

# HISTORIC LANDMARKS

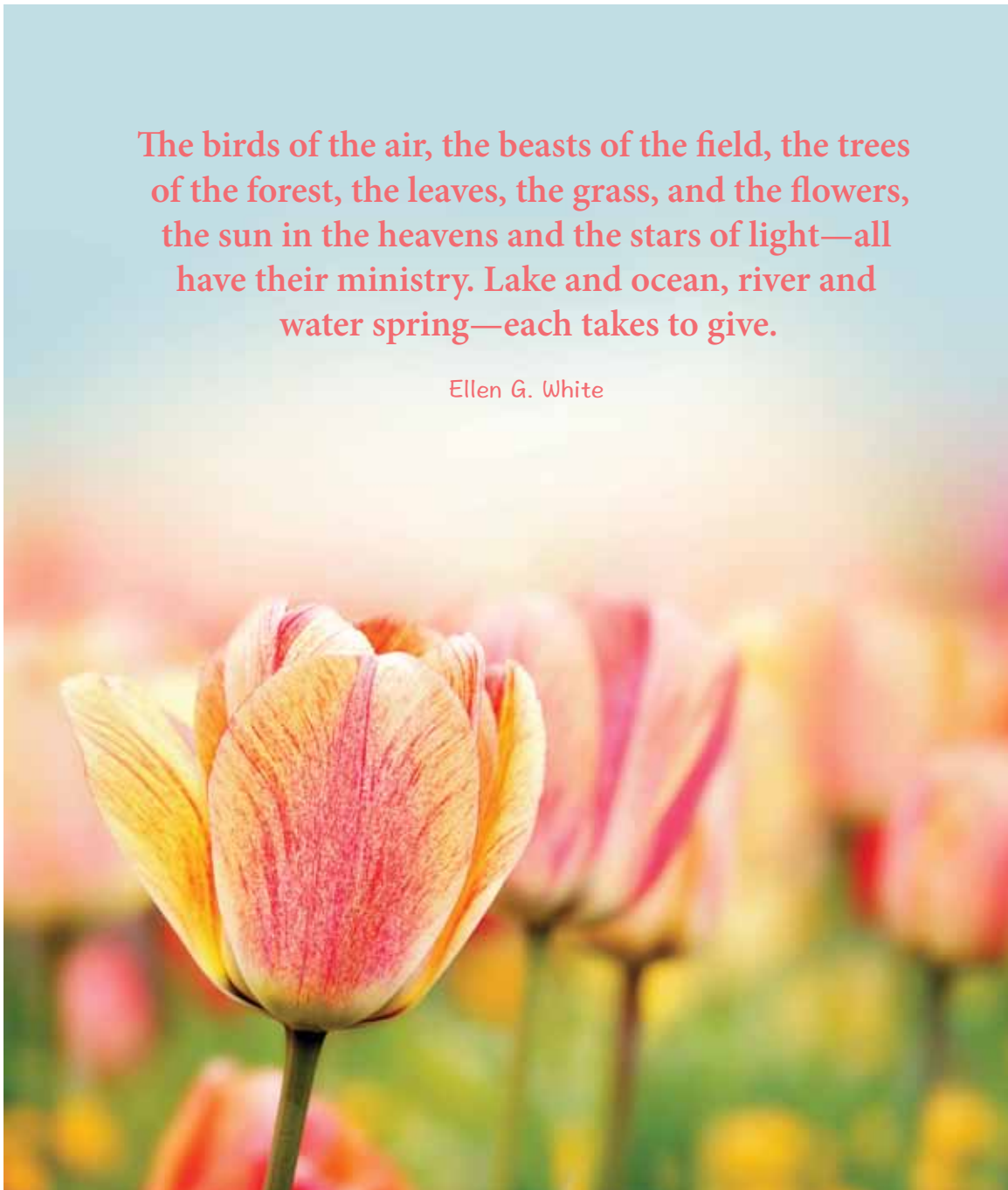
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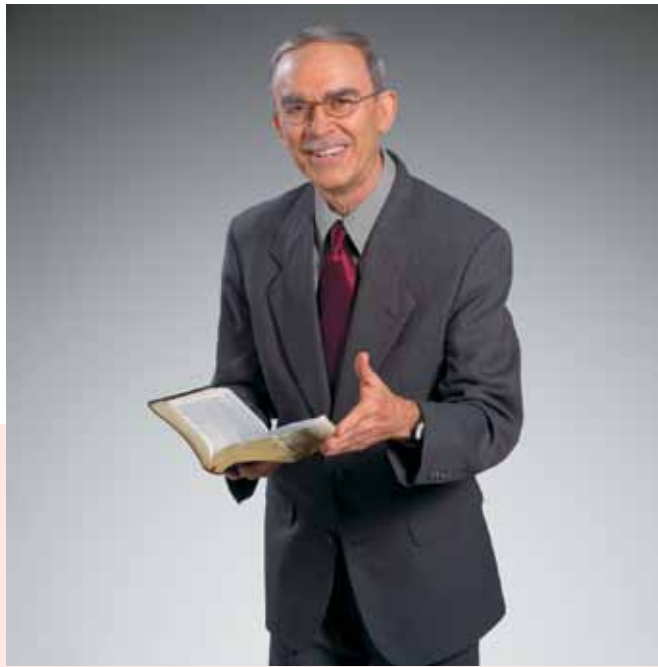
OF ADVENTISM

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The birds of the air, the beasts of the field, the trees of the forest, the leaves, the grass, and the flowers, the sun in the heavens and the stars of light—all have their ministry. Lake and ocean, river and water spring—each takes to give.

Ellen G. White





## Editor's Letter

John J. Grosboll

## Description of the Beast

**T**he third angels' message determines the destiny of every person in the world who is alive when Jesus returns. If rejected, it will result in a person's receiving the seven last plagues (see Revelation 16:2) and finally being destroyed (see Revelation 19:20, 21). The third angels' message is a warning against worshipping the beast (Revelation 13:1–10) or his image or receiving his mark. Before a person can understand the third angel's message, he must understand who and what the beast is. Following is a description from Scripture of the beast power.

1. A beast in Bible prophecy represents a kingdom or nation or power (Daniel 7:17, 23).
2. This beast received his power, throne, and great authority from the dragon (Revelation 13:2). The dragon primarily represents the devil (Revelation 12:9). Secondly, the dragon represents the pagan Roman empire because it was the pagan Roman empire that attempted to kill Jesus at his birth (see Revelation 12:3–5 and Matthew 2).
3. The beast received a deadly wound, at which time it looked as if it would cease to exist.
4. The deadly wound was healed. It recovered from this deadly wound and became worldwide in its authority again.
5. This beast is a worldwide power—"all the world marveled and followed the beast" (Revelation 13:3).
6. This beast is also a religion, because the whole world will worship this power (verses 4 and 8).
7. This beast would blaspheme God, His name, His sanctuary and those who dwell in heaven (verse 6).
8. This religion would be a persecuting religion, as it would make war with the saints and overcome them (verse 7).
9. This beast would gain authority over every tribe, language and nation. In other words, this is a religion that would apparently conquer and control all other religions, all languages and peoples (ibid).
10. This beast would eventually go into captivity—that happened at the time that this beast received the deadly wound (verse 10).
11. The beast would eventually be killed by the sword (ibid.) This will happen in the future.
12. This beast had a mouth speaking great things and blasphemies. According to the Bible, blasphemy is described as a man assuming power to forgive sins (Mark 2:7) and as a man making himself God (John 10:33).
13. This beast arose from the sea. Compare Revelation 13:1 with Revelation 17:15.
14. This beast had certain characteristics in common with all the beasts in the vision of Daniel 7. Compare the vision of Daniel 7 with Revelation 13:2.
15. The number of this beast is the number of a man and his number is 666.

# LANDMARKS

## Staff

### Editor

John J. Grosboll

### Graphic Designer

Martin Bernar

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Steps to Life, Inc.

P. O. Box 782828

Wichita, KS 67278

tel 316.788.5559

fax 316.788.6900

e-mail: [historic@stepstolife.org](mailto:historic@stepstolife.org)

web: [www.stepstolife.org](http://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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## Independent Units

By John J. Grosboll

**"B**efore the final visitation of God's judgments upon the earth (the seven last plagues) 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.

According to this statement by Ellen White, primitive godliness has not existed since the times of the apostles in the first century, but it will exist again before the close of probation.



Under the training of Christ, His disciples had finally come to recognize their need of receiving the Holy Spirit. One of the first things Jesus said to His disciples after His resurrection was “receive the Holy Spirit” (John 20:22). Under the Spirit’s teaching during the next few weeks, the disciples received their final qualification to go forth in their life work.

Incidentally, the disciples’ mission was second in importance only to the mission of Christ Himself. “No longer were they ignorant and uncultured. No longer were they a collection of independent units or discordant, conflicting elements.” *The Acts of the Apostles*, 45. That is what they had been during the entire time of Jesus’ ministry. Before Jesus called them and even throughout His ministry, from a worldly standpoint they were looked upon as ignorant, uncultured men. They had not been called from among the higher classes of society but from among the lowly, a collection of independent units. They were discordant, without harmony or unity, conflicting with one another.

There are many churches throughout the world today of all denominations that are simply a collection of independent units such as were the twelve disciples while they were being trained for Jesus. But after receiving His Spirit they were united and ready to carry out the plan of spreading the Gospel.

I have often asked myself what it will take for those professing Christ today to no longer be a collection of independent units. Finally, in the upper room they got it. Acts 2:46 says, “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.”

In Acts 4 we are told that there were several thousand Christians at that time. They were of one heart and one soul, no longer a collection of discordant independent units to the point that “... neither did anyone say that any of the things he possessed was his own, but they had all things in common” (Acts 4:32).

There was only one way that this experience was possible and is possible today. “Christ filled their thoughts; the advancement of His kingdom was their aim. In mind and character they had become like their Master, and

ion of Christ, “... saw Him encircled with the glory of heaven, with infinite treasures in His hands to bestow upon all who would turn from their rebellion.” Ibid.

Jesus wanted to give these infinite treasures to anybody who would turn from his rebellion against the government of heaven. As the apostles set forth the glory of Christ, people became convicted of their sinful condition and that they were wretched and polluted, but they saw at the same time that Jesus Christ was somebody who could take their pollution,

*The divine design was that the church was to be a reincarnation of Christ in every believer.*

men ‘took knowledge of them, that they had been with Jesus’ (Acts 4:13).” *The Acts of the Apostles*, 45.

At this time the church was possessed of one common interest that controlled everybody, which was the success of the mission that had been entrusted to them. “... after Christ’s ascension His enthronement in His mediatorial kingdom was signalized by the outpouring of the Holy Spirit. On the day of Pentecost the Spirit was given. Christ’s witnesses proclaimed the power of the risen Saviour. The light of heaven penetrated the darkened minds of those who had been deceived by the enemies of Christ. They now saw Him exalted to be ‘a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins’ (Acts 5:31).” *Christ’s Object Lessons*, 120.

So the very people that had been deceived, and some of those were directly responsible for the crucifix-

wretchedness, and guilt away. As Christ was lifted up as an all-powerful mediator and as they saw that He was the very same one who had born humiliation and suffering and death itself in order that they might not perish and to be given the opportunity to have everlasting life, they began to realize something of His power and majesty. People by the thousands started to stretch forth their hands and say, “I believe,” “This is what I need,” “This is who I need.”

The people who accepted Jesus as their Saviour were compelled in their spirit to relate to other people the message of hope and salvation they had heard. Within one generation, the glad tidings of a Saviour who had not only died for their sins, but who had risen and gone to heaven where He was interceding to God for His children, had spread to the utter most bounds of the entire inhabited world.

Colossians 1:5, 6: "... because of the hope which is laid up for you in heaven, of which you heard before in the word of the truth of the gospel, which has come to you, as it has also in all the world, and is bringing forth fruit, as it is also among you since the day you heard and knew the grace of God in truth." The church beheld converts flocking to her from every direction. Those who were already believers were reconverted. People who had been living in sin united with Christians in seeking for the pearl of great price and the prophecy of Zechariah 12:8 was fulfilled: "In that day the LORD will defend the inhabitants of Jerusalem; the one who is feeble among them in

Christ in every believer. At that time the entire congregation was animated by the Spirit of Christ, for they had found the pearl of great price.

This was the experience of the early church. According to the statement in *The Great Controversy*, 464, that very same thing is going to happen again. Ellen White describes it this way: "These scenes are to be repeated, and with greater power." *Christ's Object Lessons*, 121.

The question is, When these scenes are repeated again with greater power, would you like to be part of it? The latter rain is going to be more abundant than the former rain. Christ again is going to be revealed to this

getting control of the masses of the people, believing they were to think, to enjoy, and to decide and rule, while the lower classes were to obey and serve. The condition of the population of the Roman world at the time of Christ was terrible. The majority were slaves with no rights whatsoever and did not do much more than what their superiors told them to do. The right of a man to think for himself was not recognized. That was the world that Jesus Christ was born into.

Jesus came to establish a kingdom that was based on a completely different principle, and His disciples had a hard time learning that. They were still trying to operate on the principles of this world as we see in Matthew 20:20-23: "Then the mother of Zebedee's sons came to Him with her sons, kneeling down and asking something from Him. And He said to her, 'What do you wish?' She said to Him, 'Grant that these two sons of mine may sit, one on Your right hand and the other on the left, in Your kingdom.' But Jesus answered and said, 'You do not know what you ask. Are you able to drink the cup that I am about to drink, and be baptized with the baptism that I am baptized with?' They said to Him, 'We are able.' So He said to them, 'You will indeed drink My cup, and be baptized with the baptism that I am baptized with; but to sit on My right hand and on My left is not Mine to give, but it is for those for whom it is prepared by My Father.' "

Now, notice verse 24: "And when the ten heard it, they were greatly displeased with the two brothers." They knew that the highest position came with power, authority and control.

"But Jesus called them to Himself and said, 'You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it shall not be so

*Christ's kingdom is different from all other worldly kingdoms. It is based not on the principle of authority, but on the principle of service. The higher the position of leadership, the greater the responsibility to be a servant of all.*

that day shall be like David, and the house of David shall be like God, like the Angel of the Lord before them."

Every Christian looked and saw in his brother or in his sister the divine similitude, the divine image, of benevolence and love and there was only one interest that prevailed throughout the entire church, one object that swallowed up all others. All hearts beat in harmony and their one ambition was to reveal the likeness of the character of Christ in their life and to labor for the enlargement of His kingdom.

The divine design was that the church was to be a reincarnation of

world in His fullness by the power of the Holy Spirit. People again are going to receive and see the pearl of great price and respond to its call.

The problem is that we are a long way from that kind of condition or experience today. However, we do not need to be discouraged because that was also the condition of the disciples. The world then was not that much different from the world now. In the ancient world, similar to the modern, position meant self-aggrandizement. The masses simply existed for the benefit of the ruling classes. Those with influence, wealth or education used their position as the means for

among you [My followers]; but whoever desires to become great among you, let him be your servant. And whoever desires to be first among you, let him be your slave ...” (verse 25).

Christ’s kingdom is set up on a different principle from the kingdoms of this world. Jesus did not call His disciples to authority. He called them to service, “just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many” (verse 28).

All who call themselves Christian are not called to authority but to service. This service means that the strong are called to bear the infirmities of the weak, and that those with power, position, talent or education have a greater obligation because of those benefits to serve their fellows.

Paul told the Corinthian church, “For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God” (2 Corinthians 4:15). Jesus set the example. He was a caretaker and a burden bearer. When you study His life you find that He shared the poverty of the lowest class and that on behalf of His disciples, He practiced self-denial.

The principle on which Jesus acted is the principle which is to actuate the members of the church, His body. Those who are greatest in the kingdom of Christ will follow His example and act as servants of the flock. Paul said, “For though I am free from all men, I have made myself a servant to all, that I might win the more” (1 Corinthians 9:19) and “Just as I also please all men in all things, not seeking my own profit, but the profit of many, that they may be saved” (1 Corinthians 10:33).

Christ’s kingdom is different from all other worldly kingdoms. It is based not on the principle of authority, but



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on the principle of service. The higher the position of leadership, the greater the responsibility to be a servant of all.

There is another way that Christ’s kingdom is different from earthly kingdoms. Romans 14:12 says, “So then each of us shall give account of himself to God.” In verse 5 we read, “One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind.”

These texts influenced the congressional testimonies of one of the pioneers of the Seventh-day Adventist faith regarding the Sabbath/Sunday controversy. In 1888, 1890 and 1891, Elder A.T. Jones went to Congress to testify against the institution of a national Sunday law. During the debate, he was asked if the tables were turned

and the majority of the people in the country kept Sabbath, would you support a law enforcing that? Elder Jones responded that it would not be all right. Even if 90% of the people in the country were resting on Saturday, it would still be wrong to enforce a Sabbath law. Why? In the last part of Romans 14:5 it says, “Let each be convinced in his own mind.”

In matters of conscience, no human being is to attempt to control another’s mind, judge for another, or prescribe somebody else’s duty. God gives to every human being freedom to think and follow his own convictions and each must give account of ourselves to God.

In Christ’s kingdom there is no lordly oppression, no compulsion of behavior. In fact, the angels of

heaven do not come to this world to give orders, to rule or to exercise authority. They come as ministering spirits to sinners who are lost. If all of God's professed people would receive the light that shines on them from God's word and receive the truth, we would reach that state of unity for which Christ prayed. "... endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism" (Ephesians 4:3-5).

The early church reached that condition and received the Holy Spirit, resulting in having the bond of peace.

works for His people, they will not see that subordination to God is the only safety for any soul. His transforming grace upon human hearts will lead to unity that has not yet been realized, for all who are assimilated to Christ will be in harmony with one another. The Holy Spirit will create unity."

To reach that condition is going to take a lot of self examination and hard work. All need to pray, "Lord, what is it in me that is keeping it from happening." The first job is to go to the Lord and ask Him to change me.

I was always taught as a child growing up in the Seventh-day Adventist Church that the Bible was our only creed. However, Ellen White

believe in Me through their word (every Christian in the world); that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."

Nowhere do you see in any nation of the world controlled by the devil's principles a situation where there is a group of people that are one, one in heart, one in mind, and one in spirit. To move forward as one is only possible under the control of the Holy Spirit. Instead of unity, you see collections of independent units that are discordant and conflicting, which indicates to the whole world that those people are still part of the devil's kingdom. It is impossible for demonic spirits to create unity. It is only possible under the influence of the Holy Spirit.

Jesus said, "... that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me" (verses 21-23).

When this happens, the desire will be fulfilled that Jesus expressed in His prayer when He prayed, "Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world" (verse 24). For 2000 years this has been the prayer of all who look for the return of Jesus.

"Christ is the uniting link in the golden chain which binds believers together in God. There must be no separating in this great testing time.

*In matters of conscience, no human being is to attempt to control another's mind, judge for another, or prescribe somebody else's duty.*

They were of one body, one spirit, one hope, one calling, one lord, one faith and one baptism. It has been almost 2000 years since that condition has existed in the church.

What is preventing that condition today?

One reason for lack of unity among God's people is the many people striving to become a center of influence themselves. Like the disciples, "Now there was also a dispute among them, as to which of them should be considered the greatest" (Luke 22:24). People now say that we are not like that. However, in *Lift Him Up*, 296, it says: "We have need of divine illumination. Every individual is striving to become a center of influence, and until God

taught, "The prayer of Christ to His Father, contained in the seventeenth chapter of John, is to be our church creed." Ibid.

Jesus said, "Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are" (John 17:11).

He was not willing for His children to remain a collection of independent units and prayed to His Father that His disciples be one just as He and His father are one. There is much instruction in this prayer recorded in verses 12 to 19, but notice verses 20, 21: "I do not pray for these alone, but also for those who will



... The children of God constitute one united whole in Christ, who presents His cross as the center of attraction. All who believe are one in Him." *Lift Him Up*, 296.

Imagine what could happen if God's people around the world right now, who are mostly just a collection of independent units, would receive the Holy Spirit and become united with one heart and one spirit. When that happens, there will be unity of action.

"Unity of action is necessary to success. An army in battle would become confused and be defeated if the individual soldiers should move according to their own impulses instead of acting in harmony under the direction of a competent general." *Testimonies*, vol. 6, 139.

"Moving according to their own impulses" describes much of the work today and why we see so much defeat. Individual soldiers are moving according to their own impulses instead of acting in harmony under the direction of a competent general. However, "A few converted souls, uniting for one grand purpose under one head, will achieve victories in every encounter. ...

"Those who are not yoked up with Christ always pull the wrong way. They possess a temperament that belongs to man's carnal nature, and at the least excuse passion is wide awake to meet passion. This causes a collision; and loud voices are heard in committee meetings, in board meetings, and in public assemblies ..." Ibid.

One of the marks of a mature Christian is knowing how to deal with somebody who does not agree with you and thinks you are wrong.

Jesus told Nicodemus, a prominent leader in the Jewish church, that there is no chance of being in the kingdom



*If you are really serious about receiving the Holy Spirit, you will be willing to be rebuked. An unwillingness to be corrected is one of the reasons that receiving the Holy Spirit is not as sought after as it should be.*

of heaven unless you are born of the Holy Spirit (see John 3). This does not mean receiving some wonderful feeling, because the first thing the Holy Spirit does is reprove of sins (John 15). If you are really serious about receiving the Holy Spirit, you will be willing to be rebuked. An unwillingness to be corrected is one of the reasons that receiving the Holy Spirit is not as sought after as it should be.

It is never pleasant for anybody to have mistakes pointed out, but the Lord wants to make changes in your life, even if it hurts initially. God is going to finish the work He commenced in each life (see Philippians 1:6). He cannot take anyone to heaven while they hold on to any sin. Therefore He has to tell me what needs to be changed and I have to be willing to receive that discipline or that rebuke and be willing to change.

After the ascension of Christ, a 10-day prayer meeting was held in the upper room, where the disciples

prayed to the Lord and spent time making things right with each other. After that time "... they were all with one accord in one place" (Acts 2:1). When this group of people had the unity of spirit, the Holy Spirit came and the world was changed in one generation and it has never been the same since then.

That same experience is needed before the latter rain can fall and Jesus can return. If you are willing to be changed and would like to be part of such an experience, pray earnestly and often that Jesus will change you.

(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](mailto:historic@stepstolife.org), or by telephone at: 316-788-5559.

## THE CHRISTIAN WALK

BY JOHN PEARSON

In Paul's letter to the Colossians, he wrote in chapter 1, verses 9 and 10, that he did not cease to pray that they might walk worthy of the Lord, fully pleasing Him.

A bit later in his letter, he wrote, "As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving" (Colossians 2:6, 7).

Then near the end of his letter, he wrote, "Walk in wisdom toward those who are outside, redeeming the time" (Colossians 4:5).

It is clear that Paul was not simply talking about the act of putting one foot in front of the other. In his letter to the Colossians, he was using the word "walk" in the same sense that Christ did when He said in John 8:12, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life," and again in John 12:35, when He said, "Walk while you have the light, lest darkness overtake you."



The Greek word translated “walk” is *peripateō*, which Strong’s Concordance defines as “figuratively to *live, deport oneself, follow*.” With that understanding, the relationship between the Bible writers’ use of ‘walk’ and the principle expressed in this quote from the *Testimonies* becomes clear: “God leads His people on step by step. The Christian life is a battle and a march. 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.” *Testimonies*, vol. 8, 313.

It would be a challenge to find in inspired writings stronger counsel concerning our daily challenge, i.e., our Christian walk.

Paul often referred to the conduct of our daily lives as a walk. In Romans 6:4–6, he wrote, “Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.”

In chapter 8 of Romans, verses 1 through 4, he wrote, “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. For what the law could not do in that it was weak through the flesh, God did by sending His own Son in

the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.”

As he neared the end of his letter to the Romans, Paul wrote, “Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts” (Romans 13:13, 14).

Paul’s understanding of life as a walk is expressed throughout his epistles. Each one of them contains similar usage of the word. We have already cited instances in Colossians

“If we live in the Spirit, let us also walk in the Spirit” (verse 25).

“I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace” (Ephesians 4:1–3).

“This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have

*The Christian life is a battle and a march. In this warfare there is no release; the effort must be continuous and persevering.*

and Romans. Here are some from his other letters:

“For we walk by faith, not by sight” (2 Corinthians 5:7).

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 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, and being ready to punish all disobedience when your obedience is fulfilled” (2 Corinthians 10:3–6).

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh” (Galatians 5:16).

given themselves over to lewdness, to work all uncleanness with greediness” (verses 17–19).

“Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma” (Ephesians 5:1, 2).

“For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord” (verses 8–10).

“See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil” (verses 15, 16).



“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you. Nevertheless, to the degree that we have already attained, let us walk by the same rule, let us be of the same mind. Brethren, join in following my example, and note those who so walk, as you have us for a pattern” (Philippians 3:13–17).

accomplish that noble task, we must know not only what pleases Him, but what He finds abominable as well. Such can only be accomplished through a thorough and continuing search of His word.

Understanding the enlightened instruction Paul provides in his letters gives us an excellent starting point for knowing how to walk in a manner that is “fully pleasing” to God the Father. A recurring theme is Paul’s admonition to “walk in the spirit” versus his caution against walking in the flesh. A summary of the principles expressed in the verses cited above should provide clear guidance for living the Christian walk.

similarity in Paul’s allusion here to walking “in the day” to that which Christ made in John 8:12 and John 12:35 regarding light and darkness.

Paul provides an excellent summary of the Christian’s spiritual walk versus walking in the flesh in Ephesians 4. A Christian walks “with all lowliness and gentleness, with longsuffering, bearing one another in love, endeavoring to keep the unity of the Spirit in the bond of peace” (verses 1–3).

Contrary to that is the fleshly walk, expressed so clearly in verses 17 through 19: “You should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.”

Paul continues to clarify the contrast between the Christian walk and walking in darkness in Ephesians 5:1–21. A prayerful reading of those texts will provide an excellent means of “finding out what is acceptable to the Lord” (verse 10).

Truly, the Christian walk is “a battle and a march,” but with prayerful study of God’s word, the sincere seeker can obtain clear instruction on how to win that battle and how to march successfully.

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.*

## *Christian integrity must be sought with resistless energy and maintained with a resolute fixedness of purpose.*

“Finally then, brethren, we urge and exhort in the Lord Jesus that you should abound more and more, just as you received from us how you ought to walk and to please God; for you know what commandments we gave you through the Lord Jesus” (1 Thessalonians 4:1, 2).

“For we hear that there are some who walk among you in a disorderly manner, not working at all, but are busybodies” (2 Thessalonians 3:11).

It would be near impossible to read through these texts without gaining a fairly comprehensive understanding of what the Christian walk should be like—and what it should not be like. Perhaps most importantly, we are to walk, meaning, of course, to live, in a manner that fully pleases the Lord. To

Let’s look at some of Paul’s instructions to gain a fuller understanding of the manner in which a Christian should conduct his daily life.

- After baptism, we are to walk “in newness of life.” Old habits and conduct that is contrary to the will of God must be “done away with” (Romans 6:4–6).
- The Christian walks “according to the Spirit,” not “according to the flesh,” (Romans 8:1–4), “and by faith, not by sight” (2 Corinthians 5:7).
- The Christian does not make provision for the flesh, but rather walks “properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy” (Romans 13:13, 14). Note the





## THE MOST HOLY PLACE MESSAGE AND HEALTH

BY BRENDA DOUAY

*“When you sit down to eat with a ruler, Consider carefully what is before you;  
And put a knife to your throat If you are a man given to appetite. Do not desire  
his delicacies, For they are deceptive food.”*

Proverbs 23:1-3

*“Do not mix with winebibbers, Or with gluttonous eaters of meat; For the  
drunkard and the glutton will come to poverty, And drowsiness will clothe a  
man with rags.”*

Proverbs 23:20, 21

Is neglect of physical law sin? God answers this question clearly. “The transgression of physical law is transgression of God’s law. Our Creator is Jesus Christ. He is the author of our being. He is the author of the physical law as He is the author of the moral law. And the human being who is careless and reckless of the habits and practises [sic] that concern his physical life and health, sins against God. God is not revered, respected, or recognized. This is shown by the injury done to the body in violation of physical law.” *Healthful Living*, 17.

Yes, neglect of physical law is sin. But the issue with appetite goes well beyond the issue of sin.

less.” Why is this topic so critically important to the message of the Most Holy Place?

God says, through His servant, “The strength of the temptation to indulge appetite can be measured only by the inexpressible anguish of our Redeemer in that long fast in the wilderness. He knew that the indulgence of perverted appetite would so deaden man’s perceptions that sacred things could not be discerned.” *Counsels on Diet and Foods*, 167.

Friends, are you indulging appetite? If so, what does God say? He says “sacred things could not be understood.” One may wish to quibble over these words. We may question

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.*, 163.

We need to state very briefly here that it is not only what we eat, but how much we eat, whether we eat at regular times, and whether we eat between meals, etc., as well. God has warned, “even health reformers can err in the quantity of food. They can eat immoderately of a healthful quality of food.” *Ibid.*, 244.

“It is impossible for those who give the reins to appetite to attain to Christian perfection.” *Ibid.*, 236.

This is why, of all the topics that we need to study in perfecting our characters, this is the one that we are studying. I don’t want to talk about this. God put this burden in my mind, and I cannot refuse, but at the risk of my own soul.

“Those who would have clear minds to discern Satan’s devices must have their physical appetites under the control of reason and conscience. The moral and vigorous action of the higher powers of the mind are essential to the perfection of Christian character. And the strength or the weakness of the mind has very much to do with our usefulness in this world, and with our final salvation. The ignorance that has prevailed in regard to God’s law in our physical nature is deplorable. Intemperance of any kind is a violation of the laws of our being. Imbecility is prevailing to a fearful extent. Sin is made attractive by the covering of light which Satan throws over it, and he is well pleased when he can hold the Christian world in their daily habits under the tyranny of custom, like the heathen, and allow appetite to govern them.” *Messages to Young People*, 236, 237.

*God knew that the indulgence of perverted appetite would so deaden man’s perceptions that sacred things could not be discerned.*

In looking at the “shadow” or “type” of the earthly sanctuary we learn that on the typical Day of Atonement, God required that people “afflict their souls, and do no work on that same day.” The consequences for disregarding these instructions were clear cut and serious. God said, “For any person who is not afflicted in soul on that same day shall be cut off from his people” and “that person I will destroy from among his people” (Leviticus 23:27–30). We are living in the antitypical Day of Atonement. The same requirement is in effect for us, only in a much greater degree.

Here we will look at health and its relation to the Most Holy Place message, “keep your garments spot-

a plain statement from the Lord. Adam and Eve both questioned God and that led to their fall. We must take God at His word. God says, “He knew that the indulgence of perverted appetite would so deaden man’s perceptions that sacred things could not be discerned.”

One may think they understand sacred things, but if appetite is indulged, what does God say? He says, that regardless of what you think or believe, the reality is that those who indulge perverted appetite cannot understand sacred things.

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral

“If men and women of intelligence have their moral powers benumbed through intemperance of any kind, they are, in many of their habits, elevated but little above the heathen. Satan is constantly drawing the people from saving light, to custom and fashion, irrespective of physical, mental, and moral health. The great enemy knows that if appetite and passion predominate, health of body and strength of intellect are sacrificed upon the altar of self-gratification, and man is brought to speedy ruin. If enlightened intellect holds the reins, controlling the animal propensities, keeping them in subjection to the moral powers, Satan well knows that his power to overcome with his temptations is very small. ...

“A large share of the Christian world have no right to call themselves Christians. [They are breaking the 3<sup>rd</sup> commandment. They are taking God’s name in vain.] Their habits, their extravagance, and general treatment of their own bodies, are in violation of physical law, and contrary to the Bible standard. They are working out for themselves, in their course of life, physical suffering, mental and moral feebleness.” *The Review and Herald*, September 8, 1874.

“God gives no permission to man to violate the laws of his being. But man, through yielding to Satan’s temptations to indulge intemperance, brings the higher faculties in subjection to the animal appetites and passions. When these gain the ascendancy, man, who was created a little lower than the angels, with faculties susceptible of the highest cultivation, surrenders to be controlled by Satan. And he gains easy access to those who are in bondage to appetite. Through intemperance, some sacrifice one-half, and others two-thirds, of their physical, mental, and moral



*The transgression of physical law is transgression of God’s law. Our Creator is Jesus Christ. He is the author of our being.*

powers, and become playthings for the enemy. Those who would have clear minds to discern Satan’s devices, must have their physical appetites under the control of reason and conscience. The moral and vigorous action of the higher powers of the mind are essential to the perfection of Christian character. And the strength or weakness of the mind has very much to do with our usefulness in this world, and with our final salvation. The ignorance that has prevailed in regard to God’s law in our physical nature is deplorable. Intemperance of any kind is a violation of the laws of our being. Imbecility is prevailing to a fearful extent. Sin is made attractive by the covering of light which Satan throws over it, and he is well pleased when he can hold the Christian world in their daily habits under the tyranny of custom, like the heathen, and allow appetite to govern them.” Ibid.

“Why do some of our ministering brethren manifest so little interest in health reform? It is because instruction on temperance in all things is

opposed to their practice of self-indulgence. In some places this has been the great stumbling block in the way of our bringing the people to investigate and practice and teach health reform. No man should be set apart as a teacher of the people while his own teaching or example contradicts the testimony God has given His servants to bear in regard to diet, for this will bring confusion. His disregard of health reform unfits him to stand as the Lord’s messenger.” *Testimonies*, vol. 6, 378.

These are strong words but sometimes God uses strong words like these to wake us up out of lethal slumber. If we do not wake up and change our habits, He knows that we cannot be in eternity with Him, and He longs for you and me to be with Him throughout eternity. This is why He uses such strong language. However, there is something else I would like us to consider and understand.

When Jesus comes to get His saints, and all are seated at that great wedding feast, will any intemperate

person be at that table? No, not one. When does the change have to take place? Jesus told a well-known and true story from Old Testament times that gives us the answer. The application of this story is found in *The Spirit of Prophecy*, vol. 3, 40, 41. The story is of the building of the temple of God during the reign of Solomon. Spirit of Prophecy says the following: “The stones were not prepared for their respective places just as they were about to be laid in the wall of the temple; all the fitting and planning was done previous to their being brought to the place of building. So it is that all the hewing, fitting and polishing of character must be done during man’s probation. When Christ shall come again to earth it will not be to purify

this point, we will also bear the sin of leading other people into the paths that lead away from God and heaven. We must control our appetites here. It is an essential part of the Most Holy Place message, “keep your garments spotless.”

“The church is making history. Every day is a battle and a march. On every side we are beset by invisible foes, and we either conquer through the grace given us by God or we are conquered. I urge that those who are taking a neutral position in regard to health reform be converted. This light is precious, and the Lord gives me the message to urge that all who bear responsibilities in any line in the work of God take heed that truth is in the ascendancy in the heart and life.

question do not follow where the Great Physician leads the way. ‘If any man will come after Me,’ Christ said, ‘let him deny himself, and take up his cross, and follow Me’ (Matthew 16:24).” Ibid., 378.

“How many are deceiving their own souls and cheating themselves out of the blessings that others might secure if they would believe and obey? Probation still lingers, and it is our privilege to lay hold of the hope set before us in the gospel. Let us repent and be converted and forsake our sins, that they may be blotted out. ‘Heaven and earth shall pass away: but My words shall not pass away. And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth. Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man’ (Luke 21:33–36).” Ibid., vol. 9, 268, 269.

Remember, my friends, we have a compassionate Saviour. In His mercy in our behalf He endured that “long fast in the wilderness” that we might have His power to overcome. Oh, friends, let us not show despite to His great love and mercy, His tremendous suffering and sacrifice on our behalf. Let us claim the victory that was His and overcome as He overcame. Let us indeed “keep our garments spotless” through the mighty new covenant provided for us by our loving, merciful and just Father and His only begotten Son. **LM**

*Brenda Douay is a staff member at Steps to Life. She may be contacted by email at: [brendadouay@stepstolife.org](mailto:brendadouay@stepstolife.org).*

*Those who would have clear minds to discern Satan's devices must have their physical appetites under the control of reason and conscience.*

and refine the characters of men, and to fit them for Heaven. His work then will only be to change their corruptible bodies and fashion them like unto Christ’s most glorious body. Only a symmetrical and perfect character will in that day entitle men to the finishing touch of immortality.

“Earth is the quarry and the workshop where men are to be fitted and refined for the courts of Heaven.”

My friends, if we want to be at that great banquet table in heaven, we must conquer appetite here. If we do not, we cannot understand God’s great plan for our salvation. If we choose to remain in sin on

Only thus can any meet the temptations they are sure to encounter in the world.” *Testimonies*, vol. 6, 377, 378.

“The light that the Lord has given on this subject in His word is plain, and men will be tested and tried in many ways to see if they will heed it. Every church, every family, needs to be instructed in regard to Christian temperance. All should know how to eat and drink in order to preserve health. We are amid the closing scenes of this world’s history, and there should be harmonious action in the ranks of Sabbathkeepers. Those who stand aloof from the great work of instructing the people upon this





## ANGELS

### THEIR MINISTRATION

BY JAMES EDSON WHITE

**B**efore Adam and Eve sinned, their home was in “Eden, the garden of God” (Ezekiel 28:13). Here they were visited, not only by holy angels, but God Himself held communion with them, and they talked with Him face to face.

After the fall, man could no longer talk with God. Neither could any sinful being see His face and live. Even to Moses, the man of God, He said, “Thou canst not see My face: for there shall no man see Me, and live” (Exodus 33:20).

It was not, however, the Creator's will to cut man off from communication with heavenly beings. And in the darkness and uncertainty following the entrance of sin, man has ever felt the need of "some ministering spirit, some heavenly visitant from the world of light, to instruct him in the things of God." Hence it is but natural that man should ever be reaching out for some method of communication with heaven. This need of the human soul the Lord supplies by means of the ministration of angels.

### MINISTERING SPIRITS

To the inhabitants of this world the angels are *messengers* (see margin Judges 2:1) sent from the courts above.

In an earthly kingdom the conditions are similar. The monarch resides at the capital of his kingdom, which is the seat of government. Here trusty messengers bring to him reports from every part of the realm. As questions of moment are settled, the decisions are placed in the hands of those who are empowered to act in the name of the king. Thus affairs of the kingdom receive proper attention, no matter how broad or widely scattered the dominion may be.

We can readily see that the Lord employs His servants, the angels, in a similar manner. "He always works by means, or agents. The angels are His officers, or messengers, whom He has appointed to represent Him and to have charge of the affairs of this earth.

tendance and ministration of heavenly angels was made very real: "And he dreamed, and behold a ladder set up on earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it" (Genesis 28:12).

On his return journey, many years after, as he was about to meet his brother Esau, whom he had so cruelly wronged in his younger days, and whom he greatly feared, "the angels of God met him. And when Jacob saw them, he said, This is God's host: and he called the name of that place Mahanaim" (Genesis 32:1, 2).

The meaning of *Mahanaim* is *two hosts*, or *camps*, referring to the great camp of Jacob's band, and the camp of the angels of God. This was evidence to the patriarch that the camp of heaven was by his side to protect him in the dreaded meeting with his brother.

Angels are at times sent from heaven in answer to prayer. In Daniel 9:21, 22, we read that as the prophet was praying, the angel Gabriel was sent to answer his prayer.

Another instance in the life of Daniel gives the most realistic account of angelic ministration. The prophet was deeply burdened regarding the sins and the captivity of his people. For three weeks he had fasted and prayed to God that the way might be opened for Israel to return to their own land. Then the angel appeared to him and said:

"Fear not, Daniel: for from the *first day* that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes [margin, the first Prince], came to help me; and I remained there with

*It is but natural that man should ever be reaching out for some method of communication with heaven. This need of the human soul the Lord supplies by means of the ministration of angels.*

Around the throne of God in heaven there is an "innumerable company of angels" (Hebrews 12:22) that go and come at His command.

Says John, "I beheld, and I heard the voice of many angels round about the throne" (Revelation 5:11).

David says, "The LORD hath prepared His throne in the heavens; and His kingdom ruleth over all. Bless the LORD, ye His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless ye the LORD, all ye His hosts; ye ministers of His, that do His pleasure" (Psalm 103:19-21).

They watch over God's people, and administer to their wants. They bear the prayers of the saints up before the Lord, and come again to answer them according to His direction."

The statement of the apostle Paul is very clear on the ministry of angels: "To which of the angels said He at any time, Sit on My right hand, until I make thine enemies thy footstool? Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation" (Hebrews 1:13, 14)?

To Jacob, on his lonely way as he fled from his father's house, the at-



*The day of wonderful answers to prayer is not of the past alone. God is as ready to hear and answer now as He was in the days of Daniel.*

the kings of Persia” (Daniel 10:12, 13). [Emphasis supplied.]

Daniel’s “three full weeks” (verse 2) of fasting and prayer for his people had not been in vain. The angel (doubtless Gabriel) said to him that from the *first day* of his fast his words were heard. Gabriel had been with the king of Persia for three weeks—just the time Daniel had been afflicting his soul.

What a lesson regarding answer to prayer! During his three weeks of fasting and prayer Daniel had no evidence that his prayers were bringing any answer. Yet every day of this time this mighty angel was engaged with the king in his effort to bring about the very results for which Daniel was praying.

During all these days Satan opposed the efforts of Gabriel to move the heart of the king. The task was too unequal, and Michael, the Son of God Himself, came to the court of the king to complete the work. Gabriel is thus released, and goes swiftly to Daniel, to assure him that his prayers are heard, and to give him the instruction for which he has been pleading.

Michael, equal with the Father in all the power of heaven, is soon able to bring the king of Persia to terms, and the release of Israel is assured.

We read and talk of the romance of history, and of the titanic forces employed in modern warfare. But what earthly event can compare with this scene, in which the actors were, *first*, Daniel, the aged prophet in prayer; *secondly*, Michael and Gabriel, two of the strongest beings from heaven itself; *thirdly*, the king of Persia; *fourthly*, Satan and his powerful angels. Truly it was a royal battle, the nature of which was little suspected by the human characters interested in it.

The day of wonderful answers to prayer is not of the past alone. God is as ready to hear and answer now as He was in the days of Daniel. The sincere Christian who prays in faith, and expects and looks for answers, will receive answers and know that he receives them. Yet the response from heaven may be so far-reaching that we would be startled if our eyes were opened. The delay that tries the faith of the suppliant may arise from neces-

sary work upon other hearts as hard and as stubborn as that of the king of Persia or the Pharaoh of Egypt.

### GUARDIAN ANGELS

“Take heed that ye despise not one of these little ones [servants of God, not necessarily children]; for I say unto you, That in heaven their angels do always behold the face of My Father which is in heaven” (Matthew 18:10).

The Bible clearly indicated that a guardian angel is appointed to every follower of Christ. So in every conflict with the powers of darkness, it is a comforting and inspiring thought that we have not only a Father in heaven, but we have also a powerful angel by our side. We have always within immediate reach a power sufficient to beat back all the assaults of the enemy. These angels bring to us light and courage, and in all cases are at hand to protect us.

Satan himself recognized, in the experience of Job, the efficiency of this angelic guardianship. The Lord called his attention to the integrity of Job,

and Satan replied, “Doth Job fear God for nought? Hast not Thou made an hedge about him, and about his house, and about all that he hath on every side” (Job 1:9, 10)? Of the character of Job the Lord said, “There is none like him in the earth, a perfect and an upright man” (verse 8). Hence powerful angels were placed like a guarding wall about him, to protect him and all he possessed from the power of Satan and his hosts of evil. He was practically placed beyond their malign influence. “No evil could approach him except as God gave special permission.”

Satan claimed that if this protection was removed, and his possessions were destroyed, “He will curse Thee to Thy face” (Job 1:11).

between them and their heavenly Father, and no evil is permitted to come upon them only so far as it is for their good and the advancement of His work in the earth.

The psalmist tells us how God protects His children: “The angel of the LORD encampeth round about them that fear Him, and delivereth them” (Psalm 34:7).

Peter’s guardian angel released him from prison more than once. At one time Herod had cast him into prison, intending to kill him as he had James. But the Lord had yet a work for Peter to do.

“And when Herod would have brought him forth, the same night Peter was sleeping between two

know of a surety, that the Lord hath sent His angel, and hath delivered me out of the hand of Herod, and from all the expectation of the people of the Jews (Acts 12:9, 11).”

Then Peter went to the house of Mary, the mother of John, where the disciples were “gathered together praying” (verse 12). They were doubtless beseeching God for the release of the imprisoned apostle.

As he “knocked at the door of the gate, a damsel came to hearken, named Rhoda” (verse 13). When she heard his voice asking admission, she did not let him in for very joy, but, instead, ran and told the praying disciples that Peter stood at the gate. At first they could not believe the words of the maid, but she insisted that he was really there. “Then said they, It is his angel” (verse 15).

“They did not mean that it was Peter’s spirit, for they supposed he was yet alive and in prison. They meant ... what they said, that it was his angel—the one who attended him.”

The ninety-first Psalm describes the position of God’s people during the time of trouble. Of the mission of the angels during this time, we read, “He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone” (Psalm 91:11, 12).

### THEY HEAR OUR WORDS

An angel is always present and hears what we say. “Suffer not thy mouth to cause thy flesh to sin; neither say thou before [in the presence of] the angel, that it was an error” (Ecclesiastes 5:6). The angels of God can not be deceived.

### THEY SEE US

“For I think that God hath set forth us the apostles last, as it were

*Although God in His wise providence allows His children to be tempted, tried, and afflicted, they are never forsaken.*

“And the LORD said unto Satan, Behold, all that he hath is in thy power; only upon himself put not forth thine hand” (verse 12).

Yet through all the calamities the evil one was permitted to bring upon him, he was not forsaken by the heavenly messengers. They were there to see that Satan should not afflict Job beyond the permission given by Jehovah. Even though tempted to sin, he retained his integrity, for it is said, “In all this Job sinned not” (verse 22).

So, although God in His wise providence allows His children to be tempted, tried, and afflicted, they are never forsaken. Heavenly messengers maintain a constant communication

soldiers, bound with two chains: and the keepers before the door kept the prison. And, behold, the angel of the Lord came upon him, and a light shined in the prison: and he smote Peter on the side, and raised him up, saying, Arise up quickly. And his chains fell off from his hands. And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me” (Acts 12:6–8).

The apostle did not understand what was transpiring, “but thought he saw a vision.” “And when Peter was come to himself [when he realized it was all real and true], he said, ‘Now I





*Angels bring to us light and courage, and in all cases are at hand to protect us.*

appointed to death: for we are made a spectacle unto the world, and to angels, and to men" (1 Corinthians 4:9). We are never alone. We could see our angel visitor if our eyes were opened. (See 2 Kings 6:3–23).

### ANGELS IN THE GOSPEL

When the work of creating the earth and its inhabitants was finished, "the morning stars [angels] sang together" (Job 38:7).

When man sinned and was driven from Eden, the "angels ceased their songs of praise. Throughout the heavenly courts there was mourning for the ruin that sin had wrought." *Patriarchs and Prophets*, 62.

When the plan of salvation through Christ, which was to give the human race another chance, was proclaimed to the angels, they made heaven ring again with the song that later sounded over the hills of Bethlehem: "Glory to God in the highest, and on earth peace, good will toward men" (Luke 2:14).

Before the fall, angels were the teachers of Adam and Eve. They told them of the fall of Satan, and of the ceaseless efforts he and his fallen companions would make to cause them to sin and fall as he had fallen.

Since the fall, the interest of holy angels in the human family has intensified. As before the fall they were to warn our first parents of the danger that lurked in the wiles of Satan, so after the fall they were to instruct man in the plan of salvation that had been devised in his behalf.

As man had failed to stand the test while surrounded by every influence that could guard him from evil, he must now regain the character he had lost by disobedience in a world that had fallen under the dominion of Satan.

To meet these adverse conditions the angels were appointed as guardians, ministers, and messengers from heaven to aid fallen humanity in its struggle with evil. Then how deep must be the interest of angels in the welfare of man, and in the advancement of the gospel in the earth!

Angels have ever acted a prominent part in the spread of the gospel. Though the preaching of the gospel has been given to men, yet angels have an important mission to perform in aiding and guiding the earthly minister in his work.

The case of Cornelius is an example. Cornelius was a Gentile. He was also an officer in the Roman army. It was said of him that he was "a just man, and one that feareth God, and of good report among all the nation of the Jews" (Acts 10:22).

But Cornelius knew nothing of Jesus Christ. It seems that he was seeking for light from heaven, for he "prayed to God always," and to such a man help will always be sent when needed. In this case the angel appeared to the Roman officer while he was fasting and praying. He instructed him to send for Peter, saying, "He shall tell thee what thou oughtest to do" (verses 2–6).

Cornelius therefore sent two servants and a devout soldier to the place where Peter abode in Joppa.



*It was Gabriel also who came to Mary to announce the birth of Christ, and to Zacharias to foretell that of John the Baptist.*

The next day, as the three men were nearing Joppa, Peter “went upon the housetop to pray” (verse 9). There he saw a vision, and a heavenly messenger instructed him to go with the men in response to the call of Cornelius, notwithstanding he was a Gentile.

So Peter returned with them, and found the house of Cornelius filled with his “kinsmen and near friends” (verse 24). And as he preached the gospel to them, “the Holy Ghost fell on all them which heard the word” (verse 44). And they believed and were baptized.

In this instance the actual intervention of angels, both to Cornelius and to Peter, was necessary to bring about this result.

An incident in the life of the deacon Philip is to the point. Crossing the desert near Gaza was a eunuch, an officer of great authority in the court of Candace, queen of Ethiopia. He was returning from Jerusalem, where he had been to worship. As he rode

in his chariot, he was reading Isaiah’s prophecy in regard to Christ, but did not understand it. At the command of the angel, Philip met the eunuch at this time. He was invited to a seat in the chariot, and there he explained the passage from Isaiah, and preached Christ to the Ethiopian officer.

As a result, the eunuch believed, and as they passed a pool he asked for baptism. “And they went down both into the water, both Philip and the eunuch; and he baptized him” (Acts 8:38).

And the Spirit of the Lord caught away Philip, and carried him to Azotus, But the eunuch went on his way rejoicing, a new channel through which the light of the gospel was to be carried into darkest Africa.

This whole transaction, which was so important in carrying the gospel into new territory, was due to the appearance of the angel to lead God’s minister on this important errand.

Angels appeared to Daniel, and revealed to him many important truths pertaining to the work of the gospel, some of which refer to the times in which we now live. Especially is the instruction of the angel Gabriel important, as it concerns the atonement, or the investigative judgment, and the sacrifice of the Messiah. (See Daniel 8:13–17; 9:10–27.)

It was Gabriel also who came to Mary to announce the birth of Christ, and to Zacharias to foretell that of John the Baptist. (See Luke 1:11–19, 26–33.)

A powerful angel appeared many times to the apostle-prophet John, as recorded in the Revelation, presenting before him important events and truths pertaining to the work of God to be done in the earth, and in regard to the triumph of God’s people and their great reward.

In Revelation 14:6, 7, an angel is seen flying “in the midst of heaven, having the *everlasting gospel* to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to Him; for the hour of His judgment is come.” [Emphasis supplied.] And other angels followed, each having a special message to proclaim.

Special messages have gone to the world at special times. God sends His angels to direct the minds of His ministers to the lines of truth He would have them proclaim. Angels stand by their side as they speak the truth to the people. Angels are beside the listeners to impress their hearts. So through it all, as in the cases of Cornelius and Peter, and of Philip and the eunuch, angels are moulding the work of the ministers, and pressing home the truths to the hearts of the people.

*Past, Present, and Future*, by James Edson White, 69–83. **LM**



*Heavenly Father: I am so sorry for following the devil's impressions. Help me to think on heavenly things at all times, according to Philippians 4:8 so that the devil will not be able to lead me into things that will keep me out of my heavenly home which you have prepared for me. Please set my affections only on heavenly things and not on the things of this earth. Remind me always that even a little will hurt—eternally! Amen.*

## JUST A LITTLE

BY JUDY HALLINGSTAD

When I was in grade school, my mother worked and I was home alone after school. During those times I would search the house just to see what Mom and Dad had. Wow, did I find something awesome! I found my mother's gallon dime jar in her closet. I had never seen so many dimes in one place. I was just awed. I decided that Mom would not miss a few dimes and so I decided to use a few of them. Every day I would take just a few dimes and I would stop at the little market while walking home from school and buy some Fritos and pop! I thought I was in "dime heaven." What I did not realize was that Mom's jar was slowly going down and that judgment was about to come—and it did! Oh I felt so bad, but the damage was done. Of course, Mom forgave me, but it was a lesson that I never forgot.

I tell this story because that is how it is when we do things that we know to be wrong but do them anyway because nobody sees us. But Somebody is watching and is saddened by our

actions and is writing in the books of heaven all about it. There is one that is very happy about our actions because he, Satan, put the thought into our minds. We simply followed his bidding and because of that we will end up with him, out of heaven, unless we repent and turn from wrong.

It is good to remain loyal to God. Why? Because our "... capacity to know, to enjoy, and to love would continually increase." *Patriarchs and Prophets*, 51.

God has warned us as He warned Adam and Eve of the danger that threatens us! Satan does not want you to be obedient and walk with God. His disobedience cost him the joy of heaven and he wants you to follow him.

"To man, the crowning work of creation, God has given power to understand His requirements, to comprehend the justice and beneficence of His law, and its sacred claims upon him; and of man unswerving obedience is required.

"Like the angels, the dwellers in Eden had been placed upon proba-

tion; their happy estate could be retained only on condition of fidelity to the Creator's law. They could obey and live, or disobey and perish." *Ibid.*, 52 53.

"But should they once yield to temptation, their nature would become so depraved that in themselves they would have no power and no disposition to resist Satan." *Ibid.*, 53.

When our hearts are devoid of the love of God and His ways, our enemy finds access and leads us to follow his evil ways causing hurt to ourselves and others.

Close those doors that give Satan access. Continually fill your mind with Scripture and Spirit of Prophecy which will put a block on the devil's suggestions. Remember, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8). **LM**



## *A Wise Use of our Talents*

BY ELLEN G. WHITE

*I*n the parable of the talents, the servant to whom were entrusted five talents traded upon them wisely, and in the day of reckoning was able to return double this number to the Master. The one also who received two talents, doubled these. But the man who received only one talent, hid it in a napkin, and buried it in the earth. When the master returned and reckoned with his servants, the sentence pronounced upon this slothful servant was, "Take therefore the talent from him, and give it unto him which hath ten talents" (Matthew 25:28).

To every man and to every woman God has given a work for him. He has not given to all the same work. Some have a greater number of talents than others have. God's children are to use their talents according to their several ability. Those who have five talents should faithfully put them out to the exchangers. To those who have two talents the Lord says, "Trade upon your talents, using and improving them to My glory."



## THE ONE TALENT

Those who have received only one talent (and to each is entrusted at least one), should resolve by God's grace to use it wisely. Instead of burying it, say: "Though I have but one talent, I must make the most of it. I will be faithful in the little things; for the Word declares, 'He that is faithful in that which is least is faithful also in much' (Luke 16:10) I will use to the very best advantage that which is given me. I will not waste one jot of my powers in indulging appetite or in gratifying pride of appearance. In my family I will strive to be a faithful parent, teaching my children to be honest and truthful, kind and patient, and training them for the future, immortal life. By God's help, I myself will try to be all that I desire my children to be; for in speaking of His disciples, Christ said, 'For their sakes I sanctify Myself, that they also might be sanctified' (John 17:19)."

My brother, my sister, if you have buried in the earth the one talent entrusted to you, I beseech you to improve it before God inquires, "What have you done with the talent that I gave you?" Thank Him that He has manifested His great love to you by entrusting you with even one talent. By word and act show that you appreciate this gift, and that you regard it as a treasure of greater value than anything else you possess. Put your talent out to the exchangers.

## THE TALENT OF SPEECH

The power of speech is a precious possession, given us by the Master to be used in blessing our fellow beings. In using this talent aright, we honor him. But we dishonor him by using the gift of speech to tell of our discouragements and to magnify our trials. We need stronger faith, more perfect trust. How changed would be



*God has not given to all the same work. Some have a greater number of talents than others have.*

our experience if the time we spend in repining were spent in beholding Jesus, and in telling others of his love! Then our words would be profitable. Then we should offer to God thanksgiving instead of complaint. Then we should have no inclination to talk about our trials, so filled would our minds be with the thought that we are receiving abundant blessings.

## THE TALENT OF MEANS

Often the talent of means is laid away, hidden and unused. Money lying idle in banks is regarded by the Lord as a buried talent. God desires His followers to use the talent of means in His service. We should do our part in helping to carry forward the different lines of His work in all parts of the earth. A great work is to be done in the cities. Camp-meetings are to be held in many places. Those who have means may multiply their talent by using it to help support laborers in proclaiming the message of truth for this time. When through this instrumentality some one is led to accept the truth, our talent is doubled. And when this convert brings others into the truth, there is still further increase of

talents. Those who double their talents in the work of saving souls, bring joy to the angels and call forth songs of praise from the heavenly choir.

## THE REWARD OF FAITHFULNESS

To him who uses aright his one talent, as well as to the wise steward of many talents, the Master will say, "Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy Lord" (Matthew 25:21). The well-doer is not rewarded in proportion to the number of his entrusted talents, but in proportion to his faithfulness in using wisely that which he has, and the unselfishness of the motive that prompts his efforts.

Dear reader, God desires to use you in His service. There is a place for you to fill in this world. For no other purpose does He entrust men and women with talents. If you are faithful in filling the place He desires you to fill, He will work in your behalf, and you will see of the salvation of God.

*The Atlantic Union Gleaner*, September 16, 1903. **LM**

From the Desk of Pastor John J. Grosboll

April 2017

"Your ministry has blessed our family for several years now. Thank you for your heart for God and for all that you do in His name. We are especially blessed by the *LandMarks* magazine. We are challenged and encouraged again and again as we read it. May God continue to spread the truth of His gospel through you and others while it is still day—for the night cometh."

—T&LT, Nevada

"This is just a note regarding the article, 'Love Not Force' in January 2017 *LandMarks*. I believe it is the best and most encouraging article I have ever read in *LandMarks*. 'But the principles cherished by the Pharisees are such as are characteristic of humanity in all ages. The spirit of Pharisaism is the spirit of human nature.' *Thoughts from the Mount of Blessing*, 79."

—KH, Tennessee

### Answer key to puzzle from page 35.

A	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	A
B	H	T	A	S	K	M	A	S	T	E	R	S	F	L	A	M	E				B
R	O	D		Q									H	A	Y	L	C				
D	U	T	N	M	E	N		S	P	E	E	C	H		L	O	O	K			
E	S	H	O	E	S													Q		E	
F	E	K		Z	I	P	P	O	R	A	H				W		U		F		
G	S	E			I	T		E		O			L	E	V	I					
H		A	N	G	E	R		T	H		G	R	O	U	N	D		N		H	
I				R					H	E		D			D		T		I		
J	B	O				S	O	R	R	O	W	S		D	E	A	F		B	J	
K		I		W	H	O	A	M	I							R	L	E	K		
L	S	T	O	N	E		V		G				W	A	G	E	S		A	L	L
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N		E		D		D	A	U	G	H	T	E	R		F	S		E	N		
O	A	R	K		S			R										V	O		
P		N			A								G	R	I	E	V	E	D		
Q	S	P	O	K	E	S	M	A	N		L			M		D	H	I	D	O	
R			W			I								A		P		O		R	
S	S	E	N	D		D	A	U	B	E	D			T		M	I	L	K	S	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

Dear Friend,

We have a mission to take the final message of mercy and also the prophecy of certain coming doom to a world that is perishing but could be saved if there were repentance. I hope the following excerpted sentences from a letter written by Ellen White in 1904 to Brother Butler about this subject are an encouragement to you as you ponder what you are doing personally and in your local church to fulfill the great commission.

"When we are inclined to despond, as I am when I cannot work as I long to, knowing as I do that time is fast passing and that my life may go out at any time, we must take Christ at His word, and believe that 'all power' is to be given to those who need it, that this power is for you and for me. Let us not look on the dark side, but look in faith to Jesus. Let us obey the word 'Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end the world' (Matthew 28:19, 20).

"This is our work. Let us do it, teaching the things that Christ has commanded. The Lord will give us strength and grace. Let us trust Him. There is to be a turning and an overturning; but our work is not to stop. We are to instruct and enlighten those who have not heard the truth for this time.

"'Go ye therefore, and teach all nations,' was the word given to the disciples. ...

"God's people are to use their talents and means and influence in doing the work He has given them. His denominated people are to occupy an important position before those who know not the truth.

"In all ages God's faithful people have been aggressive missionaries, consecrating all their resources to the honor of God, and wisely improving their talents. ...

"The time has come when even in the church and in our institutions, some will depart from the faith, giving heed to seducing spirits and doctrines of devils. But God will keep that which is committed to Him. Let us draw near to Him, that He may draw near to us. Let us bear a plain, clear testimony, right to the point." *Manuscript Releases*, vol. 19, 309, 310

Your brother in witnessing,



John J. Grosboll

## Hagfish

By Judy Hallingstad

Another one of God's unique creations is the hagfish. These little things are also known as *slime eels* but they are not eels. They really belong to the family of *Agnatha* fish—fish without jaws. These little hagfish live in cold waters around the world. In fact they can be found in waters as deep as 5,600 feet, and prefer to stay near the soft sea floor, where they can bury themselves if threatened. The largest hagfish, *Eptatretus goliath*, can grow to more than four feet, while the smallest species reach only several inches long.

Hagfish do have a reputation for being disgusting – it might have something to do with their sliminess and their unsavory dining habits – but they are actually valuable parts of the ocean ecosystem, and that slime might have practical applications.

1. Hagfish are scaleless with soft skin. The skin covers its body like a loose fitting sock.
2. Hagfish have four hearts. One serves as the main pump, while the other three serve as accessory pumps.
3. Hagfish breathe through their nose and skin. Hagfish take in water through their nasopharyngeal duct, which leads to their pharynx and gill pouches. Different species have between 5 and 15 pairs of gills. Hagfish also have a well-developed network of capillaries in their skin, which might allow them to “breathe” through their skin when buried in mud.
4. Hagfish can't see well, but have other sharp senses. Hagfish possess

simple eyespots that can detect light. In some species, the eyespots are covered by skin. Hagfish depend on their well-developed senses of smell and touch to navigate and find food. They have several pairs of barbels, sensing tentacles, around their mouths and single nostril on the top of their heads.

5. Hagfish are the only living animals that have a skull but no spine. Their skeleton is made up entirely of cartilage. Like lampreys, they are jawless; instead, they have a pair of horizontally moving structures with tooth-like projections that they use to grasp and tear off pieces of food.
6. Hagfish mostly feed on dead and dying creatures on the sea floor. They are known to bury themselves face-first in a carcass, boring a tunnel deep into its flesh to eat their meal from the inside out. Hagfish perform an important ecological service, cleaning and recycling dead animals from the sea floor. Hagfish have slow metabolisms and can survive

months between feedings. They can also absorb nutrients across their skin and gills.

7. Hagfish can produce copious amounts of sticky, fibrous slime from glands running along the sides of their bodies. This slime helps them repel or escape from predators. To wipe its slime away, the hagfish will tie itself into a knot and work the knot from its head to its tail, scraping off the slime as it goes. If its nostril fills with slime, the hagfish will “sneeze” to clear out the clog.

Excerpts from [www.wired.com/2014/11/creature-feature-10-fun-facts-hagfish/](http://www.wired.com/2014/11/creature-feature-10-fun-facts-hagfish/)

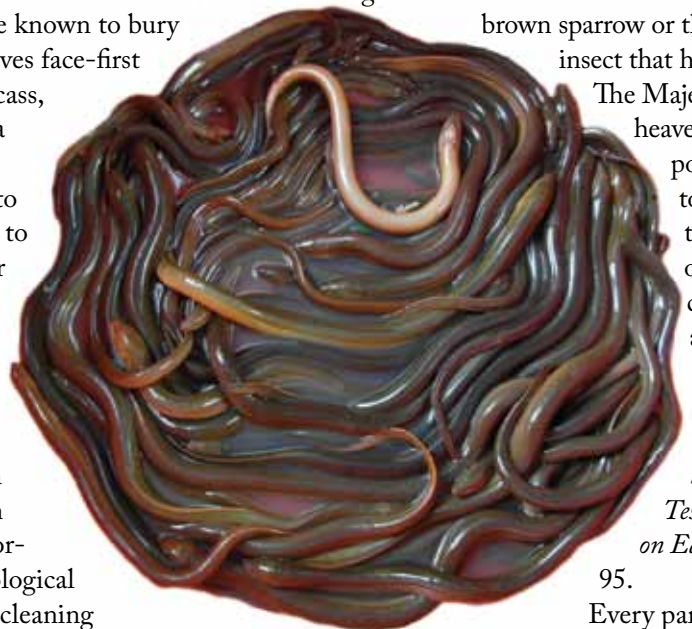
“God’s care is over all, from the glorious sun in the heavens to the little brown sparrow or the tiniest insect that has life.

The Majesty of heaven has pointed us to these things of God’s creation as an evidence of His love.”

*Special Testimonies on Education,*

95.

Every part of God’s creation has a special purpose, even the slimy hagfish who diligently keeps the floor of the ocean clean.





## PHILIPPINES



## Philippines

**B**ayambang is a first class municipality in the province of Pangasinan, Philippines, with a population of 118,205 people in 2015.

Since 1998 when the first Seventh-day Adventist arrived sharing the three angels' messages, the faithful little group has been witnessing to their neighbors and friends until a little company has been formed.

An additional 10.5 square meters of land is being added to the small lot that was donated and plans are

under way to build a three-story building to accommodate their growing congregation.

Please keep Revelation 12:17 Ministry Inc., Bayambang Free Seventh-day Adventist Church in your prayers as they reach out in their community with the last message of mercy to our world and mark your 13<sup>th</sup> Sabbath Offering *Bayambang*.

## April Sermon of the Month

### I Have Sent Them

By John J. Grosboll

As the Father sent His Son to recover His lost sheep, Jesus also sends those who have been rescued to work in His power to save others who have gone astray. Search in the highways and byways and bring those who are lost back into the fold of safety.

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





## **Bayambang** **Free Seventh-day Adventist Church** **Philippines**

By Esmie De Guzman

**A**fter 17 years of praying for a better and bigger memorial in our locality, by God's grace, it will be granted and to God goes all the glory!

In 1998, some Seventh-day Adventist independent family missionaries from Metro Manila, Philippines, came to our place here in Tamaro, Bayambang, Pangasinan, Philippines, and rented our old house, primarily for country living. In our town, we knew nothing about this new sect of Seventh-day Adventists. By birth we were all Roman Catholic though some of the people in town had become "Iglesia Ni Kristo," some Baptists, and others converted to the Mormon church.



*Pangasinan, Philippines*



These Seventh-day Adventists were different. I asked a three-year-old baby girl who belonged to the family who had rented our house why they were always singing in the morning and in the evening. The little girl said that was their worship time and again at noon time. I asked if they were also having Bible study. I did not expect the child to tell her parents about my questions but very soon the family offered my family Bible studies. To fit in with both my husband's and my work schedule, the studies were set up each evening between 7 p.m. and 9 p.m. My husband and I were not of the same faith when we were married but I always prayed to the Lord that one day He would join us together in one faith so that our three children would not be confused.

We were yet Bible students when I asked our mentor where they were having their church worship activities. He told me about home churches and ex-

plained that even during the apostles' time the believers worshiped in homes. Even though we were not yet baptized, we offered our small living room to be our place of worship as we have no known Seventh-day Adventist church in Tamaro. Each Friday the sala (meeting place) is cleaned, we borrow some chairs, put up curtains, rearrange and cover everything that will distract attention, like TV, radio, and other home gadgets. After Sabbath the borrowed chairs are returned and all is back to the regular home arrangement.

After two years of intense Bible studies my husband and I were baptized. Another member was rebaptized. Since before being baptized we have loved to share the faith and health reform messages that we have learned with our neighbors and their children.

Our house extension, comprised of two small bedrooms and two small restrooms which had previously been leased to tenants, is now being used as a house of

worship. Here we hold Sabbath services, vespers and midweek meetings.

The first outreach in the area resulted in three more families being added to our church family. In 2015 two individuals were added to the fold. TO GOD BE THE GLORY!

The 2016 camp meeting saw five newly baptized young brethren join us who are enthusiastic about the faith they have so recently received. At present, we have a membership of 32 with ongoing Bible studies with six families, some of whom are interests of our newly baptized brethren.

Plans are under way to build a three-story church building on the donated lot. The ground floor will accommodate the children's division. The second floor will be the main worship hall and above will be the guest room with kitchen.

We are expecting a 100% church growth from ongoing health seminars and regular Bible studies.

## Question

**Explain “build up Zion with blood, and Jerusalem with iniquity” in Micah 3:10.**

## Answer

“They build up Zion with blood, and Jerusalem with iniquity” (Micah 3:10).

“These words faithfully described the corrupt and self-righteous inhabitants of Jerusalem. While claiming to observe rigidly the precepts of God’s law, they were transgressing all its principles. They hated Christ because His purity and holiness revealed their iniquity; and they accused Him of being the cause of all the troubles which had come upon them in consequence of their sins. Though they knew Him to be sinless, they had declared that His death was necessary to their safety as a nation. ‘If we let Him thus alone,’ said the Jewish leaders, ‘all men will believe on Him: and the Romans shall come and take away both our place and nation’ (John 11:48). If Christ were sacrificed, they might once more become a strong, united people. Thus they reasoned, and they concurred in the decision of their high priest, that it would be better for one man to die than for the whole nation to perish.

“Thus the Jewish leaders had built up ‘Zion with blood, and Jerusalem with iniquity’ (Micah 3:10). And yet, while they slew their Saviour because He reproved their sins, such was their self-righteousness that they regarded themselves as God’s favored people and expected the Lord to deliver them from

their enemies. ‘Therefore,’ continued the prophet, ‘shall Zion for your sake be plowed as a field, and Jerusalem shall become heaps, and the mountain of the house as the high places of the forest’ (verse 12).” *The Great Controversy*, 27.

“The long-suffering of God toward Jerusalem only confirmed the Jews in their stubborn impenitence. In their hatred and cruelty toward the disciples of Jesus they rejected the last offer of mercy. ... Men did not reason; they were beyond reason—controlled by impulse and blind rage. They became satanic in their cruelty. In the family and in the nation, among the highest and the lowest classes alike, there was suspicion, envy, hatred, strife, rebellion, murder. There was no safety anywhere. Friends and kindred betrayed one another. Parents slew their children, and children their parents. The rulers of the people had no power to rule themselves. Uncontrolled passions made them tyrants. The Jews had accepted false testimony to condemn the innocent Son of God. Now false accusations made their own lives uncertain. By their actions they had long been saying: ‘Cause the Holy One of Israel to cease from before us’ (Isaiah 30:11). Now their desire was granted. The fear of God no longer disturbed them. Satan was at the head of the nation, and the highest civil and religious authorities were under his sway.” Ibid. 28, 29. **LM**



# MAGNESIUM

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## *Why You Need It*

BY NICK TATE

Researchers have found magnesium to be a vital mineral that can lower blood pressure, protects the heart, and prevents stroke.



It has been shown to boost everything from heart health to bone density, and it can lower the risk of diabetes, high blood pressure, and stroke. It even improves memory, eases anxiety, treats headaches, and targets depression.

Magnesium is an inexpensive, readily available essential nutrient that many health experts are calling a “miracle mineral.”

But chances are that you, like most people, don’t get enough of it. Carolyn Dean, M.D., author of *The Magnesium Miracle* tells Newsmax that it is the most beneficial health-boosting mineral available. Yet most people have never heard of it . . .

“Magnesium affects every organ, tissue, and cell in the body,” said Dean, a Hawaii-based physician and holistic specialist. “Magnesium deficiency is killing people, and it’s a simple solution to many of our chronic diseases.” Government studies going back more than two decades have found the standard American diet fails to meet the U.S. Food and Drug Administration’s recommended daily allowance of magnesium, which is 400–420 mg per day for men, and 310–320 for women. Dean believes health officials and the mainstream medical establishment need to do more to raise the public awareness of magnesium’s many benefits.

“A hundred years ago we were getting 500 mg in our daily diet,” she said. “Today we are fortunate to get 200 mg. Most people think that their doctors would have warned them about this problem. But doctors are as ignorant as the public about magnesium’s health effects.”

### NATURE’S DISEASE FIGHTER

Magnesium is one of the body’s most common essential minerals.

It is found in the body’s muscles, bones, blood, and tissues. It is involved in regulating everything from blood pressure to heart activity, energy production, nervous system function, cell growth, bone density, muscle strength, and metabolism.

Magnesium is present in a range of foods, including spinach, wheat germ, bran cereals, brown rice, beans, tofu, soybeans, and nuts. But the problem is that decades of commercial agricultural processes have depleted the levels of magnesium

**Heart disease, stroke:** Magnesium helps regulate heart rate, says Chauncey Crandall, M.D., director of preventive medicine at the Palm Beach Cardiovascular Clinic. “The mineral is particularly important for people who have had an irregular heartbeat,” he told Newsmax. “Magnesium helps suppress extra heartbeats.”

A 2011 study published in the *American Journal of Clinical Nutrition* found a 40 percent greater risk of sudden cardiac death among women with low levels of magnesium.

*Magnesium is an inexpensive, readily available essential nutrient that many health experts are calling a “miracle mineral.”*

and other nutrients in farm soils. This has resulted in less of the nutrients being in fruits and vegetables.

A U.S. Department of Agriculture study published in the *Journal of the American College of Nutrition* found the levels of nutrients in American-grown produce were as much as 38 percent higher in 1950 than they are today. A growing body of scientific evidence has shown that magnesium deficiency can raise the risk of a range of diseases.

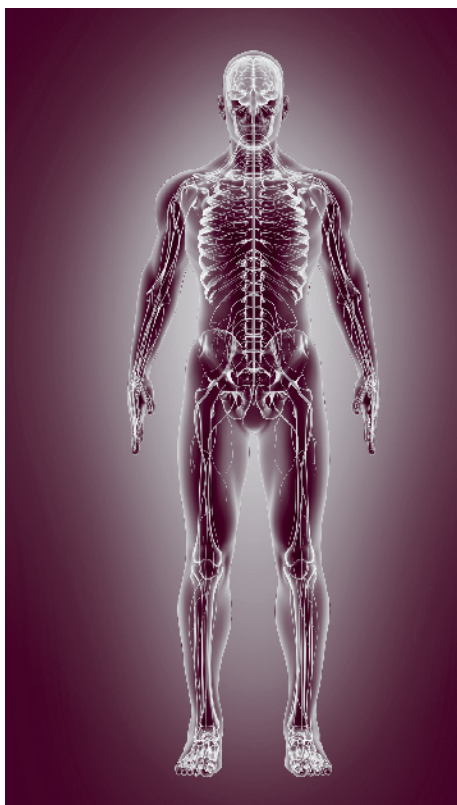
**Blood pressure:** Over a four-year period, men with sufficient magnesium had a lower risk of hypertension than men consuming lower levels, according to a study of 30,000 men. A second survey of 8,000 women also found that the risk of hypertension decreased as dietary magnesium intake increased.

Several other studies have linked higher blood levels of magnesium to a lower risk of heart disease and stroke.

**Diabetes:** Magnesium is a key regulator of carbohydrate metabolism. It influences the release and activity of insulin, the hormone that helps control blood sugar levels. Low blood levels of magnesium are often seen in Type 2 diabetes patients.

Two major research projects, the “Nurses’ Health Study” and the “Health Professionals’ Follow-Up Study,” that followed more than 170,000 people, have found the risk for Type 2 diabetes is greater in people with lower magnesium.

**Osteoporosis:** Calcium and vitamin D are important for bone health. But studies also show magnesium deficiency is a risk factor for postmeno-

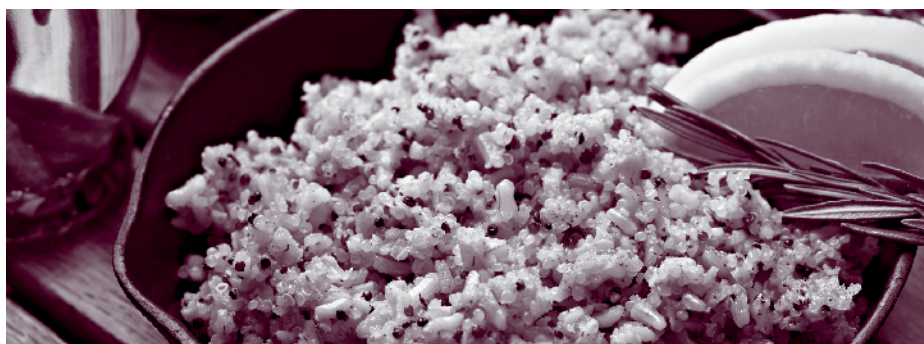


*Magnesium affects every organ, tissue, and cell in the body.*

pausal osteoporosis. This is probably because magnesium deficiency alters calcium metabolism and the hormones that regulate calcium absorption. Several studies have found that magnesium supplements and diets that meet the recommended daily allowances for the mineral improve bone mineral density.

In addition, Dean noted dozens of other studies have linked magnesium to a host of mental health benefits – in treating migraines, tension headaches, insomnia, depression, panic attacks, stress, and anxiety.

She said research has also found that adequate intake of magnesium can help in the prevention and treatment of such conditions as pre-eclampsia, eclampsia, premenstrual syndrome, dysmenorrhea, kidney stones, fibromyalgia, blood clots,



*Magnesium is present in a range of foods, including spinach, wheat germ, bran cereals, brown rice, beans, tofu, soybeans, and nuts.*

fibrositis, tooth decay, insomnia, and muscle and nerve problems.

### ARE YOU AT RISK?

One of the major problems with magnesium is that current diagnostic tests do not provide an accurate indication of whether a patient has a deficiency. “Doctors don’t have the tools to measure magnesium levels properly,” Dean explains. The best way to tell if you’re getting enough is to consider the long list of symptoms deficiency can cause.

Here are the most common: muscle cramps, twitching, heart palpitations, migraines, angina, irregular heartbeat, asthma, anxiety, fatigue, poor concentration, depression, numbness of hands or feet, back pain, diabetes, high blood pressure, osteoporosis, PMS, and seizures. If you suffer from

any of these problems regularly, you may have low levels of magnesium.

Finding the right supplement: However, not all magnesium supplements are the same. The primary side effects of taking the mineral are digestion problems and possible diarrhea. Cheaper supplements have a laxative effect. The solution is to take a quality, time-released supplement that allows your body to absorb the mineral slowly.

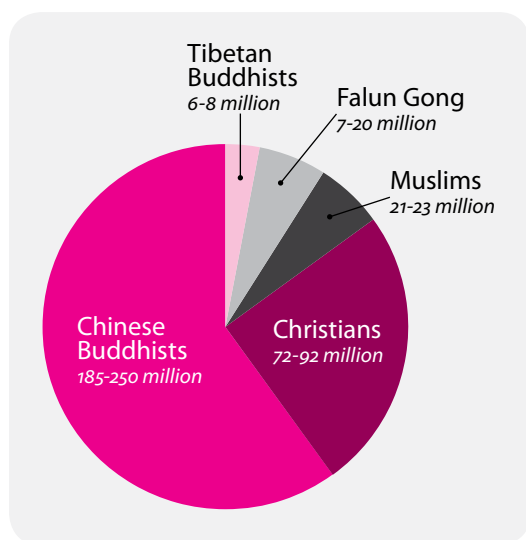
*Magnesium: Why You Need It,*  
Nick Tate

Seek out also pesticide free magnesium rich foods in the diet, which include seeds, whole grains, avocados, bananas, dried fruit, figs, artichokes, potatoes and especially leafy green vegetables. Add to these a high quality magnesium supplement, assuring the body of obtaining the level of magnesium it needs for highest function. **LM**

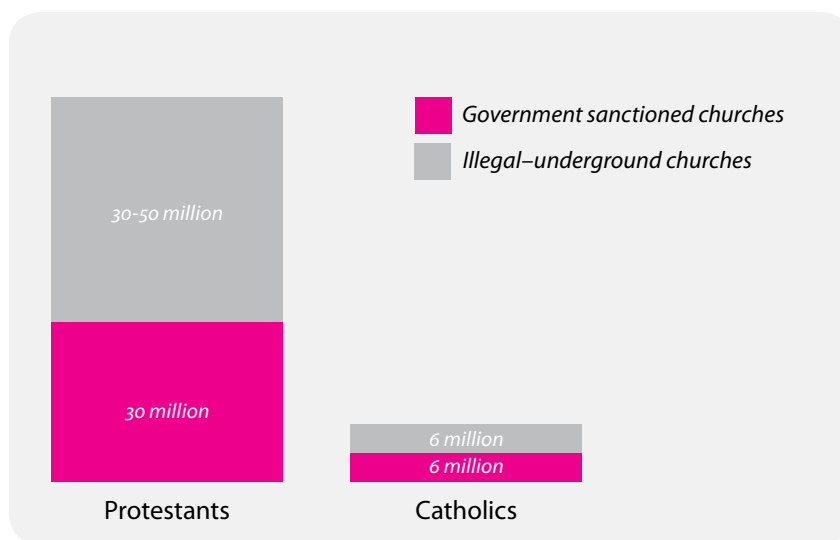
## An Atheist China Warms to the Vatican

### *Religious Persecution “Intensifies”*

#### Religion in China



#### Christianity in China



A recent article written by CNN reporters James Griffiths and Matt Rivers details the growing relationship between atheist China and the Vatican. ([www.cnn.com/2017/02/28/asia/china-religious-persecution-christianity/index.html](http://www.cnn.com/2017/02/28/asia/china-religious-persecution-christianity/index.html))

While noting the increasing persecution of Protestants in China, the authors write of the “warming ties” between Beijing and Rome: “As the situation has worsened for Protestants, relations between the Vatican and Beijing are at their strongest level in years.”

“Pope Francis has expressed his desire to visit China, and reports last year suggested the two sides were moving to a deal on the ordination of bishops, long a sticking point. ...

“Asked about the potential for a deal, the Vatican would not comment, with a spokesman saying it was a ‘work in progress.’

“Father Simon Zhu, a Chinese priest in an officially-sanctioned church, told CNN, ‘We pray for this normalization between Rome and Beijing.’”

While the increasing improvement in the relationship between the two is heralded by some, it is viewed with skepticism by others. Retired Cardinal Joseph Zen, former Bishop of Hong Kong, remarked, “We are afraid it’s going to be a bad deal. There’s no reason to hope the Communists will change. They already have very tight control of the above ground church,

their hope is to have the underground church under their control as well.”

The ultimate goal, of course, is for Rome to control both the “above ground church” and the “underground church.”

“And let it be remembered, it is the boast of Rome that she never changes. The principles of Gregory VII and Innocent III are still the principles of the Roman Catholic Church. And had she but the power, she would put them in practice with as much vigor now as in past centuries. ... While they are bent upon the accomplishment of their purpose, Rome is aiming to re-establish her power, to recover her lost supremacy.” *The Great Controversy*, 581. **LM**



## THE EFFICACY OF CHRIST'S BLOOD

**T**he children of Israel were anciently commanded to make an offering for the entire congregation to purify them from ceremonial defilement. This sacrifice was a red heifer and represented the more perfect offering that should redeem from the pollution of sin. This was an occasional sacrifice for the purification of all those who had necessarily or accidentally touched the dead. All who came in contact with death in any way were considered ceremonially unclean. This was to forcibly impress the minds of the Hebrews with the fact that death came in consequence of sin and therefore is a representative of sin. The *one* heifer, the *one* ark, the *one* brazen serpent, impressively point to the *one* great offering, the sacrifice of Christ.

This heifer was to be red, which was a symbol of blood. It must be without spot or blemish, and one that had never borne a yolk. Here, again, Christ was typified. The Son of God came voluntarily to accomplish the work of atonement. There was no obligatory yoke upon Him, for He was





independent and above all law. The angels, as God's intelligent messengers, were under the yoke of obligation; no personal sacrifice of theirs could atone for the guilt of fallen man. Christ alone was free from the claims of the law to undertake the redemption of the sinful race. He had power to lay down His life and to take it up again. "Who, being in the form of God, thought it not robbery to be equal with God" (Philippians 2:6).

Yet this glorious Being loved the poor sinner and took upon Himself the form of servant, that He suffer and die in man's behalf. Jesus might have remained at His Father's right hand, wearing His kingly crown and royal robes. But He chose to exchange all the riches, honor, and glory of heaven for the poverty of humanity, and His station of high command for the horrors of Gethsemane and the humiliation and agony of Calvary. He became a man of sorrows and acquainted with grief, that by His baptism of suffering and blood He might purify and redeem a guilty world. "Lo, I come," was the joyful assent, "to do Thy will, O My God" (Psalm 40:7, 8).

The sacrificial heifer was conducted without the camp and slain in the most imposing manner. Thus Christ suffered without the gates of Jerusalem, for Calvary was outside the city walls. This was to show that Christ did not die for the Hebrews alone, but for all mankind. He proclaims to a fallen world that He has come to be their Redeemer and urges them to accept the salvation He offers them. The heifer having been slain in a most solemn manner, the priest, clothed in pure white garments, took the blood in his hands as it issued from the body of the victim and cast it toward the temple seven times. "And having an high priest over the house of God; let us draw near with a true heart in full

assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water" (Hebrews 10:21, 22).

The body of the heifer was burned to ashes, which signified a whole and ample sacrifice. The ashes were then gathered up by a person uncontaminated by contact with the dead and placed in a vessel containing water from a running stream. This clean and pure person then took a cedar stick with scarlet cloth and a bunch of hyssop, and sprinkled the contents of the vessel upon the tent and the people assembled. This ceremony was repeated several times in order to be thorough and was done as a purification from sin.

All that he has must be consecrated. Not only should his own soul be washed clean and pure, but he should strive to have his family, his domestic arrangements, his property, and his entire belongings consecrated to God.

After the tent had been sprinkled with hyssop, over the door of those cleansed was written: I am not my own; Lord, I am Thine. Thus should it be with those who profess to be cleansed by the blood of Christ. God is no less exacting now than He was in olden times. The psalmist, in his prayer, refers to this symbolic ceremony when he says: "Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow."

*God not only wants His servants to use the means He has entrusted to them for His glory, but He desires them to make a consecration of themselves to His cause.*

Thus Christ, in His own spotless righteousness, after shedding His precious blood, enters into the holy place to cleanse the sanctuary. And there the crimson currents is brought into the service of reconciling God to man. Some may look upon this slaying of the heifer as a meaningless ceremony, but it was done by the command of God and bears a deep significance that has not lost its application to the present time.

The priest used cedar and hyssop, dipping them into the cleansing water and sprinkling the unclean. This symbolized the blood of Christ spilled to cleanse us from moral impurities. The repeated sprinklings illustrate the thoroughness of the work that must be accomplished for the repenting sinner.

"Create in me a clean heart, O God; and renew a right spirit within me." "Restore unto me the joy of Thy salvation; and uphold me with Thy free spirit" (Psalm 51:7, 10, 12).

The blood of Christ is efficacious, but it needs to be applied continually. God not only wants His servants to use the means He has entrusted to them for His glory, but He desires them to make a consecration of *themselves* to His cause. If you, my brethren, have become selfish and are withholding from the Lord that which you should cheerfully give to His service, then you need the blood of sprinkling thoroughly applied, consecrating you and all your possessions to God.

[All emphasis author's.]

*Testimony Treasures*, 481-483. **LM**

## The Call of Moses - Exodus 1-4 Clues

BY ROB HAGAR

### Across:

- |     |  |               |
|-----|--|---------------|
| B4  | These Egyptians afflicted the children of Israel             | 1:11          |
| B16 | God appeared to Moses in this                                | 3:2           |
| C1  | God promised Moses He would do signs with this               | 4:17          |
| D8  | Pharoah asked why the midwives had saved these children      | 1:18          |
| D12 | Moses whined to God about being slow of this                 | 4:10          |
| D19 | Moses was afraid to do this to God                           | 3:6           |
| E2  | Moses had to remove these dirty things before God            | 3:5           |
| F7  | She became Moses' wife                                       | 2:21          |
| G19 | Moses was from this tribe                                    | 2:1, 2        |
| H3  | Moses' continual whining prompted God's _____                | 4:14          |
| H13 | God's presence made even this holy                           | 3:5           |
| J8  | God knew this of His people                                  | 3:7           |
| J16 | God asked Moses who made people this                         | 4:11          |
| K5  | Moses' first response to God was this question (three words) | 3:11          |
| L2  | His wife used a sharp one to save his life                   | 4:24, 25      |
| L13 | Pharoah's daughter promised this to the nurse                | 2:9           |
| M18 | God made Moses' leprous hand whole _____                     | 4:7           |
| N8  | Relationship of Zipporah to Reuel/Jethro                     | 2:18, 21; 3:1 |
| O2  | Baby Moses was put in this                                   | 2:3           |
| P12 | The Egyptians were this at the Israelites' prosperity        | 1:12          |
| Q2  | Aaron was to be this for Moses                               | 4:14-16       |
| Q19 | What Moses did with a dead man in the sand                   | 2:12          |
| S2  | God wanted to _____ Moses unto Pharaoh                       | 3:10          |
| S7  | What was done with slime and pitch                           | 2:3           |
| S17 | God said the promised land was flowing with _____            | 3:8           |

### Down:

- |     |   |          |
|-----|---|----------|
| A9  | Moses whined that the people might ask the _____ of God | 3:13     |
| A18 | God promised to teach Moses what to _____               | 4:12     |
| B2  | God made these for the faithful midwives                | 1:21     |
| B6  | Moses put these on an ass to return to Egypt            | 4:20     |
| B14 | These harassed the priest's daughters                   | 2:16, 17 |
| B16 | Moses hid this for fear of God                          | 3:6      |
| B20 | Moses whined to God that he was not this                | 4:10     |
| D4  | God to Moses: you will serve Me again, here, as a _____ | 3:12     |
| E11 | Moses' sister was able to get his _____ for a nurse     | 2:4-8    |
| F9  | City built by slave labor of Israelites                 | 1:11     |

A	2	3	4	5	6	7	8		10	11	12	13	14	15	16	17		19	20	21	A
B																					B
																					C
D																					
E																					E
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1	2	3	4	5	6		8	9	10	11	12	13	14		16	17	18		20	21	22

Answer key on page 26.

- |     |  |          |
|-----|--|----------|
| F17 | God promised Moses He'd do _____ in Egypt leading to freedom | 3:20     |
| H5  | When _____ Moses killed an Egyptian                          | 2:11, 12 |
| J3  | The Egyptians made the Israelites live this                  | 1:14     |
| J8  | What midwives did to certain children                        | 1:17     |
| J10 | The Egyptians made the Israelites serve with this            | 1:13, 14 |
| J19 | Moses was discovered floating among these                    | 2:5      |
| J21 | What the elders did after hearing Moses and Aaron            | 4:29-31  |
| K6  | What the elders bowed after hearing Moses and Aaron          | 4:31     |
| L13 | Moses saw seven sisters fill troughs with this               | 2:15, 16 |
| N17 | What Moses did from Pharaoh                                  | 2:15     |
| O4  | What Moses thought was secret had become this                | 2:12-14  |
| P7  | Moses thought to turn _____ and see a strange bush           | 3:3      |
| P12 | God assured Moses that Aaron would be this                   | 4:14     |
| P15 | God to Moses: the people will not leave Egypt _____          | 3:21     |
| Q19 | The presence of God made the ground this                     | 3:5      |



## HANDS ACROSS THE WHEAT FIELD

The wheat stood bright and golden in the big field, and Peter liked to watch as puffs of wind blew across it. “It waves, Father, just like water!” he exclaimed.

Peter’s father smiled and put his rough hand on the boy’s fair head. “Yes, it does, son. And tomorrow the machines will start rolling through it.”

Peter knew what machines his father meant. They were the big combines that went around and around the field. They harvested the grain from the growing stalks of wheat and dumped it in trucks to be hauled to the market in town.

The wheat crop had been good this year in Argentina, the country where Peter and his family lived,

and Peter had had lots of fun playing in the field. Now, in a way, he was a little sad to think that he wouldn’t be able to see the grain waving in the wind much longer. If the combines started in the morning, most likely by evening the whole field would be harvested.

“I’ll miss the wheat, Father,” Peter mourned.

Father smiled and nodded his head. “I guess I will too. But it is harvest-time. You know the Bible tells us that there is a time to sow and a time to harvest. We sowed the wheat at the right time, and it grew green and tall. After many weeks the wind and rain made it ripen. Now it is ready to be harvested. If it stands too long, the

wheat stems will weaken and fall. Then we will lose the grain.”

Quietly Peter listened to his father, then he smiled too. He knew that his parents needed the money the wheat would bring to help them live through the coming winter. Slowly Peter reached out and took his father’s hand. “I’m glad it is harvest time,” he said.

Father squeezed Peter’s hand tightly in his. “I’m glad it is too.”

Early the next morning Peter and his small sister, Rosita, went outside to watch for the big combines to come down the road from town. The sky was clear and bright and the sun rose higher and higher. A long time passed, but the combines did not come.



Rosita grew restless. "Let's do something else," she begged. "I'm tired of watching for the 'bines."

Peter laughed. "All right. Why don't we chase butterflies for a change? I just saw one fly into the wheat field."

"Oh, yes!" exclaimed Rosita happily. "I see one right now."

Away she ran toward the house as fast as her chubby little legs would carry her, following the pretty butterfly. For a few seconds Peter watched her. Then he saw a big beautiful butterfly of many colors flitting past and began a chase of his own.

Just how long Peter chased butterflies he didn't know. He soon lost the big butterfly, but he saw others of all colors and sizes. He forgot about Rosita. And he forgot about the combines, too, until he heard them coming down the road.

"Rosita!" he shouted at his little sister, starting back toward the house. "Here comes the combines!"

But Rosita didn't answer. Mother heard Peter and came out on the porch.

"Rosita isn't with me," Mother said. "I thought she went out with you to watch for the combines."

"She did," Peter explained, "but we began chasing butterflies. I saw her chase one toward the house."

Peter saw his father coming from the barn, and he ran to meet him. "Father, is Rosita at the barn?" he called.

"No," Father answered in a puzzled voice. "I thought she was with you."

Peter wanted to cry. "She was," he explained again, "but we began chasing butterflies, and now I don't know where she is."

Father looked worried, but he patted Peter's shoulder. "We'll find her," he comforted. "I'll tell the men not to start the combines. Rosita may be in the wheat field."

With a sinking heart Peter stared across the acres and acres of waving

grain. How would they ever find his little sister in such a big field?

But Father had a plan. Mother and Peter would join hands and walk across the field. "We will walk and call until we reach the back side," Father explained. "Then we will turn and walk back again. That way we won't miss any ground. Rosita may have sat down somewhere to rest and fallen asleep. If she had, she won't hear us call. If we don't join hands, in this tall wheat we may miss her."

The men thought the plan was a good one. As they all lined up and joined hands, Father prayed and asked for Jesus' help.

When the prayer was over, Peter took Father's hand and looked around for someone else's hand. But there was no one else. He was on the end of the line.

Father looked down at Peter and said softly, "Just take hold of Jesus' hand, son. He will help us find Rosita."

As they began moving across the field Peter almost felt that Jesus was holding his hand. The wheat was very tall. It was over his head in places, but somehow it wasn't hard to walk through.

All up and down the line Peter could hear the men calling Rosita's name. Mother and Father called too. Peter didn't call. He had to keep up with his father, who could take long steps.

All at once Peter pulled his hand from Father's and began to run through the wheat field. When he was a little way ahead of the others, he stopped and knelt down and prayed. He could hear Father calling him to come back before he got lost too. But when he had finished praying, he got up and ran in another direction. Something seemed to tell him to keep going. On and on he ran.

Then suddenly he stopped and stood still. Right in front of him was Rosita.

She was fast asleep, her head pillowed on a little pile of wheat stalks.

"Father!" Peter shouted as loudly as he could. "Father, here's Rosita. I've found her!"



When Father came, Rosita woke up and rubbed her eyes. "I got losted," she sniffled. "I called and called, but no one knew where I was."

Peter reached out and took her hand. "Jesus knew where you were," he told her. "He helped me find you. Father told me to take Jesus' hand when we joined hands to look for you, and Jesus told me what to do."

By this time the others who had been looking for Rosita came up to where she was. They heard what Peter said. One of the men smiled at him and said, "Son, I think Jesus really did take your hand. I think He led you right to your little sister."

Peter smiled back at the man. He thought that Jesus had too. In fact, he was certain that Jesus had stretched His hand across the whole wheat field!

*Heaven, Please!* Helena Welch,  
10-15. **LM**

April 30 – May 6

# Nicodemus (I)

Key Text

“Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God” (John 3:3).

Study Help: *The Desire of Ages*, 167–172; *Steps to Christ*, 23–36.

Introduction

“The fountain of the heart must be purified before the streams can become pure. He who is trying to reach heaven by his own works in keeping the law is attempting an impossibility.” *The Desire of Ages*, 172.

Sunday

I A JEWISH RULER

- a. Who was Nicodemus and what position did He occupy? John 3:1.

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**Note:** “Nicodemus held a high position of trust in the Jewish nation. He was highly educated, and possessed talents of no ordinary character, and he was an honored member of the national council. With others, he had been stirred by the teaching of Jesus. Though rich, learned, and honored, he had been strangely attracted by the humble Nazarene. The lessons that had fallen from the Saviour’s lips had greatly impressed him, and he desired to learn more of these wonderful truths.” *The Desire of Ages*, 167.

- b. In what esteem was Nicodemus held by the people? John 3:10.

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**Note:** “He [Nicodemus] was a strict Pharisee, and prided himself on his good works. He was widely esteemed for his benevolence and his liberality in sustaining the temple service, and he felt secure of the favor of God.” *The Desire of Ages*, 171.

“This man was rich and honored of the Jews. He was famous throughout Jerusalem for his wealth, his learning and benevolence, and especially for his liberal offerings to the temple to carry out its sacred services.” *The Spirit of Prophecy*, vol. 2, 126.

Monday

2 A PRIVATE INTERVIEW

- a. At what hour did Nicodemus seek to meet with Jesus and why? John 3:2, first part.

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**Note:** “When night came on, Jesus, pale with the weariness of his long-continued labors, sought for retirement and repose in the Mount of Olives. Here Nicodemus found him and desired a conference.” *The Spirit of Prophecy*, vol. 2, 126.

“He [Nicodemus] greatly desired an interview with Jesus, but shrank from seeking Him openly. It would be too humiliating for a ruler of the Jews to acknowledge himself in sympathy with a teacher as yet so little known. And should his visit come to the knowledge of the Sanhedrin, it would draw upon him their scorn and denunciation. He resolved upon a secret interview, excusing this on the ground that if he were to go openly, others might follow his example. Learning by special inquiry the Saviour’s place of retirement in the Mount of Olives, he waited until the city was hushed in slumber, and then sought Him.” *The Desire of Ages*, 168.

“As he had witnessed Christ’s wonderful works, the conviction had fastened itself upon his mind that this was the Sent of God. Too proud openly to acknowledge himself in sympathy with the Galilean Teacher, he had sought a secret interview.” *The Acts of the Apostles*, 104.

“Nicodemus related to John the story of that interview, and his inspired pen recorded it for the instruction of millions. The vital truths there taught are as important today as they were that solemn night in the shadowy mountain.” *The Spirit of Prophecy*, vol. 2, 136.

- b. How did Nicodemus begin his interview with Jesus? John 3:2.

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**Note:** “In the presence of Christ, Nicodemus felt a strange timidity, which he endeavored to conceal under an air of composure and dignity. ‘Rabbi,’ he said, ‘we know that Thou art a teacher come from God: for no man can do these miracles that Thou doest, except God be with him’ (John 3:2). By speaking of Christ’s rare gifts as a teacher, and also of His wonderful power to perform miracles, he hoped to pave the way for his interview. His words were designed to express and to invite confidence; but they really expressed unbelief. He did not acknowledge Jesus to be the Messiah, but only a teacher sent from God.” *The Desire of Ages*, 168.

*Tuesday*

### 3 THE NEW BIRTH (I)

- a. What figurative language did Jesus use to illustrate conversion? John 3:3.

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**Note:** “Instead of recognizing this salutation, Jesus bent His eyes upon the speaker, as if reading his very soul. In His infinite wisdom He saw before Him a seeker after truth. He knew the object of this visit, and with a desire to deepen the conviction already resting upon His listener’s mind, He came directly to the point, saying solemnly, yet kindly, ‘Verily, verily, I say unto thee, Except a man be born from above, he cannot see the kingdom of God’ (John 3:3, margin).” *The Desire of Ages*, 168.

- b. What is the importance of Christ’s words? John 3:5–8.

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**Note:** “Nicodemus had come to the Lord thinking to enter into a discussion with Him, but Jesus laid bare the foundation principles of truth. He said to Nicodemus, It is not theoretical knowledge you need so much as spiritual regeneration. You need not to have your curiosity satisfied, but to have a new heart. You must receive a new life from above before you can appreciate heavenly things. Until this change takes place, making all things new, it will result in no saving good for you to discuss with Me My authority or My mission.

“Nicodemus had heard the preaching of John the Baptist concerning repentance and baptism, and pointing the people to One who should baptize with the Holy Spirit. He himself had felt that there was a lack of spirituality among the Jews, that, to a great degree, they were controlled by bigotry and worldly ambition. He had hoped for a better state of things at the Messiah’s coming. Yet the heart-searching message of the Baptist had failed to work in him conviction of sin.” *The Desire of Ages*, 171.

“It is one thing to assent in a general way to the agency of the Holy Spirit, and another thing to accept His work as a reprover calling to repentance. Many feel a sense of estrangement from God, a realization of their bondage to self and sin; they make efforts for reform; but they do not crucify self. They do not give themselves entirely into the hands of Christ, seeking for divine power to do His will. They are not willing to be molded after the divine similitude. In a general way they acknowledge their imperfections, but they do not give up their particular sins. With each wrong act the old selfish nature is gaining strength.” *Christ’s Object Lessons*, 48.

*Wednesday*

### 4 THE NEW BIRTH (II)

- a. When is an individual truly born again? John 1:12, 13.

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**Note:** “Through this simple act of believing God, the Holy Spirit has begotten a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son.” *Steps to Christ*, 52.

- b. What does it mean to be born of water? Mark 16:16, *first part*; Romans 6:3–5.

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**Note:** “[John 3:5 quoted.] Nicodemus knew that Christ here referred to water baptism and the renewing of the heart by the Spirit of God. He was convinced that he was in the presence of the One whom John the Baptist had foretold.” *The Desire of Ages*, 172.

“Christ has made baptism the sign of entrance to His spiritual kingdom. He has made this a positive condition with which all must comply who wish to be acknowledged as under the authority of the Father, the Son, and the Holy Spirit. Before man can find a home in the church, before passing the threshold of God’s spiritual kingdom, he is to receive the impress of the divine name, ‘*The Lord our Righteousness*’ (Jeremiah 23:6).

“Baptism is a most solemn renunciation of the world. Those who are baptized in the threefold name of the Father, the Son, and the Holy Spirit, at the very entrance of their Christian life declare publicly that they have forsaken the service of Satan and have become members of the royal family, children of the heavenly King. They have obeyed the command: ‘Come out from among them, and be ye separate, ... and touch not the unclean thing.’ And to them is fulfilled the promise: ‘I will receive you, and will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty’ (2 Corinthians 6:17, 18).” *Testimonies*, vol. 6, 91. [Emphasis author’s.]

“Those who submit to the solemn rite of baptism pledge themselves, before the heavenly universe, to come out from the world. They have taken their position under the blood-stained banner of Prince Emmanuel, to be laborers together with God, and as such to make known His will to those who are perishing in sin. They are to search the Scriptures diligently, feeling that it is of the highest importance for them to understand what saith the Lord. Having learned His will, they are to do it heartily, remembering that the truth is the seed they must sow in order to reap a harvest for God.” *The Review and Herald*, September 19, 1907.

Thursday

5 THE POWER OF GOD

a. What did Jesus say with reference to the two natures of man? John 3:6.

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**Note:** “It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil, and we cannot change them. ‘Who can bring a clean thing out of an unclean? not one.’ ‘The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be’ (Job 14:4; Romans 8:7). Education, culture, the exercise of the will, human effort, all have their proper sphere, but here they are powerless. They may produce an outward correctness of behavior, but they cannot change the heart; they cannot purify the springs of life.” *Steps to Christ*, 18.

b. By what means can a new birth be accomplished? John 3:7, 8.

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**Note:** “There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness.

“The Saviour said, ‘Except a man be born from above,’ unless he shall receive a new heart, new desires, purposes, and motives, leading to a new life, ‘he cannot see the kingdom of God’ (John 3:3, margin). The idea that it is necessary only to develop the good that exists in man by nature, is a fatal deception. ... Of Christ it is written, ‘In Him was life; and the life was the light of men’—the only ‘name under heaven given among men, whereby we must be saved’ (John 1:4; Acts 4:12).” *Steps to Christ*, 18, 19.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Because of his good works, how did Nicodemus consider himself?
- 2 In what manner did Nicodemus behave himself in the presence of Christ?
- 3 What does it mean to be “born again”?
- 4 How does the new birth take place?
- 5 Where does true conversion begin—on the inside or on the outside of a person?



May 7–13

# Nicodemus (II)

## Key Text

“As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believeth in Him should not perish, but have eternal life” (John 3:14, 15).

**Study Help:** *The Desire of Ages*, 172–177; *Steps to Christ*, 37–41.

## Introduction

“There are thousands today who need to learn the same truth that was taught to Nicodemus by the uplifted serpent. They depend on their obedience to the law of God to commend them to His favor. When they are bidden to look to Jesus, and believe that He saves them solely through His grace, they exclaim, ‘How can these things be’ (John 3:9)?” *The Desire of Ages*, 175.

## Sunday

### 1 SELF-RIGHTEOUSNESS

- a. How did Nicodemus consider himself, and what ironic question did he ask Jesus? John 3:4, 9.

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**Note:** “By virtue of his birth as an Israelite he [Nicodemus] regarded himself as sure of a place in the kingdom of God. He felt that he needed no change. Hence his surprise at the Saviour’s words. He was irritated by their close application to himself. The pride of the Pharisee was struggling against the honest desire of the seeker after truth. He wondered that Christ should speak to him as He did, not respecting his position as ruler in Israel.” *The Desire of Ages*, 171.

- b. On what did the Pharisees pride themselves in the days of Christ? Luke 18:9–12.

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**Note:** “The Jews had been first called into the Lord’s vineyard, and because of this they were proud and self-righteous. Their long years of service they regarded as entitling them to receive a larger reward than others. Nothing was more exasperating to them than an intimation that the Gentiles were to be admitted to equal privileges with themselves in the things of God.” *Christ’s Object Lessons*, 400.

## Monday

### 2 THE WORK OF THE HOLY SPIRIT

- a. How did Jesus illustrate the work of the Holy Spirit within the human heart? John 3:8.

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**Note:** “The wind is heard among the branches of the trees, rustling the leaves and flowers; yet it is invisible, and no man knows whence it comes or whither it goes. So with the work of the Holy Spirit upon the heart. It can no more be explained than can the movements of the wind. A person may not be able to tell the exact time or place, or to trace all the circumstances in the process of conversion; but this does not prove him to be unconverted. By an agency as unseen as the wind, Christ is constantly working upon the heart.” *The Desire of Ages*, 172.

- b. How are the divine impressions fixed upon the human heart? Psalms 63:6; 32:8; Jeremiah 42:3; 1 Corinthians 2:10.

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**Note:** “Little by little, perhaps unconsciously to the receiver, impressions are made that tend to draw the soul to Christ. These may be received through meditating upon Him, through reading the Scriptures, or through hearing the word from the living preacher. Suddenly, as the Spirit comes with more direct appeal, the soul gladly surrenders itself to Jesus. By many this is called sudden conversion; but it is the result of long wooing by the Spirit of God—a patient, protracted process.” *The Desire of Ages*, 172.

“The mere hearing of sermons Sabbath after Sabbath, the reading of the Bible through and through, or the explanation of it verse by verse, will not benefit us or those who hear us,

unless we bring the truths of the Bible into our individual experience. The understanding, the will, the affections, must be yielded to the control of the word of God. Then through the work of the Holy Spirit the precepts of the word will become the principles of the life.” *The Ministry of Healing*, 514.

“The work of the Holy Spirit is to enlighten the darkened understanding, to melt the selfish, stony heart, to subdue the rebellious transgressor, and save him from the corrupting influences of the world. The prayer of Christ for His disciples was: ‘Sanctify them through Thy truth: Thy word is truth’ (John 17:17). The sword of the Spirit, which is the word of God, pierces the heart of the sinner and cuts it in pieces.” *Testimonies*, vol. 4, 441.

**Tuesday**

**3 EVIDENCE OF A NEW BIRTH**

- a. How are internal workings of the Holy Spirit manifested externally? Galatians 5:22–25.

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**Note:** “While the wind is itself invisible, it produces effects that are seen and felt. So the work of the Spirit upon the soul will reveal itself in every act of him who has felt its saving power. When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven.” *The Desire of Ages*, 173.

- b. When does a person receive the blessing of a transformation? Romans 10:9, 10; 1 John 1:9.

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**Note:** “No one sees the hand that lifts the burden, or beholds the light descend from the courts above. The blessing comes when by faith the soul surrenders itself to God. Then that power which no human eye can see creates a new being in the image of God.

“It is impossible for finite minds to comprehend the work of redemption. Its mystery exceeds human knowledge; yet he who passes from death to life realizes that it is a divine reality.

The beginning of redemption we may know here through a personal experience. Its results reach through the eternal ages.

“While Jesus was speaking, some gleams of truth penetrated the ruler’s mind. The softening, subduing influence of the Holy Spirit impressed his heart. Yet he did not fully understand the Saviour’s words. He was not so much impressed by the necessity of the new birth as by the manner of its accomplishment. He said wonderingly, ‘How can these things be?’ (John 3:9).” *The Desire of Ages*, 173.

“When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life.” *Christ’s Object Lessons*, 312.

“The all-powerful grace of God, uniting with the efforts and will of man, works the transformation in the life and character of man, and brings him into a position where he can prove what is that good, and acceptable, and perfect will of God.” *The Signs of the Times*, August 22, 1878.

**Wednesday**

**4 THE SERPENT LIFTED UP**

- a. With what Old Testament symbol did Jesus illustrate His crucifixion? John 3:14, 15.

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**Note:** “Nicodemus was being drawn to Christ. As the Saviour explained to him concerning the new birth, he longed to have this change wrought in himself. By what means could it be accomplished? Jesus answered the unspoken question: ‘As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: that whosoever believeth in Him should not perish, but have eternal life’ (John 3:14, 15).

“Here was ground with which Nicodemus was familiar. The symbol of the uplifted serpent made plain to him the Saviour’s mission. When the people of Israel were dying from the sting of the fiery serpents, God directed Moses to make a serpent of brass, and place it on high in the midst of the congregation. Then the word was sounded throughout the encampment that all who would look upon the serpent should live. The people well knew that in itself the serpent had no power to help them. It was a symbol of Christ. As the image made in the likeness of the destroying serpents was lifted up for their healing, so One made ‘in the likeness of sinful flesh’ was to be their Redeemer (Romans 8:3). Many of the Israelites regarded the sacrificial service as having in itself virtue to set them free from sin. God desired to teach them that it

had no more value than that serpent of brass. It was to lead their minds to the Saviour. Whether for the healing of their wounds or the pardon of their sins, they could do nothing for themselves but show their faith in the Gift of God. They were to look and live." *The Desire of Ages*, 174, 175.

- b. Why did some Israelites die when bitten by the serpents? 1 Corinthians 10:9; Hebrews 3:12. Why will many perish in the last day?

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**Note:** "Many of the Israelites saw no help in the remedy which Heaven had appointed. The dead and dying were all around them, and they knew that, without divine aid, their own fate was certain; but they continued to lament their wounds, their pains, their sure death, until their strength was gone, and their eyes were glazed, when they might have had instant healing. ... Jesus has pledged His word; He will save all who come unto Him. Though millions who need to be healed will reject His offered mercy, not one who trusts in His merits will be left to perish." *Patriarchs and Prophets*, 432.

*Thursday*

## 5 TO LOOK AND LIVE

- a. What should sinners do if they wish to be saved? Isaiah 45:22; Hebrews 12:2, 3.

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**Note:** "The fatal effects of sin can be removed only by the provision that God has made. The Israelites saved their lives by looking upon the uplifted serpent. That look implied faith. They lived because they believed God's word, and trusted in the means provided for their recovery. So the sinner may look to Christ, and live. He receives pardon through faith in the atoning sacrifice. Unlike the inert and lifeless symbol, Christ has power and virtue in Himself to heal the repenting sinner.

"While the sinner cannot save himself, he still has something to do to secure salvation. 'Him that cometh to Me,' says Christ, 'I will in no wise cast out' (John 6:37). But we must *come* to Him; and when we repent of our sins, we must believe that He accepts and pardons us. Faith is the gift of God, but



*The wind is heard among the branches of the trees, rustling the leaves and flowers; yet it is invisible, and no man knows whence it comes or whither it goes. So with the work of the Holy Spirit upon the heart.*

the power to exercise it is ours. Faith is the hand by which the soul takes hold upon the divine offers of grace and mercy." *Patriarchs and Prophets*, 431. [Emphasis author's.]

- b. What lesson finally understood by Nicodemus should also be assimilated by us? Ephesians 2:8.

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**Note:** "Grace is an attribute of God exercised toward undeserving human beings. We did not seek for it, but it was sent in search of us. God rejoices to bestow His grace upon us, not because we are worthy, but because we are so utterly unworthy. Our only claim to His mercy is our great need." *The Ministry of Healing*, 161.

*Friday*

## PERSONAL REVIEW QUESTIONS

- 1 What was the main characteristic of the Pharisees in the days of Christ?
- 2 Who is the principal regenerating Agent of humanity?
- 3 How is a transformation of the heart manifested?
- 4 Explain the symbol of the uplifted serpent.
- 5 In what do many Christians trust and what do they need to understand?

# Jesus and John the Baptist

**Key Text**

“He must increase, but I must decrease” (John 3:30).

**Study Help:** *The Desire of Ages*, 178–182.

**Introduction**

“John the Baptist was pronounced by our Saviour the greatest of prophets. Yet what a contrast between the language of this man of God and that of many who profess to be ministers of the cross. When asked if he was the Christ, John declares himself unworthy even to unloose his Master’s sandals.” *Testimonies*, vol. 5, 224.

*Sunday*

**1 A PROBLEM AMONG THE DISCIPLES**

- a. What question arose between some of John’s disciples and the Jews? John 3:25.

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**Note:** “A question arose between them [John’s disciples] and the Jews as to whether baptism availed to cleanse the soul from sin; they maintained that the baptism of Jesus differed essentially from that of John. Soon they were in dispute with Christ’s disciples in regard to the form of words proper to use at baptism, and finally as to the right of the latter to baptize at all.” *The Desire of Ages*, 178.

- b. How did the disciples of John display their envy at Christ’s work? John 3:26.

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- c. What noble answer did John give to his disciples? John 3:27.

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**Note:** “John had by nature the faults and weaknesses common to humanity, but the touch of divine love had transformed him. He dwelt in an atmosphere uncontaminated with selfishness and ambition, and far above the miasma of jealousy. He manifested no sympathy with the dissatisfaction of his disciples, but showed how clearly he understood his relation to the Messiah, and how gladly he welcomed the One for whom he had prepared the way.” *The Desire of Ages*, 179.

*Monday*

**2 JOHN’S MISSION**

- a. How did John demonstrate that he knew his mission? John 3:28, 29.

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**Note:** “He [John] said, ‘A man can receive nothing, except it be given him from heaven. Ye yourselves bear me witness, that I said, I am not the Christ, but that I am sent before Him. He that hath the bride is the bridegroom: but the friend of the bridegroom, which standeth and heareth him, rejoiceth greatly because of the bridegroom’s voice’ (John 3:27–29). John represented himself as the friend who acted as a messenger between the betrothed parties, preparing the way for the marriage. When the bridegroom had received his bride, the mission of the friend was fulfilled. He rejoiced in the happiness of those whose union he had promoted. So John had been called to direct the people to Jesus, and it was his joy to witness the success of the Saviour’s work. He said, ‘This my joy therefore is fulfilled. He must increase, but I must decrease’ (Verses 29, 30).” *The Desire of Ages*, 179.

- b. What was John’s work? John 1:23, 29.

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- c. What is our work?

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**Note:** “Looking in faith to the Redeemer, John had risen to the height of self-abnegation. He sought not to attract men to himself, but to lift their thoughts higher and still higher, until they should rest upon the Lamb of God. He himself had been only a voice, a cry in the wilderness. Now with joy he accepted silence and obscurity, that the eyes of all might be turned to the Light of life.

“Those who are true to their calling as messengers for God will not seek honor for themselves. Love for self will be swallowed up in love for Christ. No rivalry will mar the precious cause of the gospel. They will recognize that it is their work to proclaim, as did John the Baptist, ‘Behold the Lamb of God, which taketh away the sin of the world’ (John 1:29). They will lift up Jesus, and with Him humanity will be lifted up. ‘Thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones’ (Isaiah 57:15).” *The Desire of Ages*, 179, 180.

*Tuesday*

### 3 THE GIFT OF THE SPIRIT

- a. How did the majority of the people react to Christ’s message? John 3:32.

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**Note:** “The disciples of John had declared that all men were coming to Christ; but with clearer insight, John said, ‘No man receiveth His witness;’ so few were ready to accept Him as the Saviour from sin. But ‘he that hath received His witness hath set his seal to this, that God is true’ (John 3:32, 33, R.V.). ‘He that believeth on the Son hath everlasting life.’ No need of disputation as to whether Christ’s baptism or John’s purified from sin. It is the grace of Christ that gives life to the soul. Apart from Christ, baptism, like any other service, is a worthless form. ‘He that believeth not the Son shall not see life’ (John 3:36).” *The Desire of Ages*, 181.

- b. To whom is the gift of the Holy Spirit bestowed? John 3:34.

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**Note:** “The soul of the prophet, emptied of self, was filled with the light of the divine. As he witnessed to the Saviour’s glory, his words were almost a counterpart of those that Christ

Himself had spoken in His interview with Nicodemus. John said, ‘He that cometh from above is above all: he that is of the earth is earthly, and speaketh of the earth: He that cometh from heaven is above all. ... For He whom God hath sent speaketh the words of God: for God giveth not the Spirit by measure unto Him.’ Christ could say, ‘I seek not Mine own will, but the will of the Father which hath sent Me’ (John 5:30). To Him it is declared, ‘Thou hast loved righteousness, and hated iniquity; therefore God, even Thy God, hath anointed Thee with the oil of gladness above Thy fellows’ (Hebrews 1:9). The Father ‘giveth not the Spirit by measure unto Him.’

“So with the followers of Christ. We can receive of heaven’s light only as we are willing to be emptied of self. We cannot discern the character of God, or accept Christ by faith, unless we consent to the bringing into captivity of every thought to the obedience of Christ. To all who do this the Holy Spirit is given without measure. In Christ ‘dwelleth all the fullness of the Godhead bodily, and in Him ye are made full’ (Colossians 2:9, 10, RV).” *The Desire of Ages*, 180, 181.

“The talents that Christ entrusts to His church represent especially the gifts and blessings imparted by the Holy Spirit. ... All men do not receive the same gifts, but to every servant of the Master some gift of the Spirit is promised.” *Christ’s Object Lessons*, 327.

*Wednesday*

### 4 THE VALUE OF BAPTISM

- a. What value does baptism have without the grace of Christ? John 3:36, *last part*.

- b. On the other hand, when is baptism of real value? John 3:36, *first part*.

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**Note:** “Christ has made baptism the sign of entrance to His spiritual kingdom. He has made this a positive condition with which all must comply who wish to be acknowledged as under the authority of the Father, the Son, and the Holy Spirit. Before man can find a home in the church, before passing the threshold of God’s spiritual kingdom, he is to receive the impress of the divine name, ‘The Lord our Righteousness’ (Jeremiah 23:6).” *Testimonies*, vol. 6, 91. [Emphasis author’s.]

“The vows which we take upon ourselves in baptism embrace much. In the name of the Father, the Son, and the Holy Spirit we are buried in the likeness of Christ’s death and raised in the likeness of His resurrection, and we are to live a new life. Our life is to be bound up with the life of Christ. Henceforth the believer is to bear in mind that he is dedicated to God, to Christ, and to the Holy Spirit. He is to make all worldly considerations secondary to this new relation. Publicly he has declared that he will no longer live in pride and self-indulgence. ...

“The obligations in the spiritual agreement entered into at baptism are mutual. As human beings act their part with wholehearted obedience, they have a right to pray: ‘Let it be known, Lord, that Thou art God in Israel.’ The fact that you have been baptized in the name of the Father, the Son, and the Holy Spirit is an assurance that, if you will claim Their help, these powers will help you in every emergency. The Lord will hear and answer the prayers of His sincere followers who wear Christ’s yoke and learn in His school His meekness and lowliness.

“‘If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God’ (Colossians 3:1–3).

“‘Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, long-suffering; forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness’ (verses 12–14).” Ibid., 98, 99.

Thursday

5 A WISE METHOD

- a. Upon realizing that the Pharisees were trying to create a crisis between John and Himself, what did Jesus do? John 4:1–3.

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**Note:** “Jesus knew that they would spare no effort to create a division between His own disciples and those of John. He knew that the storm was gathering which would sweep away one of the greatest prophets ever given to the world. Wishing to avoid all occasion for misunderstanding or dissension, He quietly ceased His labors, and withdrew to Galilee. We also,

while loyal to truth, should try to avoid all that may lead to discord and misapprehension. For whenever these arise, they result in the loss of souls. Whenever circumstances occur that threaten to cause division, we should follow the example of Jesus and of John the Baptist.” *The Desire of Ages*, 181.

- b. What attitude did John take to defuse the crisis? John 3:30.

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**Note:** “John had been called to lead out as a reformer. Because of this, his disciples were in danger of fixing their attention upon him, feeling that the success of the work depended upon his labors, and losing sight of the fact that he was only an instrument through which God had wrought. But the work of John was not sufficient to lay the foundation of the Christian church. When he had fulfilled his mission, another work was to be done, which his testimony could not accomplish. His disciples did not understand this. When they saw Christ coming in to take the work, they were jealous and dissatisfied.

“The same dangers still exist. God calls a man to do a certain work; and when he has carried it as far as he is qualified to take it, the Lord brings in others, to carry it still farther. But, like John’s disciples, many feel that the success of the work depends on the first laborer. Attention is fixed upon the human instead of the divine, jealousy comes in, and the work of God is marred. The one thus unduly honored is tempted to cherish self-confidence. He does not realize his dependence on God. The people are taught to rely on man for guidance, and thus they fall into error, and are led away from God.

“The work of God is not to bear the image and super-scription of man. From time to time the Lord will bring in different agencies, through whom His purpose can best be accomplished. Happy are they who are willing for self to be humbled, saying with John the Baptist, ‘He must increase, but I must decrease’ (John 3:30).” *The Desire of Ages*, 181, 182.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Why did John’s disciples become jealous of Christ’s work?
- 2 What did John declare to his disciples?
- 3 For what purpose is the gift of the Holy Spirit granted?
- 4 How does baptism fulfill its true objective?
- 5 What did Jesus and John do when they realized the danger of a crisis between their respective disciples?

May 21 – 27

# The Samaritan Woman (I)

## Key Text

“Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life” (John 4:14).

**Study Help:** *The Desire of Ages*, 183–188.

## Introduction

“He who seeks to quench his thirst at the fountains of this world will drink only to thirst again.” *The Desire of Ages*, 187.

## Sunday

### I JESUS IN SYCHAR

- a. On His journey to Galilee, where did Jesus stop with His disciples? John 4:5, 6.

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**Note:** “As Jesus sat by the well side, He was faint from hunger and thirst. The journey since morning had been long, and now the sun of noontide beat upon Him. His thirst was increased by the thought of the cool, refreshing water so near, yet inaccessible to Him; for He had no rope nor water jar, and the well was deep. The lot of humanity was His, and He waited for someone to come to draw.” *The Desire of Ages*, 183.

- b. Who came to the well, and what favor did Jesus ask of her? John 4:7.

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**Note:** “A woman of Samaria approached, and seeming unconscious of His presence, filled her pitcher with water. As she turned to go away, Jesus asked her for a drink. Such a favor no Oriental would withhold. In the East, water was called ‘the gift of God.’ To offer a drink to the thirsty traveler was held to be a duty so sacred that the Arabs of the desert would go out of their way in order to perform it. The hatred between Jews and Samaritans prevented the woman from offering a kindness to Jesus; but the Saviour was seeking to find the key to this heart, and with the tact born of divine love, He asked, not offered, a favor. The offer of a kindness might have been rejected; but trust awakens trust. The King of heaven came to this outcast soul, asking a service at her hands.” *The Desire of Ages*, 183, 184.

## Monday

### 2 LIVING WATER (I)

- a. How did Jesus call the woman’s attention to the gift of salvation? John 4:10.

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- b. What was the woman’s reaction to Christ’s offer? John 4:11, 12.

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**Note:** “The woman had not comprehended the words of Christ, but she felt their solemn import. Her light, bantering manner began to change. Supposing that Jesus spoke of the well before them, she said, ‘Sir, Thou hast nothing to draw with, and the well is deep: from whence then hast Thou that living water? Art Thou greater than our father Jacob, which gave us the well, and drank thereof himself?’ (John 4:11, 12). She saw before her only a thirsty traveler, wayworn and dusty. In her mind she compared Him with the honored patriarch Jacob. She cherished the feeling, which is so natural, that no other well could be equal to that provided by the fathers. She was looking backward to the fathers, forward to the Messiah’s coming, while the Hope of the fathers, the Messiah Himself, was beside her, and she knew Him not. How many thirsting souls are today close by the living fountain, yet looking far away for the wellsprings of life! ‘Say not in thine heart, Who

shall ascend into heaven? (that is, to bring Christ down from above:) or, Who shall descend into the deep? (that is, to bring up Christ again from the dead.) ... The word is nigh thee, even in thy mouth, and in thy heart: ... if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved' (Romans 10:6-9)." *The Desire of Ages*, 184.

"Christ's gracious presence in His word is ever speaking to the soul, representing Him as the well of living water to refresh the thirsting soul. It is our privilege to have a living, abiding Saviour. He is the source of spiritual power implanted within us, and His influence will flow forth in words and actions, refreshing all within the sphere of our influence, begetting in them desires and aspirations for strength and purity, for holiness and peace, and for that joy which brings no sorrow with it. This is the result of an indwelling Saviour." *Testimonies to Ministers and Gospel Workers*, 390.

"How much interest Christ manifested in this one woman! How earnest and eloquent were His words! They stirred the heart of the listener." *Gospel Workers*, 195.

Tuesday

3 LIVING WATER (II)

- a. With what words did Jesus establish the difference between one kind of water and another? John 4:13, 14.

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**Note:** "Jesus did not immediately answer the question in regard to Himself, but with solemn earnestness He said, 'Who-soever drinketh of this water shall thirst again: but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life' (John 4:13, 14).

"He who seeks to quench his thirst at the fountains of this world will drink only to thirst again. Everywhere men are unsatisfied. They long for something to supply the need of the soul. Only One can meet that want. The need of the world, 'The Desire of all nations' (Haggai 2:7), is Christ. The divine grace which He alone can impart, is as living water, purifying, refreshing, and invigorating the soul." *The Desire of Ages*, 187.

- b. How did the Samaritan woman show that she did not understand Christ's words? John 4:15.

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**Note:** "Jesus did not convey the idea that merely one draft of the water of life would suffice the receiver. He who tastes of the love of Christ will continually long for more; but he seeks for nothing else. The riches, honors, and pleasures of the world do not attract him. The constant cry of his heart is, More of Thee. And He who reveals to the soul its necessity is waiting to satisfy its hunger and thirst. Every human resource and dependence will fail. The cisterns will be emptied, the pools become dry; but our Redeemer is an inexhaustible fountain. We may drink, and drink again, and ever find a fresh supply. He in whom Christ dwells has within himself the fountain of blessing—'a well of water springing up into everlasting life' (John 4:14). From this source he may draw strength and grace sufficient for all his needs.

"As Jesus spoke of the living water, the woman looked upon Him with wondering attention. He had aroused her interest, and awakened a desire for the gift of which He spoke. She perceived that it was not the water of Jacob's well to which He referred; for of this she used continually, drinking, and thirsting again. 'Sir,' she said, 'give me this water, that I thirst not, neither come hither to draw' (verse 15)." *The Desire of Ages*, 187.

Wednesday

4 JESUS BEGINS TO REVEAL HIS IDENTITY

- a. What new subject did Jesus introduce in His conversation with the Samaritan woman? John 4:16.

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- b. What was her response? John 4:17, *first part*.

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**Note:** “Jesus now abruptly turned the conversation. Before this soul could receive the gift He longed to bestow, she must be brought to recognize her sin and her Saviour. He ‘saith unto her, Go, call thy husband, and come hither.’ She answered, ‘I have no husband’ (John 4:16, 17). Thus she hoped to prevent all questioning in that direction.” *The Desire of Ages*, 187.

- c. How did Jesus supplement her answer? John 4:17, *last part*, 18.



*In the East, water was called ‘the gift of God.’ To offer a drink to the thirsty traveler was held to be a duty so sacred that the Arabs of the desert would go out of their way in order to perform it.*

**Note:** “But the Saviour continued, ‘Thou hast well said, I have no husband: for thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly’ (John 4:17, 18).” *The Desire of Ages*, 187.

*Thursday*

## 5 JESUS REVEALS HIMSELF AS THE SAVIOUR

- a. What did the woman realize about Jesus? John 4:19. Was this recognition sufficient?

- c. When the woman manifested hope in the coming of the Messiah, what did Jesus say to her? John 4:25, 26.

**Note:** “The gospel invitation is not to be narrowed down, and presented only to a select few, who, we suppose, will do us honor if they accept it. The message is to be given to all. Wherever hearts are open to receive the truth, Christ is ready to instruct them. He reveals to them the Father, and the worship acceptable to Him who reads the heart. For such He uses no parables. To them, as to the woman at the well, He says, ‘I that speak unto thee am He’ (John 4:26).” *The Desire of Ages*, 194.

*Friday*

**Note:** “The listener trembled. A mysterious hand was turning the pages of her life history, bringing to view that which she had hoped to keep forever hidden. Who was He that could read the secrets of her life? There came to her thoughts of eternity, of the future Judgment, when all that is now hidden shall be revealed. In its light, conscience was awakened.

“She could deny nothing; but she tried to evade all mention of a subject so unwelcome. With deep reverence, she said, ‘Sir, I perceive that Thou art a prophet’ (John 4:19). Then, hoping to silence conviction, she turned to points of religious controversy. If this was a prophet, surely He could give her instruction concerning these matters that had been so long disputed.” *The Desire of Ages*, 187, 188.

## PERSONAL REVIEW QUESTIONS

- 1 Why did Jesus never perform a miracle on His own behalf?
- 2 What resource did Jesus use to call the attention of the Samaritan woman to the gospel?
- 3 What did the Master say concerning the water of life?
- 4 What power did Christ evidence in revealing the secret of life to the Samaritan woman?

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By Judy Hallingstad

**S**plit peas, which are part of the legume family, are really nutritious. They are high in protein and fiber, low in fat and there is no need for soaking before cooking. When cooked they become very creamy. Green split peas are sweeter and less starchy than the milder yellow split peas.

When I was growing up, my mom always had some kind of a bone to put into any soup, including split pea. She would cook it up with the bone and then remove the meat from it. At that time I thought her soups were always delicious. However, I learned to cook without all the bones and meat and prepare food that is just as tasty and healthier.

“Green split peas are part of the legume family. Split peas are husked (or dehulled) and split in half. The green split pea is about 1/4 of an inch wide and pale green in color. Split peas have a mild flavor and soft texture. The split pea has more of an earthy flavor than the whole dried pea, similar to the lentil in versatility and nourishment.”

[www.dspdirect.ca/peas.php](http://www.dspdirect.ca/peas.php)

When fresh peas are not available or when you want to enjoy a starchier, harder flavored legume, dried peas are the perfect choice; they are available any time of the year.

“Although they belong to the same family as beans and lentils, they are usually distinguished as a separate group because of the ways in which they are prepared. The different types of peas are all spherical, a feature that also sets them apart from beans and lentils. Dried peas are produced by harvesting the peapods when they are fully mature and then drying them. Once they are dried and the skins removed, they split naturally.” [www.whfoods.com/genpage.php?tname=foodspice&dbid=56](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=56)

## Split Pea Nutrition



### Recipe

#### Simple Yummy Split Pea Soup

<i>4 cups water</i>	<i>1 bay leaf (optional)</i>
<i>1 cup split peas</i>	
Bring to boil and simmer for one hour or more until peas are soft. Then add:	
<i>1 onion, diced</i>	<i>1 tsp. salt</i>
<i>½ tsp. garlic powder</i>	<i>2 cups chopped vegetables, i.e., celery, carrots, potatoes, etc.</i>
<i>½–1 tsp. sweet basil</i>	<i>More water if needed</i>
Cook additional 20–30 minutes until vegetables are tender. Blend until smooth or eat as is.	

### Recipe

#### Split Pea Hummus

<i>3 cups water</i>	<i>¼ cup olive oil</i>
<i>1 cup dried green split peas</i>	<i>1–1½ Tbsp. lemon juice</i>
<i>1 garlic clove</i>	<i>½ tsp. ground cumin</i>
<i>½ tsp. salt, or to taste</i>	
Sort and wash peas. Bring water, garlic and peas to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in salt; cook 15 minutes or until tender. Drain.	
Combine peas along with rest of ingredients in a food processor with the S blade; pulse 5 to 7 times or until smooth, stopping to scrape down sides as needed. Serve at room temperature.	

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## Steps to Life Camp Meeting

May 24-28, 2017

### HOUSING (motel) - Book directly with the motel

We have obtained special rates from the Super 8 Motel (May 24-28, 2017):

**Super 8 Motel**  
8220 East Kellogg  
Wichita, Kansas  
1-316-685-8291  
[www.super8.com](http://www.super8.com)

*Double room - \$64.80 per night, plus tax. If coming in for just the weekend, rate will be higher. Rooms with refrigerator, microwave, free Wi-Fi, continental breakfast 6-9 a.m., laundry, iron and ironing board.*

**Important:** To obtain these special rates, your reservation must be made by May 22, 2017.

*Reservation Deadline:* May 22, 2017  
*Reservation Inquiry:* Steps to Life/  
Janet Headrick

*Steps to Life will provide shuttle transportation between Steps to Life campus and Super 8 Motel. Because the driver will have other responsibilities, the service will be provided on a scheduled basis.*

**Note Meals:** Starts with breakfast May 25 through a.m. meeting May 28. Meals free if registered by May 1. After May 1 or if reservation not canceled: breakfast \$4, lunch \$5, Sabbath free of charge, but registration required.

### HOUSING (on-site camping) - Book with Steps to Life

Tent site: Complimentary  
(Tent not provided)

RV: 2 hook-ups  
\$10 a day

RV: 3 hook-ups  
\$12 a day

Tent and RV facilities are limited. Please register early. Limited on-site showers are available. Contact number: 316-788-5559