekiel about the valley of the dry bones, what did God promise to do with the dry bones? Ezekiel 37:5, 6. What was the source of power which gave life to the bones? Verses 13, 14.

Note: "What power must we have from God that icy hearts, having only a legal religion, should see the better things provided for them—Christ and His righteousness! A life-giving message was needed to give life to the dry bones." *Selected Messages*, Book 3, 177.

"But not only does this simile of the dry bones apply to the world, but also to those who have been blessed with great light; for they also are like the skeletons of the valley. They have the form of men, the framework of the body; but they have not spiritual life. But the parable does not leave the dry bones merely knit together into the forms of men; for it is not enough that there is symmetry of limb and feature. The breath of life must vivify the bodies, that they may stand upright, and spring into activity. These bones represent the house of Israel, the church of God, and the hope of the church is the vivifying influence of the Holy Spirit. The Lord must breathe upon the dry bones, that they may live." "Ellen G. White Comments," The Seventh-day Adventist Bible Commentary, vol. 4, 1165, 1166.

b. What does the work of revival involve? Revelation 3:19, 20; 2 Timothy 4:2.

Note: "The angels of God are going from church to church, doing their duty; and Jesus Christ is knocking at the doors of your hearts for entrance. But the means that God has devised to awaken the church to a sense of their spiritual destitution, have not been regarded. The voice of the True Witness has been heard in reproof, but has not been obeyed. Men have chosen to follow their own way, instead of God's way, because self was not crucified in them. Thus the light has had but little effect upon hearts and minds. 'Be zealous, and repent' (Revelation 3:19)." *The Review and Herald*, December 18, 1888.

"Those who bear the message to the world should seek the Lord earnestly, that His Holy Spirit may be abundantly showered upon them. You have no time to lose. Pray for the power of God, that you may work with success for those nigh and afar off." *Selected Messages*, Book 1, 92, 93.

Wednesday

4 LIFTING UP CHRIST

1.	What is the one thing which absorbs the attention of God's revived messengers? Psalm 17:15; John 17:3; I Corinthians 2:1, 2.

Note: "Deep, fervent piety at home, in the church, and in the neighborhood, will bring souls to behold wondrous things out of the law, and to see the glorious truth of Christ our righteousness. ...

"Those who have the truth open before them for this time bear a solemn responsibility. They must proclaim repentance toward God, and faith toward our Lord Jesus Christ. They must dwell upon the cross of Christ, and call the attention of every soul to the Lamb of God which taketh away the sin of the world. Christ in His self-denial, Christ in His humiliation, Christ in His purity, His holiness, Christ in His matchless love—this is the theme that needs to be brought out in every discourse. I have been shown that there must be a great awakening among the people of God. Many are unconverted whose names are on the church books. Let these words be repeated by men who are consecrated to the work: [John 3:16 quoted]." The Review and Herald, August 13, 1889.

"One interest will prevail, one subject will swallow up all others, Christ our Righteousness." *The Paulson Collection*, 342.

b. How will the revived servant of the Lord react, despite opposition to the message of warning? Joel 2:17; Romans 12:12; Ephesians 6:18.

Note: "God has always wrought for His people in their greatest extremity, when there seemed the least hope that ruin could be averted. The designs of wicked men, the enemies of the church, are subject to His power and overruling providence. He can move upon the hearts of statesmen; the wrath of the turbulent and disaffected, the haters of God, His truth, and His people can be turned aside, even as the rivers of water are turned, if He orders it thus. Prayer moves the arm of Omnipotence. He who marshals the stars in order in the heavens, whose Word controls the waves of the great deep, the same infinite Creator will work in behalf of His people if they call upon Him in faith. He will restrain the forces of darkness until the warning is given to the world and all who will heed it are prepared for the conflict." *Testimonies*, vol. 5, 452, 453.

Thursday

5 LOOKING FOR THAT BLESSED HOPE

a. What great privilege do we have in preparation for Christ's soon return? Luke 8:16; Isaiah 60:1.

Note: "It is the privilege of every soul to be a living channel through which God can communicate to the world the treasures of His grace, the unsearchable riches of Christ. There is nothing that Christ desires so much as agents who will represent to the world His Spirit and character. There is nothing that the world needs so much as the manifestation through humanity of the Saviour's love. All heaven is waiting for channels through which can be poured the holy oil to be a joy and blessing to human hearts." *Christ's Object Lessons*, 419.

b. In view of the soon coming of Christ, how should we be living today? 2 Peter 3:11, 12; Titus 2:11–13.



It is His purpose that every Christian shall be surrounded with a spiritual atmosphere of light and peace. He desires that we shall reveal His own joy in our lives.

Note: "Christ has made every provision that His church shall be a transformed body, illumined with the Light of the world, possessing the glory of Emmanuel. It is His purpose that every Christian shall be surrounded with a spiritual atmosphere of light and peace. He desires that we shall reveal His own joy in our lives." *Christ's Object Lessons*, 419.

"The Lord is coming. Lift up your heads and rejoice. ... This is the good, the joyful news which should electrify every soul, which should be repeated in our homes, and told to those whom we meet on the street. What more joyful news can be communicated!" *Evangelism*, 218.

Friday

PERSONAL REVIEW QUESTIONS

- How is the Laodicean message full of encouragement for us?
- 2 What are some practical ways that lay members can reach out to the souls around them?
- 3 How can the vision of the dry bones apply to those who have great light?
- In what ways will God overrule the powers of darkness, as His people pray in faith?
- 5 In what way will God's people spread the message of joy for this time?

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Food

Indoor Herb Gardening

By Lynette Golia

One of the most rewarding ways to continue to enjoy the fresh taste of summer is by growing herbs indoors where cooks have at their fingertips a source of fresh savory seasoning just a few steps away. No kitchen is too small to accommodate a pot or two of fresh herbs. In addition to adding to your

ian cooking in pesto, tomato sauces, soups, salads and dressings, but also enjoyed in Thai and some middle eastern dishes. Basil is a rich source of vitamin K, beta carotene and iron. It also harnesses antioxidant properties, reducing inflammation, promoting healthy arteries, improving circula-



culinary creations, herbs provide many necessary vitamins, nutrients, and healing qualities as well as antioxidants.

Following are four herbs that thrive inside in a sunny, south-facing window which gets at least 6 hours of bright light a day:

Chives: If you grow one herb, chives are one of the easiest herb to grow. Chives, a member of the onion family, are high in sulfur, a natural antibiotic and also have anti-inflammatory and digestive properties. Further, chives are found to have antibacterial, antiviral, antifungal and antioxidant activities. Dried or fresh chives complement summer salads, dressings, soups, potatoes, sauces, and vegetable dishes. Use immature, unopened flower buds to add a light onion flavor.

Basil: One of the most popular and favorite kitchen herbs around the world, basil is best used for Ital-

tion, detoxifying the blood, and increasing immune function. A basil infusion is helpful to soothe a cough or treat cramping. Simply pour boiling water over a handful of fresh basil leaves and steep for at least five minutes before straining and drinking.

Parsley: More than a garnish, parsley adds a light, fresh flavor and color to many dishes including soups, vegetables, pesto, salads such as tab-

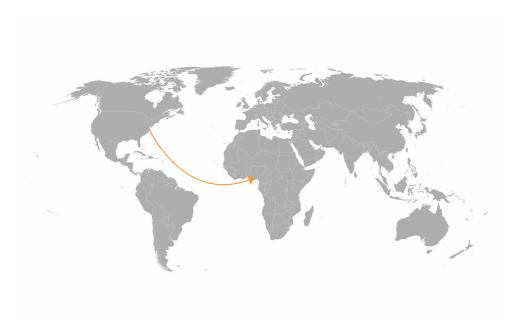
bouleh, dressings, nut cheeses and juices. A natural anti-bacterial remedy, it is also a powerful antioxidant and anti-inflammatory which aids in digestion and detoxification as well as bolstering the immune system. Parsley has a high vitamin K content, promoting bone strength, is high in iron, and useful as a digestive aid. Chew to neutralize offensive breath.

Rosemary: Also a powerful natural remedy for soothing digestion and neutralizing bad breath, rosemary is as well helpful in relieving pain. It is one of the most recognized herbs for its health benefiting phyto-nutrients, antioxidants, and essential acids. Rosemary herb carries good amounts of vitamin A which is essential for good vision and for maintaining healthy mucosa and skin. It is an excellent source of iron which determines the oxygen-carrying capacity of the blood. Infused into an oil it can be used externally for skin irritations and joint pain. Rosemary has a warm, pungent and more astringent taste that gives wonderful flavor to soups, sauces, stews, squash, red potatoes, dips, tomato and garlic sauces, breads, dressings and more. LM

	Recipe	
Parsley Juice for Detoxification		
5 carrots	2 stalks celery	
1 small beet	Handful of parsley	

Wash vegetables and cut to size. Process all ingredients through juicer; drink and experience the health healing, energy-restoring benefits.

Pallet for Nigeria





A pallet destined for Nigeria is leaving the Steps to Life warehouse.

n November 13, 2016, from the coast of New Jersey, 2,500 lbs. of treasure left the shores of the United States bound for the coastal city of Lagos, Nigeria. On that day a dream, long anticipated, through months of protracted planning, working, praying, came to fruition. By the grace and mercy of God, with much teamwork, coordination and cooperation from God's people here and in Nigeria, 93 boxes of materials were shipped with the express purpose of promulgating "present truth" to God's children in Nigeria.

These materials included a nice library of Spirit of Prophecy books for Bishop Matthew Nnoli in Owerri, provided by him for his congregations' spiritual growth.

For the Steps to Life workers in Nigeria, over 2,200 sets of "Foundation and Pillars" tri-folds, 550 sets of "Foundation and Pillars" booklets, hundreds of *Steps to Christ*, boxes of *The Desire of Ages, The Great Controversy, Patriarchs and Prophets*, and other Spirit of Prophecy books were included in this pallet.

The children were not forgotten. Several sets of sanctuary felts were included, and a number of carefully chosen children's books, from stories of our pioneers to books on character building. Several EGW CD-ROMs, three sets of DVDs on the dangers of media, sermon CDs and DVDs found cracks and crevices to fill. Many sets of health and doctrine tracts for duplicating are among the resources sailing the seas to this port abroad.

The destinations in Nigeria include at least 6 different areas widely separated, and at least 13 workers in those areas. In addition to books, booklets and tri-folds, a box of herbs is bound for the clinic in the Makurdi area.

The estimated value of these ma-

terials is over \$5600.00. Our Saviour said when He was on earth, "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also" (Matthew 6:19–21 AMP).

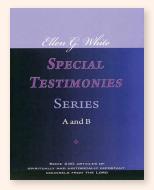
These books and materials are the greatest treasure on this earth. It is my prayer that all who had a part in this project will know, with an experiential knowledge, the riches of the blessings of God in storing up their treasure in heaven through ministration to God's children on this earth. Please, pray that every piece of literature, every book, every teaching aid, every administration of herb will bring forth fruit for the kingdom of heaven and that no fragment be lost.



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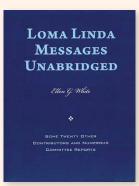
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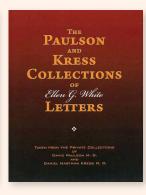
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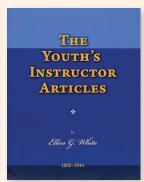
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