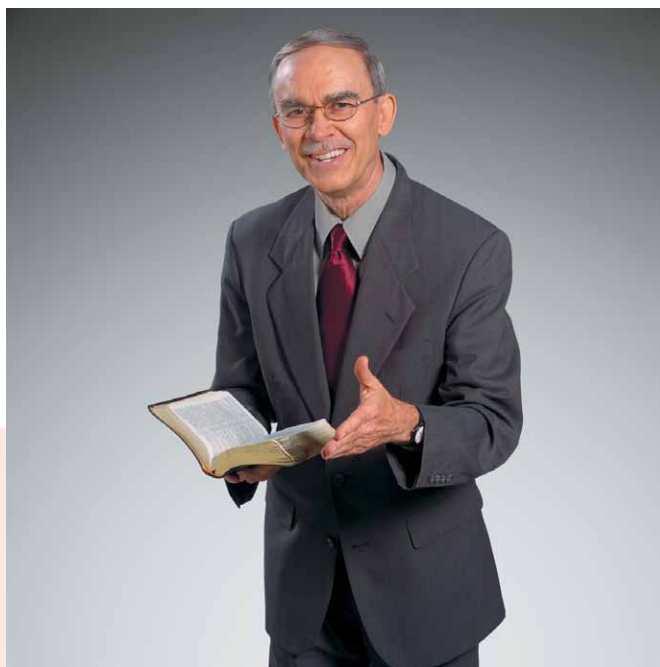


HISTORIC LANDMARKS

OF ADVENTISM



September 2017 | \$3.50



Editor's Letter

John J. Grosboll

The Royal Family—Ephesians 3:15

Can you imagine anybody wanting to be part of the royal family in heaven (God's family) but not wanting to be part of the royal family on earth? Remember, "The family of heaven and the family of earth are one." *The Adventist Home*, 544.

If you and your family and your church family become part of the family in heaven, you will have been part of heaven's royal family first on earth. To be part of this family you must acknowledge the head of the family as the head of your home and church family. "Christ in counsel with His Father laid out the plan for His life on earth. It was not a chance, but a design that the world's Re-

deemer should lay off His crown, lay aside His kingly robe, and come to our world as a man. He clothed His divinity with the garb of humanity, that He might stand at the head of the human family, His humanity mingled with the humanity of the race fallen because of Adam's disobedience. The poverty and humiliation of the Son of the infinite God teach lessons that few care to learn. There is a link that connects Christ with the poor in a special sense. He, the life, the light of the world, makes poverty His own teacher, in order that He may be educated by the same stern, practical teacher {as are the poor}. Since the Lord Jesus

accepted a life of poverty, no one can justly look with contempt upon the poor. The Saviour of the world was the King of glory, and He stripped Himself of His glorious outward adorning, accepting poverty, that He might understand how the poor are treated in this world." *The Southern Work*, 85.

Now, in a physical sense, we are quarantined from the whole universe—since Adam and Eve were driven from the garden of Eden all their descendants are banished from Paradise, but soon the jubilee is coming when "you shall return every man to his family" (Leviticus 25:10, literal translation).

LANDMARKS

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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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Themes *of First Peter*

By John J. Grosboll

In view of the present condition of this country, it would be beneficial to reflect on the themes brought out in the first letter of the apostle Peter.

1 Sacrifice and Resurrection of Jesus Christ

The major theme of Peter's first letter is Christ's sacrifice on the cross of Calvary and His resurrection. This is the foundation of the Christian religion.

The foundation of any structure is most important. In fact, if a fault is found with the foundation, the whole building is in jeopardy. The sacrifice of Jesus Christ on the cross is the foundation of our hope and faith. It is so important that both the redeemed as well as the angels will study this subject throughout eternity. Peter wrote, "Elect according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience and sprinkling of the blood of Jesus Christ" (1 Peter 1:2). You are only a part of the elect if you have been sprinkled by the blood of Jesus Christ.

In verse 3 Peter wrote, "Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead." Verse 11: "searching what, or what manner of time, the Spirit of Christ who was in them [the Old Testament prophets] was indicating when He testified beforehand the sufferings of Christ and the glories that would follow."

The theme is repeated again in verses 18–20: "Knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot. He indeed was foreordained before the foundation of the world, but was manifest in these last times for you."

Before creation, the Father and the Son knew not only what Satan (Lucifer) was going to do, but also that

Adam and Eve would fall. One might wonder what would have happened if God, looking down through the passage of time and seeing the poor choice Lucifer would make, decided not to create him? What if in seeing the mistake that Adam and Eve would make, they were not created?

Nobody would ever have known about it except God. If that were the case there would not have been freedom of choice, because anybody foreseen to make the wrong choice, would not be in existence.

In the first few pages of *The Desire of Ages*, Ellen White said that from eternity, the Father and Son saw the rebellion of Satan and the fall

In verse 20, Peter said that before the foundation of the world, before the world was ever created, Christ was ordained to save fallen man (see 1 Peter 1:20). It is awesome to think about. This subject is repeated throughout his book. In Chapter 2 verse 21 it says, "For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps" and, "who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed" (verse 24).

I don't understand it; I cannot explain it; but the Bible says it is by His stripes, His wounds, that I am healed.

God's dear Son knew every detail of His life before He ever came to this world as a man.

of man; and not only that, they saw what would be necessary in order for fallen man to be saved. If you are saved, someday you will get to study until you fully understand that a God who was infinite in wisdom, and infinite in power, could not find any way to redeem a fallen race except by the sacrifice of His Son (*The Desire of Ages*, 22).

The Father knew ahead of time the outcome. God's dear Son knew every detail of His life before He ever came to this world as a man. He knew He would be rejected by most of the people, spit on and flogged, and finally be crucified. He knew that the majority of those He came to save would not accept Him as their Saviour. Even with this intimate knowledge, the plan did not change and went ahead.

That is something to meditate on and try to understand. In 1 Peter 3:18 he says, "For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but being made alive by the Spirit."

You would think Peter had said enough about this theme, but he is still not done. In chapter 4, verse 1 he says again, "Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin." I have studied this verse for decades and I still cannot explain it. In chapter 4 verse 13 he says, "But rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy."

In the last chapter of the book, chapter 5, verse 1, Peter says, “The elders who are among you I exhort, I who am a fellow elder and a witness (I saw) of the sufferings of Christ, and also a partaker of the glory that will be revealed: ...” Christ’s sacrifice and resurrection is the foundation of the Christian religion. Peter talked about it. He wrote about it, taught about it, and preached it for the rest of his life.

2 The Holy Spirit

Peter writes about the Holy Spirit in his first letter. In 1 Peter 1:2 he says, “Elect according to the foreknowledge of God the Father, in sanctification of [or by] the Spirit, for obedience and sprinkling of the blood of Jesus Christ.”

In this verse sanctification and obedience are connected with the Holy Spirit. Verse 12 says, “To them it was re-

1 Peter 1:22 says, “Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart.” We can obey the truth only through the power of the Holy Spirit. The Apostle Paul agrees with this truth.

“If you are reproached for the name of Christ, blessed are you, for the Spirit of glory (the Holy Spirit) and of God rests upon you. On their part He is blasphemed, but on your part He is glorified” (1 Peter 4:14).

3 Love

The third major theme in 1st Peter is love. We usually think of the apostle John as being the apostle that dwells most fully upon love, but Peter also makes it a major theme of his letter. In 1 Peter 1:22, he talks about it twice. It says, “Since

“Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart.” 1 Peter 1:22

vealed that, not to themselves, but to us they [the old testament prophets] were ministering the things which now have been reported to you through those who have preached the gospel to you by the Holy Spirit sent from heaven—things which angels desire to look into.”

Peter says the preaching of the gospel is by the Spirit. The writing out of the prophecies of Christ was by the Holy Spirit as he indicates in verse 11, and the preaching of the gospel to you is by the Holy Spirit. But he has a lot more to say about the Holy Spirit.

you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart.” That is a command. We are commanded to love one another fervently with a pure heart.

Another command says, “... love the brotherhood ...” (1 Peter 2:17). In 1 Peter 3:8, Peter uses some really strong language. He says, “Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous.”



The cross of Calvary and resurrection of Jesus is the foundation of the Christian religion.

In chapter 4 verse 8 Peter gets stronger than previously: “... above all things (this is more important than anything else) have fervent love for one another, for ‘love will cover a multitude of sins.’” Is there anybody who does not have a multitude of sins that need to be covered?

Remember the divine rule. Jesus says, As you do to others, it will be done to you (see Luke 6:38, *last part*).

If I want my sins to be covered, I should be willing to do the same when I find out about other people’s sins and not broadcast them to the world or to the church. Love covers. That is something to think through. This does not apply to those things that need to be made right.

The Bible says that “all have sinned” (Romans 3:24). Our God does not want to publicize our sins. He would like to cover them up and later blot them out. If that is God’s intention with our sins, then it would be good to consider what we should do with other people’s sins when they come to our notice.

There are people who claim Peter as their spiritual father and talk about him as though he is the head of the

church while being out of harmony with his writings.

4 Submission and Obedience

“Elect according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience and sprinkling of the blood of Jesus Christ” (1 Peter 1:2). Obedience means that you are subject to somebody or something like a law.

Verse 14: “... as obedient children, not conforming yourselves to the former lusts, as in your ignorance.” Obedience means submission, to somebody or something.

In chapter 2 Peter refers to the people that have not learned this and how they are going to stumble and be lost. He says, “Therefore, to you who believe, He is precious; but to those who are disobedient, the stone which the builders rejected has become the chief cornerstone, and a stone of stumbling and a rock of offense. They stumble, being disobedient to the word, to which they also were appointed” (1 Peter 2:7, 8).

They stumble because they are disobedient. Then in verse 13 he gets very direct in his counsel on this subject: “Therefore submit ...” I want to tell you, friends, submission is one of the ugliest words in the English language for the population in the United States today. We have millions of people that refuse to submit. They don’t submit to their parents. They don’t submit to the government. They don’t submit to anything. They are rebels, but, no rebel will be in the kingdom of heaven. Peter says, “... submit yourselves to every ordinance ...” In other words, every law. Submit yourselves to every ordinance of men.

However, some say that the government is wicked, but read the history of the Roman Empire. It was one of the most wicked govern-



Jesus says, As you do to others, it will be done to you.

ments up to that time with some believing that it was the most wicked government that has ever existed in all time. In the command to submit, Peter was not making reference to a righteous government but to an evil government and he said, “... submit yourselves to every ordinance of man for the Lord’s sake, whether to the king as supreme, or to governors, as to those who are sent by him for the punishment of evildoers and for the praise of those who do good” (verses 13, 14).

Nobody who is stirring up trouble for the government is in harmony with 1 Peter 2:13–17. Such are in direct violation of the word of God. That is not a condition in which to be found in the day of judgment.

This admonition also applies in the workplace where people have supervisors. Supervisors are often the most unpopular people in the business because nobody wants to submit to their leading. We live in an age where people only want to do what they want to do, when they want to do it, the way they want to without anybody telling them what to do. This is not

just in the world, but in the church, and also the home. Peter says, “Servants, be submissive to your masters with all fear; not only to the good and gentle, but also to the harsh. For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully” (verses 18, 19).

Is it possible that you could suffer wrongfully in the workplace because of a supervisor that is not understanding but he is still your supervisor?

Peter touches on some very unpopular subjects, particularly in chapter 3, verse 1: “Wives, likewise, be submissive to your own husbands ...” This is so unpopular today that I am scared to say anything about it other than read it from the Bible, and then you can argue with Him.

Verses 5 and 6 continue, “For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.”

Some people are ready to throw the preacher out just for reading a text like

that, but it is in the Bible. Peter wrote it. We all must learn the lesson of submission. No one is excluded. If we fail to learn this lesson, we will never be in the kingdom of heaven.

Now we come to another one that is just as sensitive as the one we just read, because Peter is not done yet. 1 Peter 5:5: “Likewise you younger people, submit yourselves to your elders ...” Oh, no, somebody says, You don’t know how bad my parents are. I may not, but it is in the Bible. But now, notice what it says in the last part of the verse. “Yes, all of you be submissive to one another, and be clothed with humility ...” All, even if you are ninety years old should be submissive to each other.

Friend, the Christian world has not learned submission. That is why we have the troubles we have today. We have not learned it in our homes or even in the church. Everyone wants to do what is right in their own eyes and not be subject to anyone else. Everything is upside down.

This has to do with the government of God and in His government there is order. Do you know that certain angels are appointed to be over other angels? When Jesus was crucified on the cross, Ellen White says that the weakest angel could have delivered Him instantly, and they would have liked to. And there were no doubt millions of them around watching, but they didn’t move. They didn’t do anything to deliver Christ from the cross. Ellen White tells us that a commanding angel told them, No. You are not to interfere in anything that you see, and when the angels are told by the commanding angel not to interfere, they obey.

Angels understand the lesson of submission, and unless we learn that lesson we will never be fit for the kingdom of heaven.



Supervisors are often the most unpopular people in the business because nobody wants to submit to their leading. This is not just in the world, but in the church, and also the home.

5 Order

There can never be order unless people have learned submission. That is why Peter deals so much with submission, because unless people have learned that, you cannot have order. Without order there is only chaos.

In 1 Peter 2:5, he says, “You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.” Peter here is talking about Christians scattered over a large territory. He says, you are built up a spiritual house. A house is an establishment where members of family live together and they have family government.

Although ideally a family home has government, unfortunately today, there are many that do not have much order in their family. The result is often chaos.

Peter talks about this need for order again in verse 9: “But you are a chosen generation, a royal priesthood, a holy nation ...” A nation is a group of people who are organized under a single government. He says, You are a

holy nation. That has to do with order, order in the church.

Concerning Christ, Peter wrote, “who has gone into heaven and is at the right hand of God, angels and authorities and powers having been made subject to Him” (chapter 3:22). Notice there is order in the universe and every created thing is subject to Jesus Christ.

In chapter 5, verse 2 Peter talks to pastors or elders in the church and he tells them, “Shepherd the flock of God which is among you, serving as overseers [managers], not by constraint, but willingly” (literal translation).

There are people who do not believe in the necessity of church organization. In Ellen White’s day some fought organization for almost twenty years. James White fought for organization almost single-handedly while others thought that to be organized would make them become like Babylon.

If there is no one to oversee a church, ministry, school, or family, there will be no order. Without organization nothing will get done.

However, you can't have an overseer if people are not willing to be overseen.

The New Testament church had elders who were overseers of the work. These overseers were not dictators. Peter said in verse 3, "Nor as being lords over those entrusted to you, but being examples to the flock." They may be managers but never to have a dictatorial spirit. Fathers and mothers want their children to obey them because of love and respect and trust and not because they are afraid of punishment. When fear is the reason for obedience the home is very unhappy.

6 Everlasting Inheritance

Another major theme in 1 Peter is the everlasting

- Appeal for loving Christian service (1 Peter 4:7-11).
- Description of the Christian struggle (1 Peter 5:6-9).

Peter packed a lot into this little letter. Those desiring to go to the kingdom of heaven would be wise to heed the instruction given and order their lives in harmony with what Peter wrote.

In mercy, God has given us plain, clear instruction about how we should live, and how we should relate to one another, both in the church and in the world. God will deliver us from the rebellious spirit that we see in the atmosphere all around today. He will help us to develop a submissive spirit

Although ideally a family home has government, unfortunately today, there are many that do not have much family government.

inheritance of the people who are going to be saved and Peter has some wonderful descriptions of it in this little letter where he gives short lists of instruction and counsel to Christians on different subjects. Remember, these instructions are from an inspired apostle to individual Christians about how to live a holy life:

- Holiness (1 Peter 1:13-18).
- Results of being born again (1 Peter 1:22, 23).
- What to discard from your life (1 Peter 2:1, 2).
- What to do in relation to others (1 Peter 2:17).
- Call for unity 1 Peter 3:8-11).

so that we can obey His law and His leading and guiding in our lives. God will also help us to learn the lesson of living in harmony and unity and experience a fervent love for each other if we ask Him. Pray for the Holy Spirit to work a miracle in you.

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

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CAMPMEETING

with

Pastor John Grosboll
and Barry Mellor

SEPTEMBER 8 & 9, 2017

Friday: 7:00 pm
Sabbath: 9:15 am - 8:30 pm

Cumberland Mountain State Park
24 Office Dr, Crossville, TN 38555
Phone for Park: (931) 484-6138

CAMPING & CABINS:

Cumberland Mountain State Park:
(931) 484-4727 (5 miles South of meetings).

MOTELS (most have a continental breakfast and refrigerator):
Exit 317, Quality Inn: (931)-484-1551; Baymont: (931)-456-9338;
Exit 322, Holiday Inn Express:
(877) 859-5095; Hampton Inn:
(931) 707-7170; Super 8: (800)
536-1211; Comfort Inn & Suites:
(855) 849-1513.

MEALS:

Bring your own breakfast and food to share in a vegan fellowship meal on Sabbath following the church service. An evening snack will be provided.

CHILDREN:

Special Guest Children's Leader:
Cindy Papendick

CAMPMEETING HOSTS:

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(931) 863-8071 or (865) 202-6079

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1 hr. 10 min. from Knoxville



BIBLICAL LIFESTYLES

BY MICHAEL SNYDER

Typically, the standard American diet is made up of foods high in fat and lacking in color. It was not that way in the beginning. In Genesis 1:29, God said, “Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” In Genesis 2:16 we see the original diet prescribed by God: “Of every tree of the garden thou mayest freely eat.” This did not include any animal products. It was a vegan diet. There was no milk or cheese, or any of the things that western societies tend to eat quite a lot of. When sin entered in, God added the herbs of the field.

I call it “The Amended Diet.” This is God’s intended diet for His people in the very last days.

John said, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John 1:2). This is God’s will for us, though many tend to reject God’s will. There are people who are not Adventists who are very interested in what God has shown to His people. In fact, many people, including doctors, are designing their research after light that has been given to us through the writings of Ellen G. White.

A man by the name of Clive McKay, PhD., of the Department of Nutrition of Cornell University once

said that in spite of the fact that writings of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today. Time and time again what God has shown us through the writings of Sister White have come to pass as absolute truth.

Nathan Pritikin of the Pritikin Diet said that Ellen White laid the guidelines for health that unfortunately are not being adhered to as strictly as they should be.

“Flesh meats will depreciate the blood. Cook meat with spices, and eat it with rich cakes and pies, and you have a bad quality of blood. The system is too heavily taxed in disposing

of this kind of food. The mince pies and the pickles, which should never find a place in any human stomach, will give a miserable quality of blood. And a poor quality of food, cooked in an improper manner, and insufficient in quantity, cannot make good blood. Flesh meats and rich food, and an impoverished diet, will produce the same results." *Counsels on Diet and Foods*, 387.

God is showing us that the blood really supplies the nutrition to the body. You are what you eat, and what you put in your body goes into your blood and feeds all the tissues in your body. If you are not eating a proper, healthy diet, you are impoverishing your body and making it unhealthy.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome." *Testimonies*, vol. 3, 491, 492.

Since the 1970s, our food supply in this country has become more and more processed and refined and, although often tastier to the human palate, it has become less and less nutritious. We are seeing more and more lifestyle diseases because of this development.

A doctor at Loma Linda, Dr. Lamont Murdoch, taught us that it was faulty genetics that loads the gun, but lifestyle pulls the trigger. The point he was trying to make was that we are all genetically predisposed to

different lifestyle diseases, but being afflicted by one or more of them is not a certainty. By following God's plan there are things we can do that could help prevent us from getting type 2 diabetes, heart disease, high blood pressure even though they may run in our family. We can change a lot by how we live. The world recognizes this possibility. Not only is research being conducted toward that end, but researchers are looking at Seventh-day Adventists, wondering why we live as long as we do. We are one of the people-groups in the world that produce the most centenarians, people that live to be a hundred years or older.

2. All three practiced meditation and religious principles.
3. Most of them lived active lifestyles, which was very important.
4. They all eat very simple and nearly vegetarian diets.

When we put these together, we start to see four of the eight natural doctors practiced. Putting these things together synergistically, builds a power of health. The more of these natural doctors we obey, the healthier and better off we are.

I have discovered the quickest way to get to the heart of what's wrong with your health is to ask the Lord

There are people who are not Adventists who are very interested in what God has shown to His people.

In *The National Geographic*, November 2005, "The Secrets of Long Life," there was an article that explored three people groups: Okinawans, Sicilians, and Seventh-day Adventists. Most people would conclude that Sicilians and Okinawans probably have something genetic that makes them live so long. But what do you do with Seventh-day Adventists who are in almost every country of the world, including every ethnicity, every socioeconomic class; we have genetics that go far and wide.

The National Geographic article explored some things that were common with these three people-groups. There were four things that stood out.

1. All three groups believed strongly in some kind of faith.

for wisdom and insight, and honesty in your heart, and then go through the eight natural doctors one at a time. How's your diet, your exercise, are you drinking plenty of water, are you getting sunshine and practicing temperance in your life? Are you getting fresh air? Are you resting, especially resting in Christ? And what about your faith in God? These are all important and as we put these eight natural doctors together into our lives, we see miraculous healing.

The Standard American Diet is a sad diet, high in refined foods, high in fat content (40-50%), high in simple carbohydrates, and low in fiber.

Since the 1970s, our diets have really changed in the United States. The Standard American Diet (SAD) leads to:

- obesity
- diabetes
- hypertension
- coronary artery disease
- osteoporosis
- arthritis
- some forms of cancer such as colon cancer, breast cancer, pancreatic cancer, etc.
- new diseases, which include fibromyalgia, chronic fatigue syndrome, and other assorted ailments that are besetting mankind today that were basically never heard of 20 years ago.

Obesity in the United States has jumped from 23.9% in 2005 to currently 36.4% according to cdc.gov/obesity/data/adult.html (Centers for Disease Control and Prevention). That means that more than one in three Americans in the United States

ing, and then go back and review the results at the end of that study. We surveyed people who had diabetes, hypertension, osteoporosis, obesity and constipation. These are all similar in nature because they are caused by the food we eat which harden our arteries, slow the digestive track down, and change the chemistry in the body in such a way that affects our bones, and it leaves us constipated. We watched this group of people with these kinds of ailments for a couple of years. They were given standard treatments, i.e., going to their doctor, receiving laxatives, getting diabetic medications, heart pills, cholesterol pills, etc. After a two-year period none of these people got better.

In the alternative, we could do something about these diseases if we followed God's plan and made changes. I see people getting off their medi-

things cause damage to our body. For example, vitamin A can actually damage your bones. Vitamin E increases the risk of dying from all causes. Folic acid can cause heart disease. Beta-carotene increases the risk of cancer.

Almost all people over 30 years old are overweight and a large portion of Americans—over 30%—are obese. Being overweight leads to the increased risk of lifestyle diseases. In our country it begins at birth. We have found as we give babies baby formula that we see:

- sixty-times increased risk of pneumonia,
- 2 to 4 times the risk of sudden infant death syndrome,
- 10-fold increase in hospitalization in the first year of life,
- lower IQ scores by an average of 10 points,
- increase in behavior and speech difficulties are increased, and
- increased risk of infections, eczema, asthma, and type 1 diabetes.

We also know that leukemia is strongly related to the feeding of dairy products to our young people. A notice from *Pediatric Allergy and Immunology* stated in May 2015: "Compared with infants born to lean mothers, the researchers found that specific immune cells—monocytes and dendritic cells—among the infants born to obese mothers showed much lower responses to bacterial antigens." That means they have less capacity to fight infection. It goes on in this same article and tells us, "Maternal obesity raises the risk of a number of health conditions for offspring that can persist well into adulthood, including heart disease and asthma. Now, a new study reveals why this may be; maternal obesity weakens an infant's immune system, at the same time of

In spite of the fact that writings of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today.

is obese. It's incredible. Diabetes follows the same pattern, along with hypertension and coronary artery disease. These are all lifestyle diseases. There is an epidemic of obesity and lifestyle diseases and it is on the rise. In a recent study that was done by pathologists, we are now seeing in our children the obesity rate going up and they are beginning to have the same kind of arteriosclerosis as adults.

We did a surveillance study, a study where we look at people over a period of time and watch what they are do-

cations all the time when they follow God's plans completely. The tendency in western medicine is to prescribe more medicine which is not working and then we begin to see side effects and interactions from the medications. We then treat other symptoms with a new medication and so we are treating effects of medication with medication. It's not working very well.

Many who are very health-minded just want to take a supplement. One of the problems we are finding is that 10, 15, 20 years down the road, these

birth, increasing their susceptibility to illness.”

Time magazine recognized this development in 1998 in an issue entitled, “Our Supersized Kids.” They are examining the lifestyle reasons why our kids may be obese. The obesity rate in the United States last year, among children under 18, was 17%. They examined these lifestyle issues and concluded, it’s not just genetics, but diet.

- 32% of all American children are overweight.
- 90% of these children have avoidable risk factors for heart disease.
- Food consumption in the U.S. averages over 3,800 calories per person per day.

That’s an incredible amount of calories. An adult, estimated by our government, only needs 2,350 calories a day. I would suggest to you that even that amount is too much. You probably can get by just fine on about 1,800 calories a day. When we see this kind of caloric consumption in our society, we see a lot of obesity. The skinniest state in the United States is Colorado, at 20.2% of the population considered obese. The most obese is Louisiana at 36%.

We need to understand the importance of understanding obesity and why it exists, how to avoid it and overcome it.

Society sees obesity as people who live to eat. There are some people that do, but for the most part, obese people are obese for a different reason. There are over 2 million species on earth and only 3 species have a problem with being overweight: dogs, cats, and people. The elephants and giraffes do not think about their weight. The animals in God’s creation eat exactly what they are supposed to, and they have no weight problem. That should



Since the 1970s, our food supply in this country has become more and more processed and refined and, although often tastier to the human palate, it has become less and less nutritious. We are seeing more and more lifestyle diseases because of this development.

be a clue for us. Animals eating to their full satisfaction will, over time, eat neither too much or too little for optimal health.

Physiology studies show that a person 50 years of age will eat about 50,000 pounds of food, about 1,000 pounds a year. If he ate 1% short over his lifetime of 50 years, he would be seriously malnourished. If he ate 1% too much, he would be about 50 pounds overweight. That means we’re working in a physiologic window of plus or minus 1%. These are the natural mechanisms God has built into our hard-wiring. The Bible says in Psalms 139:14, “I will praise Thee; for I am fearfully and wonderfully made: marvellous are Thy works; and that my soul knoweth right well.” God has made this machine to work within this physiologic window of plus or minus 1%.

God gave us a diet in the beginning that consisted of what we are supposed to eat and we need to follow the recommendations to expect good health.

Physiologically, the body weighs the amount of the food in the gut with things called “stretch recep-

tors” and “nutrient receptors.” They line the inside of the gut and weigh the amount of food in there and the nutrients that are contained in it. If we get enough food, enough volume, those stretch receptors send signals back to the brain that say, “You’ve eaten enough food. You don’t need to eat anymore.” If you’re getting enough nutrition, the same thing happens. The nutrition receptors send messages to the brain to tell us, “You’ve eaten good food. You don’t need to eat anymore.” These receptors send messages to our brain and tell us, if we’re full or not, if we need more food. They perform a gut content, weighing, and calorie analysis. For example, an apple is 5/6 fiber and water, 1/6 carbohydrates, at 300 calories per pound of apples, based on the fact that carbohydrates are 1,800 calories per pound. If you eat a half an apple which weighs about half a pound, you would put about a 150 calories in your body. Your stomach is going to weigh that out and if that is all you have eaten, your body will tell you that you are not done. You need about 350 more calories, healthy nutrients, to be satiated.

Among the 36.4% of Americans that are obese, and almost all Americans that are overweight, only 1% of those people actually have thyroid problems; so you can't blame your thyroid for your condition.

Dr. Murdock said, "Genetics loads the gun, lifestyle pulls the trigger." One person may have a normal amount of stretch receptors and nutrient receptors, while another person may be lacking nutrient receptors and stretch receptors. When people put 500 calories in their bodies, their brains tell them they have enough and do not need to eat any more. But those 500 calories in another person may measure the 500 calories as being only 400 calories, and it says, "I need more nutrition. I need more food."

to understand that processed foods under-stretch the gut and fool the gut receptors. Processed food lacks proper nutrition and fiber while supplying the same amount of calories, squeezed down into a smaller amount of food. We think we need more food, even though we are consuming the same amount of calories. We are still hungry. So we eat two or three times more than what we were eating before, fooling our bodies with a lousy food system.

Salad, vegetables, and fruits average one to three hundred calories per pound, which means that if you eat a pound of salad, you will get about a hundred calories. However, your stomach is not going to accept a whole pound of salad. You can trick your

pound range. Think of your stomach as a ball. We can put all lettuce in there and maybe jam in 25 calories, or we could fill it with oil and put 4,000 calories in there. It matters what you eat at each meal as to whether or not you will gain weight, lose weight, or stay the same.

Often, people who are trying to lose weight decide to go on the salad diet. They go down the salad bar line, build a plate full of wonderful vegetables, even lettuce and good things like that. Then they get to the dressings. They decide not to eat the dressing, but just take some olive oil and drizzle that on and maybe squeeze a little lemon on it and think they have a wonderfully healthy salad. Now a 25 or 50 calorie salad has jumped to 400 or 500 calories because of the olive oil.

To maintain a low body weight with average genes, you would have to eat a low calorically dense diet, that is, a diet that is high in volume but low in calories. Those persons who have the obese genes and want a low body weight are going to have to eat a diet that is low calorie dense. There are things we can do. We can modify our lifestyle, even with obese genes in the family, to live a skinny life. To do that you have to understand these principles.

The solution to this problem is dilution:

- dilution with salad,
- dilution with vegetables,
- dilution with fruit.

These are the kinds of foods you want to eat first when you sit down.

First of all, make sure you have a colorful meal. Eat your salad veggies and those low calorically dense foods first. Fill the stomach up with those, and then look at your more calorically dense foods in very small

Our bodies are fearfully and wonderfully made and actually designed to be vegetarian.

Remember in the 1970s our government told us that the average four ounces of red meat was bad for us and that fish and chicken was so much better. So, instead of eating four ounces of red meat, which, by the way has the same caloric density and content as does fish and chicken, we started eating about ten ounces on average of fish and chicken every day.

Our caloric intake went up two and a half times just from the amount of meat that we started using. You can trace our obesity epidemic all the way back to the 1970s when the government told us that.

There are other factors involved, like exercise, and some people do have a thyroid problem, but we need

own stomach into eating fewer calories and be full. You could eat about a quarter to half a pound of salad if you are really famished and that is only 25-50 calories at most and your stomach will be full. We can have the reverse effect when we eat the right way.

Oil contains 4,000 calories per pound. It is the densest food on the planet. As foods have more oil in it, they approach the oil content of 4,000 calories per pound. Puddings and custards for example have 3,200 calories per pound. Chips, cookies, and nuts, are in the 2,500 to 3,200 range; sugars and cheese, 1,800 calories per pound. Meats, bread, and flour, 1,200 to 1,600. Analog meats are in the 700 to 1,200 calories per

amounts. So, the solution to caloric pollution is dilution.

There is a difference between the western diet and the vegan diet: the western diet is more than 40% fat coming from mostly animal products. The vegan diet on the other hand is 10 to 20% fat with no animal products whatsoever. Our bodies are fearfully and wonderfully made and actually designed to be vegetarian. The average cholesterol level in those eating the Standard American Diet is about 200 compared to 130 or even less in those eating a vegan diet. The people on the standard American diet are predisposed to diabetes, hypertension, cancer, and auto-immune disease, whereas vegans live 12% longer than the average American and live healthier lives.

While at Weimar, we took people with high cholesterol and put them on vegan diets except for one difference; we added animal protein instead of soy protein in the form of skim milk to the animal protein group, and we gave vegetable protein, mostly soy, to the other group. We were trying to find out what effect animal protein, not cholesterol, had on cholesterol levels.

After three weeks, the cholesterol lowered in the animal protein group 30 to 40 points. That is good, but it was not as good as the vegan group who lost about 70 points in the same three weeks, which is an incredible loss of cholesterol.

Thinking that one group had a genetic advantage over the group, they switched the diet. After three more weeks we found out that the cholesterol that was down 60–70 points before was now at that same 30–40 point level. What we saw was the group on the animal protein, then vegetable protein, after six weeks on a great diet, and then the last three weeks on the best diet, had a 110 point average



Seventh-day Adventists are one of the people-groups in the world that produce the most centenarians, people that live to be a hundred years or older.

drop. No medication was taken, just a straight vegan diet. I have seen the same result in my own practice. We put patients on God's plan, get all animal protein out of their diet, and we see on average a 110 point drop in total cholesterol.

We are having a big political fight in our country about healthcare. We don't need to have that fight. We can go vegan. It is estimated that we would have 3% to 7% the rate of lifestyle disease that we now have if every American went vegan. That's incredible. We wouldn't need the health care system we have now. We wouldn't need the health insurance. There would be no fight.

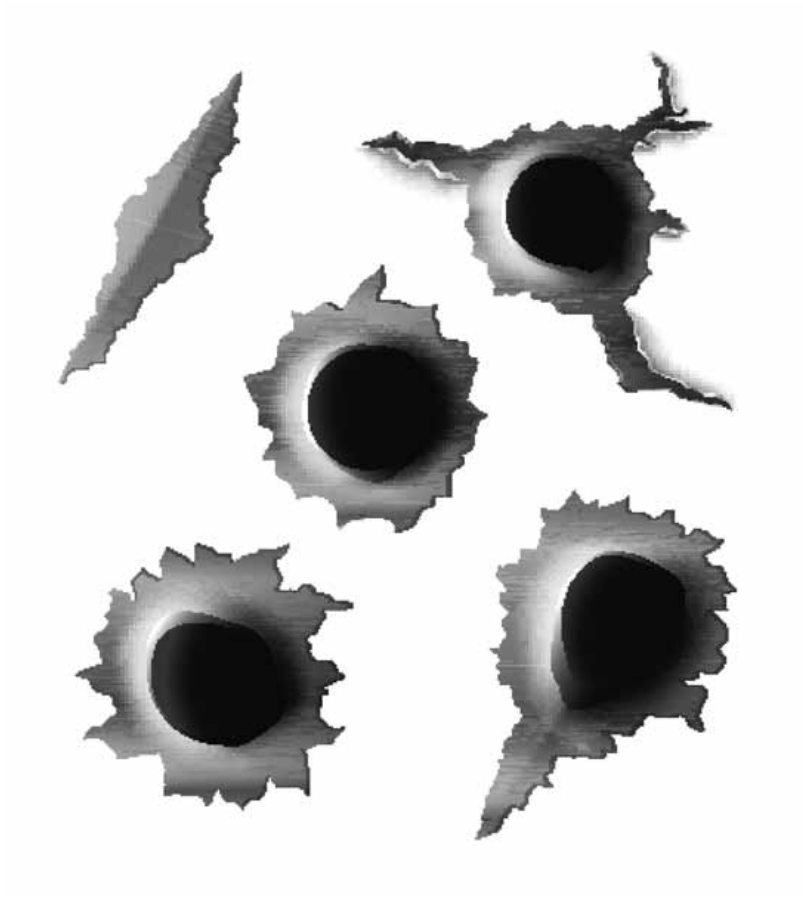
The most common question I get asked is, "Where do you get your protein?" Elephants eat grass and leaves and do not worry about getting enough protein or eating too much or too little. There is protein in grass. The grass is green—it has chlorophyll. Proteins produce the chlorophyll through a process of photosynthesis. Grass is filled with protein and we get all of our essential amino acids from plant foods.

By eating a wide variety of food you will get all the essential amino acids and proteins that you need.

The Biblical diet, which is very colorful is based on fruits, nuts, and vegetables. It is wonderfully healthy. These are just some examples of antioxidant-rich fruits with rich colors: strawberries, blueberries, plums. The same characteristic is shared with the rich anti-oxidant veggies with wonderful colors.

God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat" (Genesis 1:29). He said, eat of them freely. **LM**

Michael Snyder is a Family Practice physician practicing in Bonners Ferry, Idaho, where he lives with his wife and four of their six children. He graduated from Loma Linda University School of Medicine and is board certified in Family Medicine. He was a speaker at Steps to Life Camp Meeting 2015. This article is one of his presentations at that camp meeting.



SIN AND SATAN - WHY PERMITTED

BY JAMES EDSON WHITE

God is good. God is merciful. God is all-powerful. “God is love” (1 John 4:16). God knows the end from the beginning. And yet in this world, comprising a part of the universe which He created and controls, and in which His power is unlimited and absolute, sin, suffering, and death have borne sway for nearly six thousand years.

Why does God permit sin and its author, Satan, to exist? This cry has for thousands of years gone up from the lips of a multitude of sufferers. It is a question that to many minds is a source of great perplexity. God has the power to destroy sin and all its attendant evils. Yet He permits it. Some have asserted that because God permits sin He is therefore responsible for it. Where lies the answer?

In the establishment of the great government of God, every intelligent being is a free moral agent, with full power to obey or disobey. God could force obedience, but that would not develop a symmetrical character. On the other hand, forced obedience could only foster rebellion.

Hence angels, as well as all other created beings, were placed upon probation. Willing, glad obedience to the demands of a just Creator would give them a sound, perfect character. It would fit them for eternal life, with all the joys that heaven could bestow. Pride, love of self, and all other sin, if cherished, would develop a character out of harmony with heaven. Such a character God cannot tolerate, and the fiat has gone forth, "The soul that sinneth, it shall die" (Ezekiel 18:20).

Some glad day the test of character will be complete throughout all the creation of God. Then the faithful and true, with a life record which has stood the test of trial and temptation, will be forever free from the wiles of sin and Satan.

A Reason for Sin

On this subject Dr. Charles Beecher has made some very sensible remarks. He says:

"If such was the original condition of the universe, the question arises, How could sin possibly enter? Some minds have felt the difficulty on this point so strongly that they have re-

jected the Bible account of the matter, and denied the existence of any such sinless state of the universe.

"But the answer to the question is simple. Sin is, in its own nature, anomalous, and therefore mysterious; it is, in its own nature, an unaccountable thing; for, the moment that we admit that it is properly accounted for, i.e., the moment we have assigned a good and sufficient cause for it, that moment it ceases to be a sin. A good and sufficient cause is a good and sufficient excuse; and that which has a good and sufficient excuse is not sin.

The origin of sin cannot be explained. No excuse can be given for its existence. "Sin is an intruder, for whose presence no reason can be given. It is mysterious, unaccountable; to excuse it, is to defend it. Could excuse for it be found, or cause be shown for its existence, it would cease to be sin." Yet of one thing we may be sure; a careful study of the Scriptures will show abundant evidence that God is in no way responsible for the entrance of sin.

But while no reason or excuse for sin can be given, its history may be easily traced. About the time of the creation of this earth, Lucifer, one of

Why does God permit sin and its author, Satan, to exist? This cry has for thousands of years gone up from the lips of a multitude of sufferers.

"To account for sin, therefore, is to defend it; and to defend it is to certify that it does not exist. Therefore the objection that it is inconceivable and unaccountable that sin should enter into such a perfect universe, amounts to nothing but saying that sin is exceedingly sinful, inexcusable, and destitute of the least defense or justification.

"Sin is a violation of all law, a departure from all original nature, a thing essentially lawless, anomalous, and mysterious. We can identify the fact of its existence, we can describe the manner, we can discover the occasion, but the cause, the good and sufficient cause, God Himself and the judgment seat will demonstrate cannot be shown, for it does not exist." *Redeemer and Redeemed*, 82, 83.

the most powerful and beautiful of all the heavenly host, allowed pride and rebellion to come into his heart. He was not satisfied with the high position which he held, but aspired to a place by the side of Jehovah, upon His throne. He said, "I will be like the Most High" (Isaiah 14:14).

Because such a demand could not be granted, Lucifer openly rebelled against the government of God, and led millions of heavenly angels into rebellion with him. Then there was war in heaven, as a result of which Lucifer, or Satan, and his rebel host were "cast out into the earth" (Revelation 12:9).

Not Created Evil

"Because Satan harbored evil thoughts, was tempted, and fell, it



All intelligent creatures, capable of reasoning concerning right and wrong, are free moral agents.

does not follow that God created him with an evil inclination. The Bible contradicts such an idea, for the Lord says of him, ‘Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee’ (Ezekiel 28:15).

“All intelligent creatures, capable of reasoning concerning right and

of choice would be to destroy the moral quality of their actions. Deprived of choice, they would be mere passive machines, and machines cannot develop character. All acknowledge the force of this reasoning as applying to men, but it is equally applicable to angels and all created intelligences.” *Ministration of Angels*, 67, 68.

God Himself and the judgment seat will demonstrate that a reason for sin cannot be shown, for it does not exist.

wrong, are free moral agents. It is impossible that God should confer a moral character on any of His creatures. He creates them perfect, endows them with full capacities to do His will, to walk in the way of righteousness, but He cannot so compel them to do right as to destroy their power of choice; for to deprive them

The wisdom of God in allowing the rebellion of Satan to develop is well set forth in the following quotation:

“Even when he was cast out of heaven, Infinite Wisdom did not destroy Satan. Since only the service of love can be acceptable to God, the allegiance of His creatures must rest upon a conviction of His justice

and benevolence. The inhabitants of heaven and of other worlds, being unprepared to comprehend the nature or consequences of sin, could not then have seen the justice of God in the destruction of Satan. Had he been immediately blotted out of existence, some would have served God from fear rather than from love. The influence of the deceiver would not have been fully destroyed, nor would the spirit of rebellion have been utterly eradicated. For the good of the entire universe through ceaseless ages, he must more fully develop his principles, that his charges against the divine government might be seen in their true light by all created beings, and that the justice and mercy of God and the immutability of His law might be forever placed beyond all question.

“Satan’s rebellion was to be a lesson to the universe through all coming ages—a perpetual testimony to the nature of sin and its terrible results. The working out of Satan’s rule, its effects upon both men and angels, would show what must be the fruit of setting aside the divine authority. It would testify that with the existence of God’s government is bound up the well-being of all the creatures He has made. Thus the history of this terrible experiment of rebellion was to be a perpetual safeguard to all holy beings, to prevent them from being deceived as to the nature of transgression, to save them from committing sin, and suffering its penalty.

“He that ruleth in the heavens is the One who sees the end from the beginning—the One before whom the mysteries of the past and the future are alike outspread, and who, beyond the woe and darkness and ruin that sin has wrought, beholds the accomplishment of His own purposes of love and blessing. Though ‘clouds and darkness are round about Him,

righteousness and judgment are the foundation of His throne' (Psalm 97:2 R.V.). And this the inhabitants of the universe, both loyal and disloyal, will one day understand, 'His work is perfect; for all His ways are judgment: a God of truth and without iniquity, just and right is He' (Deuteronomy 32:4)." *Patriarchs and Prophets*, 42, 43.

When Satan and his angels were cast out of heaven, their probation had ended, their doom was sealed. Their privileges had been so great and their rebellion so stubborn and wicked that they could never again be reinstated or trusted. They had passed the limit of divine forbearance.

But with man in his sin the case was different. His opportunities had not been so great. He was led into sin through the temptations of one of the most powerful and subtle beings, recently fallen from the very presence of God Himself. Infinite love and compassion opened a way by which man could have another opportunity to perfect a character which would reinstate him in the position which he had lost through sin. But how different the conditions! He had failed when sinless and under the direct dominion and government of God. He must now win back, while dwelling in the dominions governed by Satan, encompassed by all his evil and temptations, that which he had lost. Were it not that help divine was provided, the holy angels appointed to his aid, the condition of man would be hopeless.

"In the banishment of Satan from heaven, God declared His justice, and maintained the honor of His throne. But when man had sinned through yielding to the deceptions of this apostate spirit, God gave an evidence of His love by yielding up His only begotten Son to die for the fallen race. In the atonement the



Because Satan harbored evil thoughts, was tempted, and fell, it does not follow that God created him with an evil inclination.

character of God is revealed. The mighty argument of the cross demonstrates to the whole universe that the course of sin which Lucifer had chosen was in no wise chargeable upon the government of God.

"In the contest between Christ and Satan, during the Saviour's earthly ministry, the character of the great deceiver was unmasked. Nothing could so effectually have uprooted Satan from the affections of the heavenly angels and the whole loyal universe as did his cruel warfare upon the world's Redeemer. The daring blasphemy of his demand that Christ should pay him homage, his presumptuous boldness in bearing Him to the mountain's summit and the pinnacle of the temple, that malicious intent betrayed in urging Him to cast Himself down from the dizzy height, the unsleeping malice that haunted Him from place to place, inspiring the heart of priests

and people to reject His love, and at the last to cry, 'Crucify Him! crucify Him!'—all this excited the amazement and indignation of the universe.

"It was Satan that prompted the world's rejection of Christ. The prince of evil exerted all his power and cunning to destroy Jesus; for he saw that the Saviour's mercy and love, His compassion and pitying tenderness, were representing to the world the character of God. Satan contested every claim put forth by the Son of God and employed men as his agents to fill the Saviour's life with suffering and sorrow.

"The sophistry and falsehood by which he had sought to hinder the work of Jesus, the hatred manifested through the children of disobedience, his cruel accusations against Him whose life was one of unexampled goodness, all sprang from deep-seated revenge. The pent-up fires of envy

and malice, hatred and revenge, burst forth on Calvary against the Son of God, while all heaven gazed upon the scene in silent horror. ...

“Now the guilt of Satan stood forth without excuse. He had revealed his true character as a liar and a murderer. It was seen that the very same spirit with which he ruled the children of men, who were under his power, he would have manifested had he been permitted to control the inhabitants of heaven. He had claimed that the transgression of God’s law would bring liberty and exaltation; but it was seen to result in bondage and degradation.

“Satan’s lying charges against the divine character and government appeared in their true light. He had accused God of seeking merely the exaltation of Himself in requiring submission and obedience from His creatures, and had declared that, while the Creator exacted self-denial from all others, He Himself practiced no self-denial, and made no sacrifice. Now it was seen that for the salvation of a fallen and sinful race, the Ruler of the universe had made the greatest sacrifice which love could make; for ‘God was in Christ, reconciling the world unto Himself’ (2 Corinthians 5:19). It was seen, also, that while Lucifer had opened the door for the entrance of sin, by his desire for honor and supremacy, Christ had, in order to destroy sin, humbled Himself and become obedient unto death (Philippians 2:8) ...” *The Great Controversy*, 502.

In the final outcome “the whole universe will have become witnesses to the nature and results of sin. And its utter extermination, which in the beginning would have brought fear to angels and dishonor to God, will now vindicate His love and establish His honor before a universe of

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beings who delight to do His will, and in whose heart is His law. Never will evil again be manifest. Says the word of God: ‘Affliction shall not rise up the second time’ (Nahum 1:9). The law of God, which Satan has reproached as the yoke of bondage, will be honored as the law of liberty. A tested and proved creation will never again be turned from allegiance to Him whose character has been fully manifested before them as fathomless love and infinite wisdom.” *Ibid.*, 504.

Justice Vindicated

“When God promised the land to Abraham and to his seed, He said that he could not then inherit it, because ‘the iniquity of the Amorites is not yet full’ (Genesis 15:16). The Lord would give them an opportunity to fill up the cup of their iniquity. This proves the long-suffering of God. And no sin was ever so great but that it found sympathy somewhere.

“Satan so wrought upon the sympathies of the angels that legions of them denied the justice of God,

and took their stand by his side. Had the Lord then destroyed him, it is highly probable that myriads more in the universe might have doubted the wisdom or justice of the action. Perhaps they could not yet realize the enormity of his guilt.

“But at the final judgment, when every cup is full, and Satan has fully convinced every creature that he is the only personification of malignity and all that is evil and hateful, all will approve the justice of God in his destruction. And no doubt Satan himself, seeing the issue of many generations of rebellion, and the causeless ruin he has wrought, will realize that God is just, and that he was altogether wrong in his pride and ambition, and, above all, in instigating the murder of the meek and lowly Son of God.

“When Satan sees the city of God descend from heaven, and the hosts of angels with whom he once worshiped in blessed union, and the glorious Son of God, their loved Commander, at their head, and the millions of glorified ones from this world, purchased by His blood, even he himself will be compelled to acknowledge the utter failure of his ambitious plan, the goodness of Jesus in dying for His creatures, and the wisdom and justice of God the Father in exalting His Son over such a vicious spirit as he has proved himself to be. We verily believe that this will be the case, and that in this will be found the fulfilment of the words of inspiration: ‘That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father’ (Philippians 2:10, 11).” *Ministration of Angels*, 67–71.

Past, Present, and Future, James Edson White, 110–119. **LM**

HOW THE GROWTH OF THE GOSPEL SEED IS HINDERED

BY ELLEN G. WHITE

The Saviour said again: "Hear ye therefore the parable of the sower. When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the wayside. But he that received seed into stony places, the same is he that heareth the word, and anon with joy receiveth it; yet hath he not root in himself, but dureth for a while: for when tribulation or persecution ariseth because of the word, by and by he is offended. He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful" (Matthew 13:18-22).

Those who do not follow true Christian principles, whose natural and cultivated tendencies to wrong have not been changed by the grace of God, have no root in themselves; and therefore they lose the interest which they once felt in the truth. They return to their sinful practices. They may continue to make a profession of Christianity, but they do not go on from grace to grace. For a time they are neither cold nor hot, but they finally become hardened to all good impressions. They grow careless, worldly, inattentive. They hear the truth but do not receive it. Of this class Christ says: "Every one that heareth these sayings of Mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: and the rain

descended, and the floods came, and the winds blew, and beat upon that house; and it fell; and great was the fall of it" (Matthew 7:26, 27).

Of Chorazin and Bethsaida, cities in which so many of Christ's mighty works were done, which were exalted to heaven by being honored with His presence, the Saviour declared: "Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works, which were done in you, had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I say unto you, It shall be more tolerable for Tyre and Sidon at the day of judgment, than for you.

And thou, Capernaum, which art exalted unto heaven, shalt be brought down to hell: for if the mighty works, which have been done in thee, had been done in Sodom, it would have remained until this day. But I say unto you, That it shall be more tolerable for the land of Sodom in the day of judgment, than for thee" (Matthew 11:21-24).

Those who have been favored with great light and many opportunities, but who have not

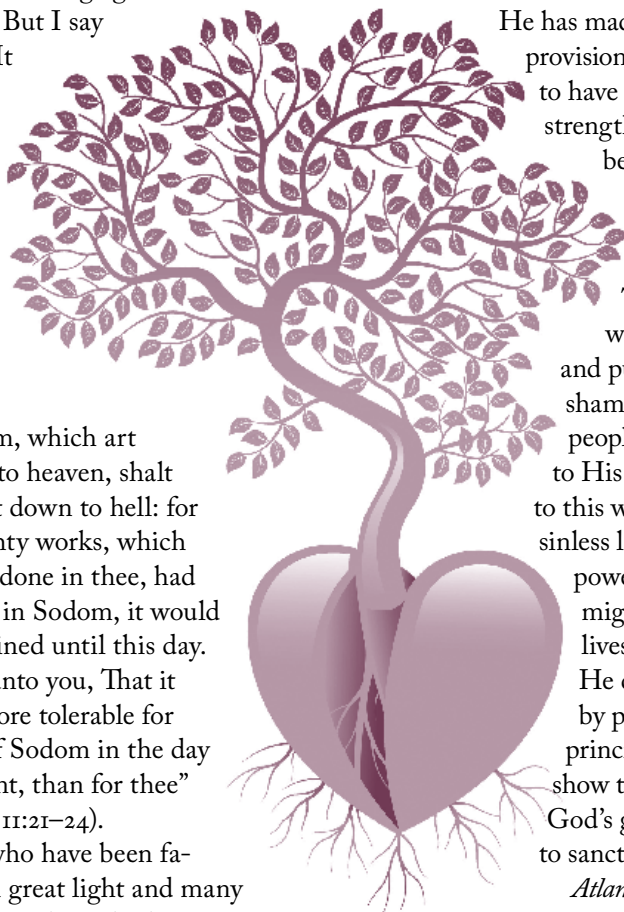
accepted the light nor improved the opportunities, who have not followed correct principles in dealing with their brethren or with unbelievers, will receive punishment in accordance with their sin. They will meet with some sad surprises in the last great day, when every case shall be brought up in review before God. In their record they will see that which will fill them with shame, but nothing can be changed. All is beyond recall.

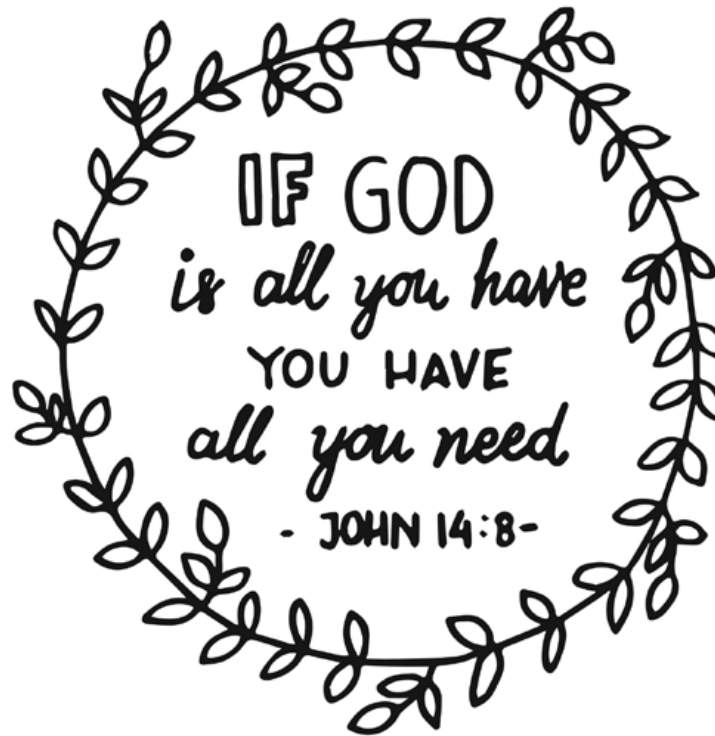
Christ has made every provision for the sanctification of His church.

He has made abundant provision for every soul to have such grace and strength that he will be more than a conqueror in the warfare against sin. The Saviour is wounded afresh and put to open shame when His people pay no heed to His word. He came to this world and lived a sinless life, that in His power His people might also lead lives of sinlessness. He desires them by practicing the principles of truth to show to the world that God's grace has power to sanctify the heart.

Atlantic Union

Gleaner, January 17, 1906. **LM**





HOW TO STRENGTHEN FAITH

BY GLEN AND ETHEL COON

One of the most common excuses Satan presents to a praying heart is, “Your faith is too weak to expect God to answer.” This lie is often accepted as the truth. Yet Jesus has exposed the Devil’s lie. He said that if we have a tiny mustard seed of faith, mountains can be removed.

In our own “Gethsemane” experience God helped us to cooperate with the Holy Spirit in strengthening faith. We share these faith-strengthening principles with you. These principles are all Biblical. ... You can also experience wonderful answers in exercising the faith God has given you.

We remembered God’s past answers to prayer.

“And thou shalt remember all the way which the LORD thy God led thee” (Deuteronomy 8:2). ...

For years we had been impressed with the way God’s professed people of “old” forgot God. The Scriptures declare that the reason for their many backslidings was:

“They forgot God their Saviour” (Psalm 106:21).

“They soon forgot His works” (Psalm 106:13).

“Thou ... hast forgotten God” (Deuteronomy 32:18).

We concluded that since forgetfulness of God leads to a weak, backslidden faith, remembering will lead to increased faith and confidence. This is in harmony with the principle, “we ... beholding ... are changed into the same image” (2 Corinthians 3:18). If we look at failure, our hearts will be filled with fear and our faith will weaken.

As we reviewed past miracles from our God of love, we could cry out, “What time I am afraid, I will trust in Thee” (Psalm 56:3).

Continued on page 36



*Heavenly Father: Thank You for the angels
You have commissioned to guide me. I need
Your grace to keep my words, my plans, my
thoughts on the heavenly and not on the
worldly. I do not want to walk with the god of
this world. I do not want You to be ashamed of
me. Help me to fight the good fight of faith and
resist the devil in all areas of my life. Amen.*

ALL THINGS CONSIDERED

BY JUDY HALLINGSTAD

You and I are walking in the presence of the Judge of the whole earth! "... all things are naked and opened unto the eyes of Him with whom we have to do" (Hebrews 4:13).

Have you considered what the "all things" consist of? Let's look at a little list that is among the "all things" being viewed by the Judge:

- Our words
- Our plans
- Our meditations
- The motives of our hearts

"The case of every individual worker is registered in Heaven. Let us consider this.

- Do we want our light and frivolous remarks heard in the presence of angels and before God?
- Do we want the words of pride, that exhibit self, left on the books to condemn us in the Judgment?
- Do we want our plans for self-exaltation written in the unerring records?

Let us ever remember that the Lord, who gave His life for us, is watching with intense interest our course of life, and that angels are witnessing our ways. Seek that singleness of purpose that will lead us to glorify God, and not self. Oh, that each might say when tempted, as did our Lord, 'The prince of this world cometh, and hath nothing in me' (John 14:30). ..." *The Signs of the Times*, March 23, 1888.

What will be considered in your case? Will your words, your plans, your meditations give glory to the God of heaven or the god of this world. O that you and I could say as did our Lord, "The prince of this world cometh, and hath nothing in me."

"Angels will be commissioned to guard you from the devices of the adversary, and to minister to all your needs. And the object of all this abundant solicitude must, on his part, [A] depart from all iniquity,

and perfect holiness in the fear of God. [B] He must watch and pray. [C] He must fight the good fight of faith, [D] resist the devil that he may flee from him, and [E] endure hardness as a good soldier of the cross of Christ. He has to wage a constant conflict with unseen foes, and only through Christ can he come off victorious. He must cultivate courage to surmount the difficulties obstructing his pathway, and build up a character of integrity and virtue, representing to the world the character of his Redeemer. ...

"We need to be refined, cleansed from all earthliness, till we reflect the image of our Saviour, and become 'partakers of the divine nature, having escaped the corruption that is in the world through lust' (2 Peter 1:4). Then we shall delight to do the will of God, and Christ can own us before the Father and before the holy angels as those who abide in Him, and He will not be ashamed to call us brethren." Ibid. **LM**



2017: CATHOLICS AND PROTESTANTS TO COMMEMORATE REFORMATION ANNIVERSARY

Wittenberg is getting prepared for the October 500th anniversary of Martin Luther nailing his 95 theses on the church door in 1517.

From Counter-Reformation to Co-Reformation

The highest representative of German Protestantism: Nikolaus Schneider, Chairman of the Council of the Evangelical Church in Germany (EKD) met personally with Pope Francis to invite him to the anniversary. During this meeting, the Pope “underlined how important it is for him that we, as churches, walk together on the path of testifying the faith in this world.” Schneider said that the conversations with the Pope and the Vatican, contributed to build trust.¹ Francis has not yet made the decision public whether he has accepted or not.

During the 1540s, a Counter-Reformation started by the Catholic Church in response to the Protestant Reformation. But the last decades are proving things have drastically changed.

“One could almost say that the Catholic Church has set out from the path of the Counter-Reformation onto that of the Co-Reformation.” says Gerhard Feige to Luther2017.de. He is a Catholic ecumenical officer Bishop, in Magdeburg, Germany.²

A reconciliation process started years ago between Catholics and Protestant Christians. Feige sees evidence for this to develop during the coming years.

“I would appreciate if this were not only happening in the leadership of the churches.” The article goes on to say: “But everybody must change and get on the move. It remains to be clarified how much unity is necessary.”³

The Luther Garden – A global ecumenical network

Another exciting preparation in Wittenberg is the “Luther Garden”,

arranged by the Lutheran World Foundation and United Evangelical Lutheran Church of Germany. The goal is to have 500 trees planted – one for each year of reformation.

In the middle of the garden is a formation of the Luther Rose, which is the symbol of Luther’s faith and theology. Here are five trees, one in each petal. From there, seven paths symbolically lead out to the world. In this garden, are trees from every continent, planted by churches and denominations from all over the world, creating a global ecumenical network.⁶

Currently 230 trees from all over the world have been planted by different churches. Guess which tree is number one, found in the Luther Rose formation, in the middle of the park? – The Catholic Church! Following is the Orthodox Church, the Anglican Communion, World Alliance of

Reformed Churches, and the World Methodist Council as number five.

A person responsible for Concept and Design of Luther Garden says in a project movie:

“I hope this garden will one day grow into a park. A park in which people can gather under the trees, a park that grows together, just as our Christian World Religion should grow together one day.”³

More Steps to Church Unity

In 2014 at a Charismatic Evangelical Leadership Conference hosted by Kenneth Copeland, Tony Palmer, an Anglican bishop said: “The protest is over,” and encouraged to unity with the Catholic Church. The audience of many charismatic Christian leaders seemed to embrace this message.

While some Protestant Churches have stopped protesting, what does the Catholic Church say?

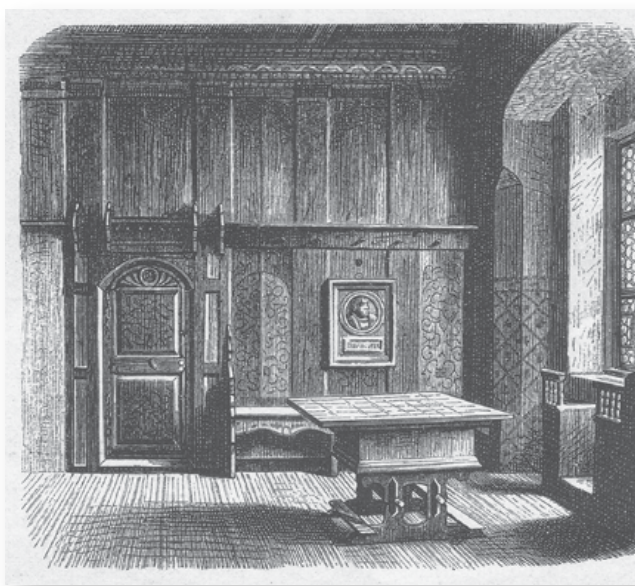
On their website, vatican.va, there is an article called *From Conflict to Communion*, written together with Lutherans, talking about how they successfully shall unite.⁴

The Catholic Church and Lutheran Church signed a Joint declaration on the doctrine of justification, in 1999, and this is an attempt to narrow the theological divide between the two faiths.⁵

It is important to note that Luther did not only discover justification by faith, as the discussion seems to be about – there were 95 theses.

“The awareness is dawning on Lutherans and Catholics that the struggle of the sixteenth century is over. The reasons for mutually condemning each other’s faith have fallen by the wayside. Thus, Lutherans and Catholics identify five imperatives as they commemorate 2017 together.”

“In 2017, we must confess openly that we have been guilty before Christ of damaging the unity of the



Martin Luther's living room in Wittenberg, as it exists today.

church. This commemorative year presents us with two challenges: the purification and healing of memories, and the restoration of Christian unity in accordance with the truth of the gospel of Jesus Christ (Ephesians 4:4–6).⁶

They also invite all Christians to study this report open-mindedly and critically, and to come along “the way to a deeper communion of all Christians.”⁴

It is clear that 2017 marks an interesting year for the Catholic Church. First of all the Catholics will commemorate the 500th anniversary of the beginning of the Reformation. Secondly, it marks fifty years of Lutheran–Roman Catholic dialogue.⁴

The World has Started to Wonder...

Luther and many other reformers embraced the idea that the Papacy is the antichrist. Many Protestant denominations used to believe this. If you ask Christians today who the antichrist is, there is generally no clear meaning about it. The characteristics of antichrist found in the Bible, only fit one kingdom: The Papacy. (See Daniel 7 and Revelation 13.)

1. <http://www.luther2017.de/en/24479/evangelical-church-germany-invites-pope-francis-reformation-anniversary?contid=24617>
2. <http://www.luther2017.de/en/23547/ecumenical-officer-bishop-catholic-church-can-join-little-bit-celebration-reformation-annivers?contid=24617>
3. <http://luthergarten.de/welcome.html>
4. http://www.vatican.va/roman_curia/pontifical_councils/chrstuni/lutheran-fed-docs/rc_pc_chrstuni_doc_2013_dal-conflitto-alla-comunione_en.html
5. http://www.vatican.va/roman_curia/pontifical_councils/chrstuni/documents/rc_pc_chrstuni_doc_31101999_cath-luth-joint-declaration_en.html
6. <http://luthergarten.de/english-vision-background.html>

However, echoing through the ages should be the words of Martin Luther himself from the Diet of Worms:

“Unless therefore I am convinced by the testimony of Scripture or by the clearest reasoning, unless I am persuaded by means of the passages I have quoted, and unless they thus render my conscience bound by the word of God, *I cannot and I will not retract*, for it is unsafe for a Christian to speak against his conscience. Here I stand, I can do no other; may God help me. Amen.” *The Great Controversy*, 160. **LM**

From the Desk of Pastor John J. Grosboll

September 2017

“I Love LANDMARKS!”

—FM, Arizona

“Greetings in Christ Jesus our Lord and Savior! Thank you for the *Land-Marks* magazine, it has truly blessed a prisoner in Christ like me! I am learning more and more each day I grow in Christ, in His life and love. Thanks for the prayers offered. I appreciate your magazine. I want to thank every subscriber and person who contributes above and beyond what is asked so those like me [incarcerated] can have a chance to learn more from qualified instructors to share His truth in this publication.”

—MK, Texas

“Thank you for preparing us to stand firm at these end times.”

—PA, New York

“Just a brief note to thank you for your ministry. Though we have never met we feel that you are part of our family. You will be in our prayers at year end and throughout next year.”

—JW, California

Dear Friend,

Have you tried the five-step plan of missionary work? This was a method that Jesus used. Here it is:

1. The Saviour mingled with men as One who desired their good.
 2. He showed His sympathy for them.
 3. He ministered to their needs.
 4. He won their confidence.
 5. Then He bade them, “Follow Me.”
-
1. If we never mingle with other people we will not be able to help them. Here are some of the places where we come in contact with people:
 - Our workplace
 - Large gatherings where we have opportunity of meeting people, such as state and county fairs, meetings of people with a common interest. The common interest could be anything: crafts, home building or furnishing, health expos, seminars of various kinds.
 - Your own place of meeting people by conducting a class or seminar for others
 - Our neighbors
 - Support groups. Today there are support groups for people with almost any kind of chronic disease, domestic or financial problem. If you attend a support group, this is an opportunity for Christian witnessing.
 2. Do you enter into the feelings of others around you showing that you are sensitive to either their pain or their joy?
 3. Have you found someone with a need that you might be able to satisfy? Maybe it is simply someone with whom you can develop a bond by taking time to listen to their story.
 4. Do they have the feeling that they can trust you and that you will not betray their confidence if they tell you something private?
 5. Can you point them to where the real Help is?

Concerning this five-step method, Ellen White says, “Christ’s method alone will give true success in reaching the people.” *The Ministry of Healing*, 143.

Your brother in witnessing,



John J. Grosboll

Bird Nest Marvels

By Lynette Golia

Birds' nests rank high on the lists of wonders of the natural world. Though nests all serve the same purpose—to keep warm the incubating eggs and secure the hatchlings—the size, shape, material and location vary greatly. They range in size from a hummingbird's nest, no wider than a quarter, to that of a bald eagle, up to nine feet in diameter and two tons in weight.

Nests can be casual lodgings or extraordinarily complex creations. Some birds build in trees; others prefer the ground. Some make their nests on cliff ledges or crevices; others on water. For some species the work of nest-building belongs solely to the male, or to the female; for others it is a task to be shared.

For its nest the hummingbird uses sticky spider silk which the female collects to wind around plant parts, lichen and moss, lining with plant down. The nest is typically a tight cup, small and camouflaged, often situated in a crotch of a tree but also found in the open on fence rails, porch lights and other human-made objects. She builds where sheltered from rain, wind and heat, testing the strength of the nest by repeatedly landing on and clinging to it.

The tailor bird selects one or two large leaves on a branch, carefully bringing the edges together, and using her long, thin bill like a needle, pierces a line of small, precise holes equal in number along the edges of each side. Spider webs, straw and fine grasses are threaded through the holes, joining the leaves' edges, leaving an entrance hole at the top. The nest built inside this shelter is composed of dried grasses, plant down, cotton, feathers, and hair.

The nest of a burrowing owl is unlike its relatives which nest in cavities or on the ground. As its name implies it lives underground in burrows that have been dug out by itself (excavating only in extreme cases) or by small mammals like prairie dogs or ground squirrels. The nest or burrow is typically 6 to 9 feet in length and descends 3 to 5 feet ending with a large domed chamber. It is typically lined with dried manure, used possibly to absorb water within the burrow or to hide the scent of the bird.

The eagle doesn't have time to build a huge nest and still lay eggs, incubate, and raise young in a single season. It reuses its nest, continuing to add sticks throughout the year and future years. When building a new nest, it uses large broken sticks from the ground, sometimes breaking limbs from trees. Some may carry branches up to as far as a mile, interweaving the sticks and filling in spaces with grass, moss, cornstalks, vines, soft leaves and feathers, building to around 5 feet in diameter.

Mothers and fathers, are you building your nest, your home, with the proper materials? Building solid homes with materials such as the abiding presence of Christ, daily worship and prayer, cultivation of love between a husband and wife and other family members, mutual kindness and courtesy in word and action, patience, thankfulness, forgiveness, respect, meekness, gentle discipline, cheerfulness, helpfulness in bearing burdens, unselfish service, high standards of truth and morality, hospitality, ministry to the sick and poor will affect results that will last throughout eternity.

"Except the LORD build the house (nest), they labour in vain that build it" (Psalm 127:1).





Revenue from the clinic in Guerrero, Mexico is to help fund the radio program.



Unfinished children's Sabbath School room at the church in Copala, Guerrero, Mexico. Church members have used their own labor, even making their own bricks with sand, cement and water!



Mexico

Mexico is a large country, with a majority Catholic population. The “front-line” fighters there who are involved in the last battle of the great controversy are in special need of our prayers and financial support.

Two groups of fighters are working diligently to combat the efforts of the enemy of souls to sweep as many as possible into his net of error and deception.

In the Mexican state of Guerrero, three groups, supported by the Seventh-day Sabbath Church in Colton, CA, are striving diligently to win souls by conducting health seminars at Sunday keeping churches. Their work has expanded to Puebla and Oaxaca, having

established twenty groups of believers throughout the areas they are reaching.

Two faithful fighters, Demetrius and Ruth Ledesma have moved from the US to the historic city of Guadalajara to reach souls hungering and thirsting for the truth. They have established a clinic and are presenting a radio program to share present truth messages with the more than four million souls in the Guadalajara metropolitan area.

If you are moved to help in these or any areas of the mission field, please mark your 13th Sabbath offering either *Missions* or *Mexico* to help these and other front-line fighters in their efforts to share present truth.

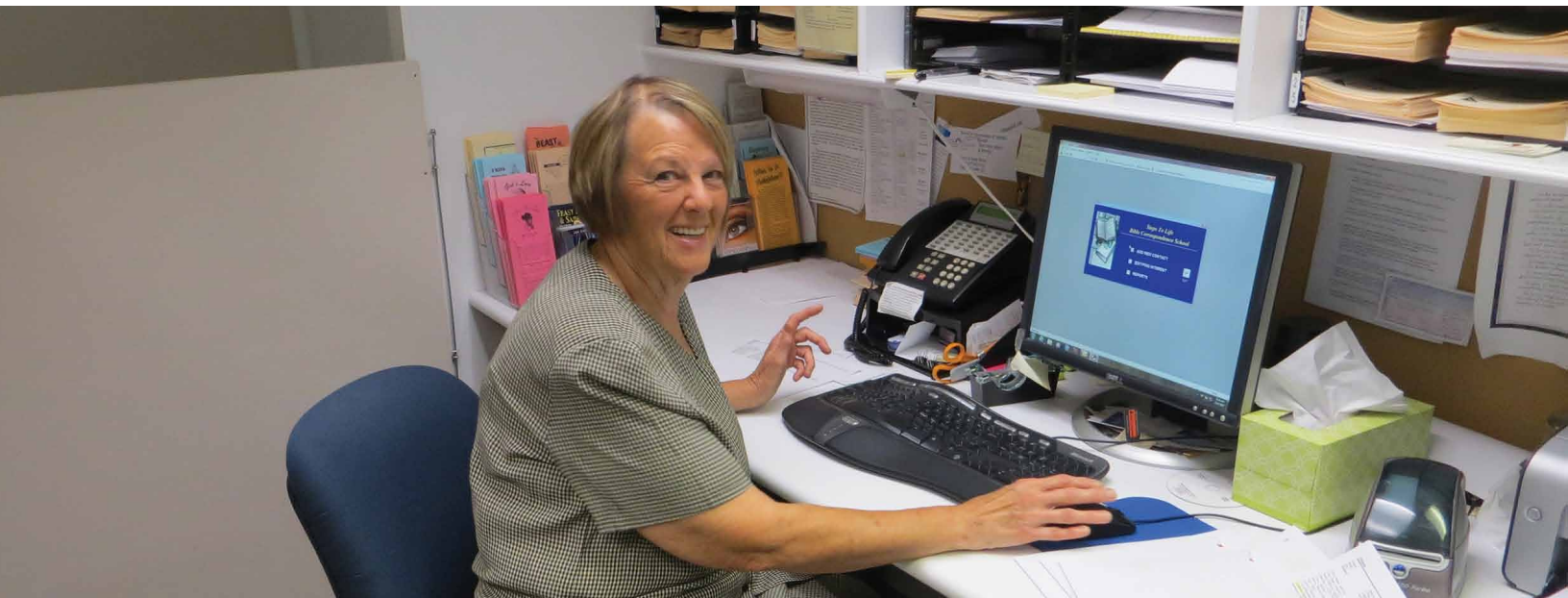
September Sermon of the Month

Mighty Power of the Holy Spirit

By John J. Grosboll

The first work of the Holy Spirit is to bring conviction and repentance. The Spirit then plants a seed in the heart that grows and develops so sins can be overcome. When a Christlike character is formed, we will be ready to meet Jesus when He returns.

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



Carol Walston prepares to enroll a new student from one of the many prisons that the ministry serves through the Bible Correspondence School.

Prison Ministry at Steps to Life

Steps to Life has many forms of outreach, one of which is through our Bible correspondence studies. We offer four different courses through our ministry—the original Steps to Life lessons, the Know Your Bible Course, the Prophecy Seminar course and the Ministerial Training Program. Three of these courses are in Spanish. It has been our privilege to correspond with and provide lessons for a number of prisoners throughout the United States who are some of our most faithful students. Many have a desire to reach out to their fellow inmates.



Left: Brenda Douay and her dad, Maurice Hoppe, pause from their work with students in the Ministerial Training Program.



Right: Mike Walston prepares for mailing back to students, many of whom are incarcerated, graded lessons from the Bible Correspondence School and the Ministerial Training Program.

One man tried for three years to obtain chapel service time for Seventh-day Adventists for himself and 12 other men before being successful. He now requests sermon materials for their services, which we provide through the monthly subscription service.

One prisoner, on death row for 10 years who consistently maintains his innocence, began studying with the Ministerial Training Program in March 2016. We were informed that his execution was scheduled for April 25, 2017. Despite facing execution, he faithfully continued his lessons and wrote the following:

"Thank you so much for writing and your prayers and the Bible study lessons.

"I am doing O.K. Just like any other day. Trusting in God, and the studies help me to stay focused on Him. His word comforts me.

God knows where I am. Nothing is hidden from Him. He is here with me. I believe in miracles."

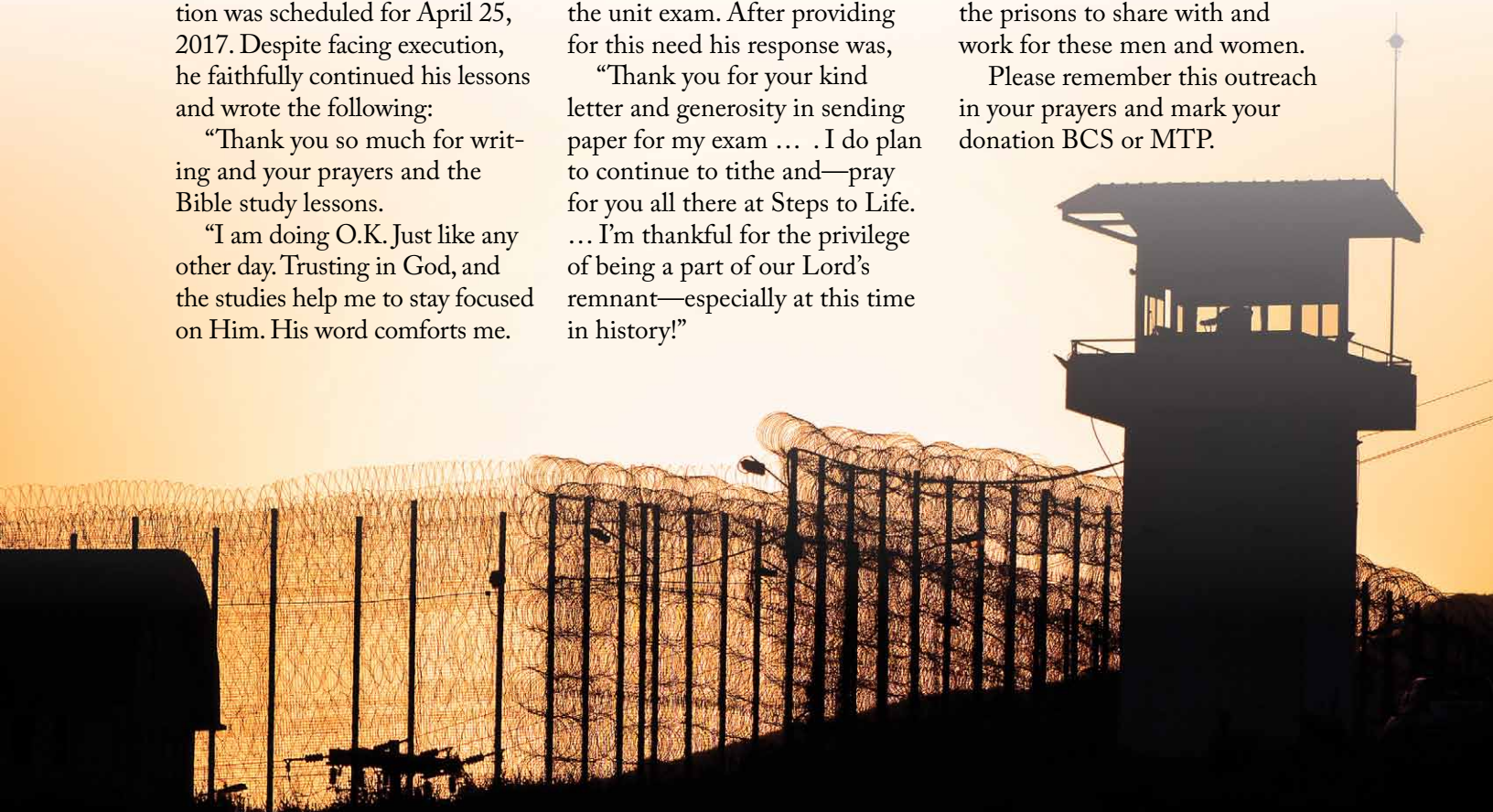
We thank the Lord that we can report that this prisoner's execution was commuted into a life sentence, though it is still his hope and prayer to be released.

Many of our prisoners are destitute, without money even for stamps. One prisoner wrote that he wanted very much to continue his studies, but could not afford the cost of paper for the unit exam. After providing for this need his response was,

"Thank you for your kind letter and generosity in sending paper for my exam ... I do plan to continue to tithe and—pray for you all there at Steps to Life. ... I'm thankful for the privilege of being a part of our Lord's remnant—especially at this time in history!"

The final message of mercy is to go into the highways and byways so that many will come into the wedding banquet of the Lamb. You can be a part of this prison work with your prayers that we will minister under the guidance of the Holy Spirit and with your offerings. Your donations can assist those who cannot afford the postage, studies, or the required Spirit of Prophecy books. Local people are also needed who are willing to visit the prisons to share with and work for these men and women.

Please remember this outreach in your prayers and mark your donation BCS or MTP.



Question

How was Matthew 16:28 fulfilled?

“Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man coming in His kingdom.”

Answer

His prayer is heard. While He is bowed in lowliness upon the stony ground, suddenly the heavens open, the golden gates of the city of God are thrown wide, and holy radiance descends upon the mount, enshrouding the Saviour’s form. Divinity from within flashes through humanity, and meets the glory coming from above. Arising from His prostrate position, Christ stands in god-like majesty. The soul agony is gone. His countenance now shines ‘as the sun,’ and His garments are ‘white as the light’ (Matthew 17:2).

“The disciples, awaking, behold the flood of glory that illuminates the mount. In fear and amazement they gaze upon the radiant form of their Master. As they become able to endure the wondrous light, they see that Jesus is not alone. Beside Him are two heavenly beings, in close converse with Him. They are Moses, who upon Sinai had talked with God; and Elijah, to whom the high privilege was given—granted to but one other of the sons of Adam—never to come under the power of death. ...

“Moses upon the mount of transfiguration was a witness to Christ’s victory over sin and death. He represented those who shall come forth from the grave at the resurrection of the just. Elijah, who had been translated to heaven without seeing death, represented those who will be living upon the earth at Christ’s second coming, and who will be ‘changed, in a moment, in the twinkling of an eye, at the last trump;’ when ‘this mortal must put on immortality,’ and ‘this corruptible must put on incorruption’ (1 Corinthians 15:51–53). Jesus was clothed with the light of heaven, as He will appear when He shall come ‘the second time without sin unto salvation.’ For He will come ‘in the glory of His Father with the holy angels’ (Hebrews 9:28; Mark 8:38). The Saviour’s promise to the disciples was now fulfilled. Upon the mount the future kingdom of glory was represented in miniature—Christ the King, Moses a representative of the risen saints, and Elijah of the translated ones.” *The Desire of Ages*, 421, 422.

MODERATION *and the* JEWELS OF HEALTH

BY JUDY HALLINGSTAD

In the early 1900s many were looking to preserve their health or to restore their health but had not an understanding on what to do or where to begin. About this time, Dr. Frederick M. Rossiter, B.S., M.D., wrote the book, *The Practical Guide to Health*, which was published in 1908 by The Review & Herald Publishing Association. The book was designed for nurses and for home use and must have been quite popular because it was published again in 1910.



The following is a very thought provoking tidbit which I am sure you will find interesting and may even help to stimulate your approach to preserving your own health.

“In the physical as well as the moral world the virtues are all strung upon this same silken thread, moderation. Health is that physical righteousness which results from the practice of the physical virtues. It is the ‘pearl chain.’

“Everybody longs to possess the priceless necklace of health. Many fail to obtain it because they do not realize that it is a treasure of separate jewels, every one of which must be faithfully earned and carefully guarded on the silken string.

“It is true that health is often inherited. But the vast majority of persons neglect this precious heirloom. The string is broken. The pearls are scattered. Some are preserved because their value is recognized, but others are thrown away as being of no intrinsic worth.

“Most of us, however, it seems to me, lose or never win true physical righteousness chiefly because we have sought certain of the physical virtues at the expense of others, and have quite disregarded the shining thread that must run through all.

“Some try to find health by practicing the one virtue of exercise. They think that if they walk far enough and fast enough every day, or manipulate pulleys and Indian clubs, or practice Swedish gymnastics, they may eat what they please and when they please, and sit up till midnight seven times a week—and still be well. Others reverse this theory, and believe that everything depends upon diet—that if a man eats only simple and wholesome fare, he may neglect physical exercise, work all day and half the night at a high tension of nerve and will, and still maintain vigorous and sound health.



Health is that physical righteousness which results from the practice of the physical virtues.

“Another class extols the virtue of sleep, or of recreation, or of some particular game or sport.

“Many, alas! seek after false jewels—tonics, medicines, fads of all sorts—thinking with them to fashion the ornament health. But sooner or later these spurious gems crumble or tarnish in their hands; and they are left with worse than nothing for all their trouble.

“The man who magnifies one physical virtue, and fails to give the rest their proper place, is working an evil as wide-spread as his influence. He is really a sinner. ...

“The apostle Paul said, ‘Every man that striveth for the mastery is temperate in all things’ (1 Corinthians 9:25). It is quite likely that in this great man’s mind the ‘all things’ included working and sleeping as well as eating and drinking. ‘Let your moderation be known unto all men’ (Philippians 4:5).

“Would you have health? Would you carry an atmosphere of health wherever you go? Then gather and cherish every virtue that nature has decreed belongs to that sacred and beautiful whole. Take exercise—not spasmodically or excessively, but in moderation. Eat simple and healthful food—not too much, too

little, too often, or too seldom, but in moderation. Take sleep—not fitfully, two or three hours one night and ten the next, but regularly, and in moderation. Wear healthful clothes—not bags, but garments made with sense and moderation. Take recreation—not long, idle vacations, or short, feverish pleasure trips when your health has threatened to give way, but sensible, wholesome outings by which the whole current of your thoughts is changed, and your entire being refreshed. Seek with equal ardor all these shining gems that make for physical righteousness. Preserve their beauty and unity by keeping them always upon that ‘silken string,’ and you will have a possession of worth untold, not only to yourself, but to everyone whose life touches yours.” Pages 547–549.

Dr. Rossiter helped many people back then to be restored to good health. Would you like to preserve your health or be restored to good health? Pray to God to give you strength to do what is right and then push forward in following each of the health laws daily, and not sporadically. We are “fearfully and wonderfully made” (Psalm 139:14) and God wants us to be healthy. **LM**



THE ONLY WAY

BY JOHN J. GROSBOLL

Although the New Testament clearly says that all Israel will be saved, the real question that needs to be answered is, Whom does God consider to be part of Israel today?

The prophets in the Old Testament clearly predicted the coming of the Messiah. His birth place, where He would appear as well as when and how He would die were all predicted. When the Messiah would appear, the

glory of the Lord would be revealed to all the earth. When these prophecies were fulfilled in the life and ministry of Jesus, through both His teachings, and His many miracles, the evidence was plain and clear to all the world that God had sent His Son into the world for their salvation. When Jesus raised Lazarus from the dead in the midst of a huge concourse of people, it was an evidence that could not really

be gainsaid that here was a miracle that had never been performed before. Here was a person who had the ability to call the dead from their graves.

Jesus demonstrated that He was the resurrection and the life, that He had power over death, that He had come into the world for their salvation. He did not promise the people eternal life immediately. He said, "If you believe in Me, though you die, you will live.

The one who believes in Me, I will raise him up at the last day” (John 6:40, literal translation). The evidence was overwhelming that through a belief in Jesus Christ of Nazareth as Lord and Saviour there was a way out of the tomb. But, the Old Testament prophets also predicted that the Messiah would be rejected by the Jewish people. (See Isaiah 53).

It was predicted that He would be crucified. (See Psalm 22.) He would be resurrected again and would go back to heaven. When Jesus came, and the Jews rejected Him, He told them what was going to happen to them: “Jesus said to them, ‘Have you never read in the Scriptures: “The stone which the builders rejected has become the chief cornerstone. This was the LORD’s doing, and it is marvelous in our eyes?” Therefore I say to you, the kingdom of God will be taken from you and given to a nation bearing the fruits of it.’” (Matthew 21:42, 43).

He said, “You will no longer be God’s chosen people because you have rejected the majesty of heaven. You have rejected the only One who gives you eternal life.” There is only one person in the universe who can give you eternal life. Notice what Jesus said in John 5:40 speaking to the Jews. He says, “You are not willing to come to Me that you may have life.” He is called, “The Prince of Life” (Acts 3:15). The apostle Peter made the following statement to the Jews: “Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved” (Acts 4:12).

There is no other way, the New Testament says, to have eternal life. There is no other way to escape death, the grave, except through Jesus Christ. He is the One who is the life-giver, He is the one who created the world (John 1:10). He is the One who

upholds everything in the universe by the word of His power (Hebrews 1:1–3). He is the only One who can give you eternal life. If you reject Him, John said, you have lost everything for, “This is the testimony: that God has given us eternal life, and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life” (1 John 5:11, 12). It’s that simple. The one who has the Son of God has life. The one who does not have the Son of God does not have life. There is no one in the universe who can give you eternal life except Jesus Christ.

Jesus demonstrated that He was the resurrection and the life, that He had power over death, that He had come into the world for their salvation.

There are people in heathen countries who are following the voice of the Holy Spirit, perhaps unknowingly, but who are living up to all the light that they know. They will have eternal life, but that eternal life is through Jesus Christ.

When the Jewish people rejected Jesus Christ, they rejected all means of salvation. If you do not know about Christ but are living up to the all the light you have, you can be saved. But if you reject Christ who is “... the way, the truth, and the life” (John 14:6), if you reject truth, you are rejecting all possibility of having eternal life. So Jesus said to the Jews that the kingdom of God was going to be taken from them. It was to be given to a nation that would bring forth the fruits of it.

Even when they crucified Christ, the kingdom of God still was not taken from them right away. They were given even another opportunity to repent. On the Day of Pentecost while Peter preached to the Jews who were gathered in Jerusalem from all over the world, He told them that they were responsible for the crucifixion of the Majesty of heaven (Acts 2:22, 23). They were pricked in their conscience and said, “What shall we do” (verse 37)? “Then Peter said to them, ‘Repent, and be converted, be baptized in the name of Jesus Christ, for the forgiveness of sins; and you will receive

the gift of the Holy Spirit’” (verse 38, literal translation).

Jesus taught that nobody could be saved if they did not receive the Holy Spirit. (See John 3.) In mercy, the Jewish people were still offered salvation even after that. However, they became so bitter and vehement in their opposition to Christ that eventually they were willing to kill anyone who was a Christian. In fact, the first Christian martyr was Stephen the deacon. The Jews stoned him to death for telling them the truth of the gospel. While giving his last sermon and realizing his death was inevitable, Stephen said to his persecutors,

“‘You stiff-necked and uncircumcised in heart and ears! You always resist the Holy Spirit; as your fathers did, so do you. Which of the prophets

did your fathers not persecute? And they killed those who foretold the coming of the Just One, of whom you now have become the betrayers and murderers, who have received the law by the direction of angels and have not kept it.' When they heard these things they were cut to the heart, and they gnashed at him with their teeth. But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, and said, 'Look! I see the heavens opened and the Son of Man standing at the right hand of God!' Then they cried out with a loud voice, stopped their ears, and ran at Him with one accord; and they cast him out of the city and stoned him" (Acts 7:51-58).

The promises of salvation given to Abraham by God are all conditional on obedience. The Jews are in need of the gospel just like all the rest of us and can be saved.

Who is Israel today? It says in Galatians 3:26, "For you are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ." These are the people that have been baptized in the name of Christ. They are now Christians. He says that if you have done this, then you have put on Christ.

Verse 28: "There is neither Jew nor Greek." Notice, it doesn't matter whether you are a Jew or Greek or what nationality you are. What matters is, Have you been baptized into

for all are one in Christ Jesus, whether a Jew or a Greek, a male or a female, slave, free, whatever you may be. All are one in Christ Jesus. Notice verse 29: "And if you are Christ's, then you are Abraham's seed, and heirs according to the promise."

O, that is a wonderful verse. Paul says that if you belong to Christ, then you are Abraham's seed; you are Abraham's children; you are Israel, heirs to eternal life according to the promise of God.

John the Baptist tried to teach the Jews this. He said, "Do not think to say to yourselves, 'We have Abraham as our father,' For I say to you that God is able to raise up children to Abraham from these stones" (Matthew 3:9).

Jesus made the same truth clear in John 8. He acknowledged that the Jews were Abraham's children according to the flesh, but it is not being a child according to the flesh that matters. Notice what the apostle Paul wrote to the Christian church in Rome: "For he is not a Jew who is one outwardly, nor is that circumcision that which is outward in the flesh, but he is a Jew who is one inwardly; and circumcision is that of the heart, in the Spirit, and not in the letter; whose praise is not from men but from God" (Romans 2:28, 29).

It is not outward profession that matters. It is the one who has the circumcision of the heart, circumcision representing the cutting away of sin from the life. This is not a new teaching. If you go back to the Old Testament, you will see that the prophets pleaded with Israel continually saying that the children of Israel needed to circumcise their hearts and cut sin out of their lives.

"For the promise that he would be the heir of the world was not to Abraham or to his seed through the

The Jews could still be saved individually, but as a nation they were no longer God's chosen people. They rejected the Majesty of heaven.

Stephen was stoned for witnessing to them the gospel, and after that, the gospel went to the Gentiles. (See Acts 8.) The Jews could still be saved individually, but as a nation they were no longer God's chosen people. Jesus was very clear that the kingdom of God was going to be taken away from them because they rejected the One who is the way, the truth, and the life. They rejected the Majesty of heaven.

So, who is Israel now? Who are His chosen people now? It is not the Jewish nation, for they have not accepted the Messiah even to the present day. They are not God's chosen people, according to the New Testament.

Christ? Are you a Christian? "There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female."

A sharp distinction was made in the old covenant in the law of Moses, between males and females, but those distinctions, the apostle Paul says, do not apply anymore. He says there is no distinction between a Jew and a Greek, or between a servant or a slave and a free person. There is no distinction between a male and female.

It is amazing that even with this plain instruction in the New Testament even Christians can't seem to get it figured out. In the eyes of God all are equal. There are no differences,

law, but through the righteousness of faith. For if those who are of the law are heirs, faith is made void and the promise made of no effect, because the law brings about wrath; for where there is no law there is no transgression. Therefore it is of faith that it might be according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all (as it is written, 'I have made you a father of many nations') in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did" (Romans 4:13–17).

So, we may ask the question again, Who is Israel today? Everyone who has been baptized into Christ comprises modern spiritual Israel. They are the new covenant Israel. If you want to become part of God's chosen people, under the new covenant, then you need to be baptized in the name of the Father, of the Son, and of the Holy Spirit. You need to acknowledge the sovereignty of Jesus Christ in your life. You need to acknowledge Him as your Lord and Saviour so that you can become part of Israel today.

Notice what Paul says in Romans 9:6–8: "It is not that the word of God has taken no effect. For they are not all Israel who are of Israel, nor are they all children because they are the seed of Abraham; but, 'In Isaac your seed shall be called.' That is, those who are the children of the flesh, these are not the children of God; but the children of the promise are counted as the seed."

Who is Israel today? Israel today are all those Jews or Gentiles who have been baptized into Christ, who have acknowledged Christ as their Lord and Saviour and who are following Him, who acknowledge the sover-



There are people in heathen countries who are following the voice of the Holy Spirit, perhaps unknowingly, but who are living up to all the light that they know. They will have eternal life, but that eternal life is through Jesus Christ.

eignty of Christ, that is, the Lordship of Christ, and that He is their Saviour from sin. Remember, there is nobody else in the universe who can give you eternal life. There is no one else in the universe who can take your sins away. John said, "He that has the Son has life and he that does not have the Son does not have life."

But something terrible has happened since these wonderful things were written. Today, most of the Christian world is under a delusion just as big as the Jewish world was in the days of Christ. John predicted in Revelation 12:9 that the devil would deceive the whole world in the last days.

There is a deception upon the Christian world today that is similar to the one that was upon the Jewish world in the days of Christ and the apostles. It is the belief that trust in Jesus Christ as your Lord and Saviour from sin sets you free from the ordinances or decrees or laws pointing forward to the work of Christ in the Christian dispensation, as the apostle Paul clearly stated in Ephesians 2 and Colossians 2. But, the book of

Revelation predicts that the devil will deceive the entire world. (See Revelation 12:9; Revelation 13, 16, 18, and 19.) How does the devil deceive the Christian world today?

The Jewish world was deceived when it refused to accept the Redeemer of the world. The Christian world profess to accept the Redeemer of the world, but then they say there is no more need to keep His law because grace sets you free and you don't need to worry about that anymore.

The idea that grace sets you free from keeping God's law is addressed by almost all the apostles. Paul says, "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" (Romans 8:4). Then he says in verse 7, "Because the carnal mind (the unconverted person) is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God."

The apostle Paul is very clear in both Romans 6 and 8 that the Christian is under obligation to keep the law of God. The apostle John talks

about it also. “Now by this we know that we know Him, if we keep His commandments. He who says, ‘I know Him and does not keep His commandments,’ is a liar, and the truth is not in him” (1 John 2:3, 4). John spells out clearly what sin is, who are the children of God, and who are the children of the devil.

Notice what John says: “Whoever commits sin also commits lawlessness, and sin is lawlessness. And you know that He was manifested to take away our sins, and in Him there is no sin. Whoever abides in Him does not sin. Whoever sins has neither seen Him nor known Him. Little children, let no one deceive you. He who practices righteousness is righteous, just as He

follow His steps: ‘Who committed no sin, nor was deceit found in His mouth;’ who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously; who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed” (1 Peter 2:21–24).

Peter says that if you are a Christian, you have died to sin and you live for righteousness. In other words, you do not continue in breaking God’s law, for sin is breaking God’s law.

James is just as clear as any of the other Bible writers. In James the 2nd chapter he not only spells it out, but

a transgressor of the law. So speak and so do as those who will be judged by the law of liberty” (James 2:8–12).

The New Testament is clear. Paul, Peter, John and James all said that obedience to the law is necessary for salvation. In fact, it is spelled out in the book of Revelation that at the end of the world the whole world is going to be divided into two classes: those Christians that keep the law of God and those Christians who do not keep the law of God. What class are you going to be in? The class you choose will determine your eternal destiny.

Notice what it says in Revelation 12:17: “The dragon (the devil) was enraged with the woman (the church), and he went to make war with the rest of her offspring (the last church), who keep the commandments of God and have the testimony of Jesus Christ.”

God’s people in the last days will keep His commandments. In Revelation 14:12, it says, “Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.” God’s people in the last days of earth’s history, according to Revelation 12, 13 and 14, will be those who keep God’s commandments. They will not be people that say, “Well, I believe in Christ, therefore I can live any way I please.”

O, friend, what side are you going to be on when the world comes to an end? Will you be part of those who are Christians in deed and not just in name?

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

There is no other way to escape death, the grave, except through Jesus Christ.

is righteous. He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. Whoever has been born of God does not sin, for His seed remains in him; and he cannot sin, because he has been born of God. In this the children of God and the children of the devil are manifest: Whoever does not practice righteousness is not of God, nor is he who does not love his brother” (1 John 3:4–10).

How could you state it any more plainly than that? The apostle Peter talks about the very same thing when he says, “For to this you were called, because Christ also suffered for us, leaving us an example, that you should

he says that according to God’s ten commandment law we are going to be judged. The standard of the judgment is God’s law—the ten commandment law—which is not ten separate laws but just one law (Exodus 24:12).

Notice what James says: “If you really fulfill the royal law according to the Scripture, ‘You shall love your neighbor as yourself,’ you do well; but if you show partiality, you commit sin, and are convicted by the law as transgressors. For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all. For He who said, ‘Do not commit adultery,’ also said, ‘Do not murder.’ Now if you do not commit adultery (the 7th commandment), but you do murder (the 6th commandment), you have become

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MR. RUI'S SABBATH

Down in Brazil there lived a poor man named Rui. He was a humble water carrier, and he was so poor that he even had to borrow the can in which he carried water. Then he heard about the Seventh-day Sabbath and decided to keep it. Although he was earning hardly enough money to buy food for his family, Rui decided to pay tithe. His faithfulness to God made him faithful and honest and happy in his work. Soon he had so many customers that he bought his own water can and began to save a little each week in a small bank on the kitchen shelf. Soon it was full, and he bought a little donkey. Soon the bank was full again, and he bought another don-

key. He taught his older son to help him in the water business. Soon the bank was full again, and Rui bought a store, and turned the water business over to his son.

After the sun sets on the evening after Sabbath, he puts up a sign that says, "First day of the market." Sunday evening he puts up another sign: "Second day of the market"; and so on till Friday evening when he puts up the sign "Sabbath." Then he closes his store, and as the sun sets he gathers his family and they all sing as the Sabbath begins. Since there are mother and father and thirteen children in the family, the whole village knows when Sabbath begins. Pastor Baerg was spending the weekend with Mr. Rui's

family not long ago, and since they were all ready, Pastor Baerg suggested they begin to sing. "No, no, Pastor," said Mr. Rui, "if we sing now, it will throw the village folks out of time, for we always sing at a certain time, and the village folks set their clocks and watches by our Sabbath songs." No wonder God blessed Mr. Rui and his family! No wonder Isaiah says, "Blessed is the man that doeth this, ... that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil" (Isaiah 56:2).

"The Sabbath was made for man, and not man for the Sabbath" (Mark 2:27).

Make God First, Mrs. John Baerg/
Eric B. Hare, 267. **LM**

Continued from page 22

"I will remember the works of the LORD: surely I will remember Thy wonders of old. I will meditate also of all Thy work, and talk of Thy doings" (Psalm 77:11, 12).

"Remember His marvellous works that He hath done; His wonders, and the judgments of His mouth" (Psalm 105:5).

"He hath made His wonderful works to be remembered" (Psalm 111:4).

When we were sick almost unto death, we determined to drill ourselves on God's wonderful works to others as well as to ourselves. We thought of His word that made the worlds. (See Psalm 33:6, 9.) We cried out to God, "Your word was powerful enough to speak the worlds into existence." We remembered "the sabbath day, to keep it holy ... for in six days the LORD made heaven and earth" (Exodus 20:8-11).

woman with the issue of blood healed according to her faith. On and on we went. We found that this *remembering* gave us peace and strengthened our faith almost beyond description. We actually realized the fulfillment of the promise in Isaiah 26:3: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee."

To stay our minds on our Lord is to increase our faith, our trust, our confidence.

We observed that whenever we found our faith weakening and we talked about what God had done for us in the past, our faith became much stronger. Try it out. It works for anyone. It is a principle of strengthening faith.

We looked away from our circumstances.

At one time we seemed almost to lose our minds. We could see nothing but failure ahead. There seemed no ray of light whatever. As we glared at the

in a long time. God was saying to us, "Stop looking at the problems. You have already recognized them. You have fully identified them. Problem-centeredness will not solve problems. But there is power in looking to Me." We had great difficulty in turning our minds from the problems. They were so close, so stupendous. But as we cried out to God, He helped us to look toward Him.

"Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else" (Isaiah 45:22).

"Remember the former things of old: for I am God, and there is none else; I am God, and there is none like Me" (Isaiah 46:9).

We learned to talk faith even when we seemed void of it.

We scanned the Holy Scriptures. There we learned that men of faith talked faith. They talked and sang faith when all was dark.

Gideon's army of 300 shouted faith when surrounded by an enemy army, numberless as the sands of the sea. (See Judges, chapter 7.)

Joshua's men shouted victory against the walls absolutely impregnable. (See Joshua, chapter 6.)

Paul and Silas, held fast in the prison, sang faith at the midnight hour, and were immediately delivered. (See Acts, chapter 16.)

So it has been through the ages. The ten spies who talked doubt perished. (See Numbers 14:28-32.) The two who talked faith realized the fulfillment of God's promise.

We learned that God rewards those using the "faith muscle" rather than the "doubt muscle."

We prayed often before an open Bible.

We learned the Bible is full of activity in prayer. One might say the

*"Your faith is too weak to expect God to answer."
This is the devil's lie. Jesus said that if we have a tiny
mustard seed of faith, mountains can be removed.*

We went through God's dealing in various ages. He opened the Red Sea and let His people go through on dry land. He caused the walls of Jericho to fall down without human aid. We traced God and His dealings through the Old Testament and into the New Testament. We followed our Lord Jesus. We visualized the leper coming to him (Mathew 8:2), and Jesus healing him by His word. We saw the

dismal future, God's Spirit flashed the following text into our minds:

"While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal" (2 Corinthians 4:18).

We knew that God was speaking directly to our hearts. As we now recall, we had not read this Scripture

majority of prayers in Bible times were accompanied by gestures. These did not change God, but these gestures in prayer helped man's faith. When men offered a *sin offering*, they laid their hands on in prayer. When a *wave offering* was presented to the Lord there was another gesture. When George Muller prayed before an open Bible, that did something to his faith. It is said that he received \$7,500,000 when money was real money, without soliciting a penny. He cared for thousands of orphans, sent hundreds of missionaries overseas, and gave away thousands of pieces of literature. He prayed often before an open Bible. We took the Bible right in our hands and claimed its promises. The gesture was good for our faith. (See Romans 10:17.)

We placed our finger right on a Bible promise.

Have you ever heard of a man who promised in writing that he would pay another man a certain sum at a certain time? And when that date arrived he forgot to pay? Then the man whom he owed went to visit him. He opened his letter. He showed the man where he had promised to pay. He placed his finger right on the promise. It gave him assurance in asking and expecting an answer. So we placed our fingers right on God's promise.

And "faith cometh by hearing ... the word of God" (Romans 10:17).

We used supporting promises of God's word.

Let us clarify what we mean by "supporting" promises. Supporting promises, as we identify them, are statements of Scripture which say God will keep His word. They say God cannot lie. They declare God will never break His word. We call these statements of Scripture "sup-

porting" promises. They are, to us, in a different category from "specific" promises.

Specific promises, as we categorize them, are promises for specific things like: wisdom (James 1:5); guidance (Psalm 25:9); healing (Jeremiah 33:6); the Holy Spirit (Luke 11:13).

When we claimed a specific promise, like the one for wisdom, we would also refer to the "supporting" promises. We would tell God *why* we believed He was giving the wisdom promised. It was because (and here we quoted the supporting promise), "God is not a man, that He should lie; neither the son of man, that He should repent [change his mind]: hath He said, and shall He not do it? or hath He spoken, and shall He not make it good" (Numbers 23:19)?

Other supporting promises that we referred to were:

Matthew 24:35
Hebrews 6:18
Joshua 23:14
2 Corinthians 1:20
Psalm 89:34
Isaiah 46:11
2 Peter 3:9
Psalm 119:89
Titus 1:2
1 Samuel 15:29
Isaiah 54:10
Psalm 119:90
Hebrews 10:23
Mark 9:24
John 11:41

We lifted up our hands to Jesus our Intercessor and Provider.

For years we had studied the teaching of the Scriptures regarding the "lifting up of holy hands" (1 Timothy 2:8 and Psalm 141:2).

We had learned that when Aaron was consecrated by Moses, his hands were waved before the Lord, contain-

ing things that represented Jesus. (See Leviticus 8:27-29).

We read the Psalmist's statement, "Let ... the lifting up of my hands be as the evening sacrifice" (Psalm 141:2).

We knew the evening sacrifice was a lamb (Numbers 28:4).

We knew this was a type of Jesus, "the Lamb of God" (John 1:29).

So as we lifted up our hands, we knew that this was a symbolic way of saying to the Lord, "We have no merits in our life. We have no worthiness of our own. But there is Jesus, the Lamb of God, standing between God's justice and our guilt. We are coming through His name, in His merits." The Father in heaven throws open the whole treasure house of the universe to Jesus, His Son, who has made our prayer His own.

We discovered that this gesture in prayer, though not often engaged in, yet in times of trouble brings great assurance. It destroys Satan's insinuation that because of our unworthiness we cannot expect answers to prayer.

We tried to let our eyes of faith meet our Lord's eager eyes.

We do not profess to have attained in this method of increasing faith.

But God's eyes are looking for someone to look skyward. (See 2 Corinthians 16:9).

We cry out, ... "our eyes are upon Thee" (2 Chronicles 20:12).

Thus as we look to Jesus "the author and finisher [perfecter] of our faith," something wonderful takes place (Hebrews 12:2).

[All emphasis author's.]

This is an extract from the book *The Science of Prayer Its ABC's*, Glenn and Ethel Coon, 77-83. This book is a recommended read for those desiring a closer communication with their Lord and Saviour Jesus Christ. **LM**

The State of the Vineyard

Key Text

“What could have been done more to My vineyard, that I have not done in it? wherefore, when I looked that it should bring forth grapes, brought it forth wild grapes” (Isaiah 5:4)?

Study Help: *Prophets and Kings*, 15–22, 303–305.

Introduction

“Yield up your self-will, the long idolized habits peculiar to yourself, that you may receive the principles of truth. Thus you become a branch of the True Vine, and you will not bear wild grapes or thorn-berries, but rich clusters of precious fruit.” *The Review and Herald*, April 12, 1892.

Sunday

1 THE CHERISHED VINEYARD

- a. For what purposes did the Creator establish the Hebrew nation? Genesis 12:2; Deuteronomy 7:6–8; 26:17–19.

- b. Why was this nation to be deeply grateful to God? Deuteronomy 32:9–12.

- c. How did God plan for the Hebrew nation to bless other nations, and how does this apply to us today? Deuteronomy 4:5–8; Matthew 5:16.

Note: “The Lord has His eye upon every one of His people; He has His plans concerning each. It is His purpose that those who practice His holy precepts shall be a distinguished people. ...

“Not to this world only but to the universe are we to make manifest the principles of His [God’s] kingdom.” *Testimonies*, vol. 6, 12, 13.

Monday

2 THE VINEYARD’S CONDITION TODAY

- a. Why was God disappointed with the vineyard He loved? Isaiah 5:1–4.

Note: “They [the Jewish nation] desired to appropriate to themselves the fruits of the vineyard over which they had been made stewards. Their covetousness and greed caused them to be despised even by the heathen. Thus the Gentile world was given occasion to misinterpret the character of God and the laws of His kingdom.” *Prophets and Kings*, 20, 21.

- b. When does the church not bear fruit from the true vine? John 15:4.

Note: “The Lord planted His church as a vine in a fruitful field. ... But this vine of God’s planting has inclined to the earth and entwined its tendrils about human supports. Its branches are extended far and wide, but it bears the fruit of a degenerate vine. ...

“The Lord has bestowed great blessings upon His church. Justice demands that she return these talents with usury. As the treasures of truth committed to her keeping have increased, her obligations have increased. But instead of improving upon these gifts and going forward unto perfection, she has fallen away from that which she had attained in her earlier experience. The change in her spiritual state has come gradually and almost imperceptibly. As she began to seek the praise and friendship of the world, her faith diminished, her zeal grew languid, her fervent devotion gave place to dead formality. Every advance step toward the world was a step away from

God. As pride and worldly ambition have been cherished, the spirit of Christ has departed, and emulation, dissension, and strife have come in to distract and weaken the church.” *Testimonies*, vol. 5, 240, 241.

- c. What kind of fruit is God longing to see us bear? Galatians 5:22, 23.

Note: “The fruit Christ claims, after the patient care bestowed upon His church, is faith, patience, love, forbearance, heavenly-mindedness, meekness. These are clusters of fruit which mature amid storm and cloud and darkness, as well as in the sunshine.” *Testimonies*, vol. 5, 117.

Tuesday

3 SHUNNING A SHALLOW EXPERIENCE

- a. Describe the state of the Lord’s spiritual vineyard in the early reign of Uzziah, king of Judah? 2 Kings 15:1–3; 2 Chronicles 26:1–7, 15.

Note: “The long reign of Uzziah [also known as Azariah] in the land of Judah and Benjamin was characterized by a prosperity greater than that of any other ruler since the death of Solomon, nearly two centuries before. For many years the king ruled with discretion. Under the blessing of Heaven his armies regained some of the territory that had been lost in former years. Cities were rebuilt and fortified, and the position of the nation among the surrounding peoples was greatly strengthened. Commerce revived, and the riches of the nations flowed into Jerusalem.” *Prophets and Kings*, 303.

- b. Name some spiritual blemishes that darkened the picture. 2 Kings 15:4.

Note: “This outward prosperity [under Uzziah] ... was not accompanied by a corresponding revival of spiritual power. The temple services were continued as in former years, and multitudes assembled to worship the living God; but pride and formality gradually took the place of humility and sincerity.” *Prophets and Kings*, 303, 304.

- c. How does a neglect to put away evil plague us? Song of Solomon 2:15.

Note: “Many pet and excuse the defects in their characters; but these must all be remedied. Every deviation from the right is sin, and sin must be put away. We cannot afford to walk carelessly before our brethren or before the world.

“Many confess their sins again and again, but do not put them away by genuine repentance. Unless we have a firm purpose and the aid of the grace of God, strong resolutions and vigilant watchfulness will be vain and powerless when temptations assail the soul.” *The Signs of the Times*, March 6, 1884.

“It is the little foxes that spoil the vines, the little neglects, the little deficiencies, the little dishonesties, the little departures from principle, that blind the soul and separate it from God.” *In Heavenly Places*, 226.

Wednesday

3 TARNISHED BY PRIDE

- a. Why did disaster come upon Uzziah? 2 Chronicles 26:16–21; Numbers 15:30.

Note: “The sin that resulted so disastrously to Uzziah was one of presumption. In violation of a plain command of Jehovah, that none but the descendants of Aaron should officiate as priests, the king entered the sanctuary ‘to burn incense upon the altar.’ Azariah the high priest and his associates remonstrated, and pleaded with him to turn from his purpose. ‘Thou hast trespassed,’ they urged; ‘neither shall it be for thine honor’ (2 Chronicles 26:16, 18).

“Uzziah was filled with wrath that he, the king, should be thus rebuked. But he was not permitted to profane the sanctuary against the united protest of those in authority. While standing there, in wrathful rebellion, he was suddenly smitten with a divine judgment. Leprosy appeared on his forehead. In dismay he fled, never again to enter the temple courts. Unto the day of his death, some years later, Uzziah remained a leper—a living example of the folly of departing from a plain ‘Thus saith the Lord.’ Neither his exalted position nor his long life of service could be pleaded as an excuse for the presumptuous sin by which he marred the closing years of his reign, and brought upon himself the judgment of Heaven.” *Prophets and Kings*, 304.

“The Lord has ordained men to certain positions in his church, and He would not have them step out of the places to which He has appointed them. When the Lord gives them a measure of success, they are not to become lifted up, and think themselves qualified to do a work for which they are not fitted, and to which God has not called them.” *The Review and Herald*, August 14, 1900.

b. How does God consider pride? Proverbs 6:16, 17; James 4:6.

Note: “He who falls into some of the grosser sins may feel a sense of his shame and poverty and his need of the grace of Christ; but pride feels no need, and so it closes the heart against Christ and the infinite blessings He came to give.” *Steps to Christ*, 30.

“Pride, self-confidence, love of the world, fault-finding, bitterness, envy, are the fruit borne by many who profess the religion of Christ. Their deportment is in sharp contrast to the character of Christ. ... With such conversions Christ had no connection.” *The Review and Herald*, April 15, 1902.

Thursday

4 FACING CONSEQUENCES OR CHOOSING CONSECRATION?

a. Describe the prevailing conditions in Israel and Judah at the time Isaiah was called to serve as a prophet. Isaiah 1:1-9, 21-23.

Note: “The reign of Uzziah was drawing to a close, and Jotham was already bearing many of the burdens of state, when Isaiah, of the royal line, was called, while yet a young man, to the prophetic mission. ... The divine protection was being removed, and the Assyrian forces were about to overspread the land of Judah.

“But the dangers from without, overwhelming though they seemed, were not so serious as the dangers from within. It was the perversity of his people that brought to the Lord’s servant the greatest perplexity and the deepest depression.” *Prophets and Kings*, 305.

b. What summarizes the plight of the faithful, then and now? Psalm 11:3.

Note: “With oppression and wealth came pride and love of display, gross drunkenness, and a spirit of revelry. ... Iniquitous practices had become so prevalent among all classes that the few who remained true to God were often tempted to lose heart and to give way to discouragement and despair.” *Prophets and Kings*, 306.

“While others are panting after earthly enjoyments, be ye panting after the unmistakable assurance of the love of God, earnestly, fervently crying: Who will show me how to make my calling and election sure?” *Testimonies*, vol. 2, 145.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What caused the faith of God’s church to decline?
- 2 Name one seemingly small oversight during Uzziah’s reign.
- 3 Why does God consider pride such a grievous sin? Do we?
- 4 How did Judah’s superficial prosperity eventually affect them as a nation?
- 5 In an age of degeneracy, what do God’s faithful few need to realize?

October 8 – 14

Ripe for Reformation

Key Text

“In that day seven women shall take hold of one man, saying, We will eat our own bread, and wear our own apparel: only let us be called by thy name, to take away our reproach” (Isaiah 4:1).

Study Help: *Testimonies*, vol. 1, 216–220; vol. 4, 628–648.

Introduction

“We are not to cling to our own ways, our own plans, our own ideas; we are to be transformed by the renewing of our minds, that we may prove what is that good and acceptable and perfect will of God (Romans 12:2).” *The Upward Look*, 218.

Sunday

1 SELFISH GREED

- a. Describe Judah’s condition as Jotham, the son of Uzziah, began to take on more responsibilities prior to his father’s death. 2 Kings 15:34, 35; Hosea 10:13; 11:7.

Note: “By their apostasy and rebellion those who should have been standing as light bearers among the nations were inviting the judgments of God. Many of the evils which were hastening the swift destruction of the northern kingdom, and which had recently been denounced in unmistakable terms by Hosea and Amos, were fast corrupting the kingdom of Judah.” *Prophets and Kings*, 306.

- b. How were the material goods—given by God—being managed? Isaiah 3:14, 15; 5:8; 10:1, 2.

Note: “The outlook was particularly discouraging as regards the social conditions of the people. In their desire for gain,

men were adding house to house and field to field. See Isaiah 5:8. Justice was perverted, and no pity was shown the poor. ... Even the magistrates, whose duty it was to protect the helpless, turned a deaf ear to the cries of the poor and needy, the widows and the fatherless.” *Prophets and Kings*, 306.

Monday

2 YOUTHFUL PRIDE

- a. What did God declare would come as a result of the pride and love of display that accompanied oppression? Isaiah 2:11, 12; Proverbs 29:23.

Note: “Pride of heart is a fearful trait of character. ‘Pride goeth before destruction’ (Proverbs 16:18). This is true in the family, the church, and the nation.” *Testimonies*, vol. 4, 377.

“The moment we begin to feel self-sufficient and confident then we are in danger of a disgraceful failure.” *This Day With God*, 277.

- b. What situation did Isaiah prophesy, and how would it impact the administration of justice? Isaiah 3:4–6, 12. How can we ensure that our children are properly trained in order to escape this destructive trend today?

Note: “Parents generally have not taken a proper course with their children. They have not restrained them as they should, but have left them to indulge in pride and follow their own inclinations. Anciently, parental authority was regarded; children were then in subjection to their parents, and feared and revered them; but in these last days the order is reversed. Some parents are in subjection to their children. They fear to cross the will of their children, and therefore yield to them. But just as long as children are under the roof of the parents, dependent upon them, they should be subject to their control. Parents should move with decision, requiring that their views of right be followed out.” *Testimonies*, vol. 1, 216, 217.

“Parents, make home happy for your children. By this I do not mean that you are to indulge them. The more they are indulged, the harder they will be to manage, and the more

difficult it will be for them to live true, noble lives when they go out into the world. If you allow them to do as they please, their purity and loveliness of character will quickly fade. Teach them to obey. Let them see that your word must be respected. This may seem to bring them a little unhappiness now but it will save them from much unhappiness in the future. Let the home government be just and tender, full of love and compassion, yet firm and true. Do not permit one disrespectful word or disobedient act." *The Signs of the Times*, April 8, 1903.

"The mother should not allow her child to gain an advantage over her in a single instance." *Child Guidance*, 283.

Tuesday

3 GLITZ AND GLAMOUR

- a. List some of the objections the Lord had against the women of Zion in Isaiah's day. (Use a Bible dictionary for more insight.) Isaiah 3:16–23.

Note: "The love of display produces extravagance, and in many young people kills the aspiration for a nobler life. Instead of seeking an education, they early engage in some occupation to earn money for indulging the passion for dress. And through this passion many a young girl is beguiled to ruin. ...

"Even the day and the services of worship are not exempt from fashion's domination. ... The church is made a parade ground, and the fashions are studied more than the sermon." *Education*, 247.

"The idolatry of dress is a moral disease." *Child Guidance*, 432.

"Not a few of our people are backsliding. They are imitating the fashions of the world. Their spirituality is dying. Step by step they are approaching world-loving. Selfishness and pride are taking possession of them, and the love of God finds little room in their hearts. Some who were once zealous reformers are now indifferent. Sisters who were once plain in dress are now conforming to fashion." *The Review and Herald*, November 17, 1904.

- b. In contrast to wearing provocative clothing, how should Christians dress? 1 Timothy 2:9; Romans 13:14.

Note: "You can choose life and salvation if you will, or you can choose to worship self and devote your precious hours of probation to making your person attractive to please the eye of the worldling and the sensualist, to receive flattery from lying lips, and at last reap that harvest which you have been sowing—corruption." *Daughters of God*, 121.

"True Christians are elevated in their conversation; and while they believe it to be a sin to condescend to foolish flattery, they are courteous, kind, and benevolent. Their words are those of sincerity and truth. They are faithful in their dealings with their brethren and with the world. In their dress they avoid superfluity and display; but their clothing is modest and arranged upon the person with order and taste." *Christian Temperance and Bible Hygiene*, 87.

Wednesday

4 CHOOSE A HIGHER CALLING INSTEAD

- a. What serious consequences to our spirituality will show, provocative habits of dressing have if they are not removed from the church? Isaiah 3:24–26; Matthew 5:27, 28.

Note: "The love of dress endangers the morals and makes woman the opposite of the Christian lady characterized by modesty and sobriety. Showy, extravagant dress too often encourages lust in the heart of the wearer and awakens base passions in the heart of the beholder." *Testimonies*, vol. 4, 645.

"Fashion is deteriorating the intellect and eating out the spirituality of our people. Obedience to fashion is pervading our Seventh-day Adventist churches and is doing more than any other power to separate our people from God. I have been shown that our church rules are very deficient. All exhibitions of pride in dress, which is forbidden in the word of God, should be sufficient reason for church discipline. If there is a continuance, in face of warnings and appeals and entreaties, to still follow the perverse will, it may be regarded as proof that the heart is in no way assimilated to Christ. Self, and only self, is the object of adoration, and one such professed Christian will lead many away from God.

"There is a terrible sin upon us as a people, that we have permitted our church members to dress in a manner inconsistent with their faith. We must arise at once and close the door against the allurements of fashion. Unless we do this, our churches will become demoralized." *Ibid.*, 647, 648.

- b. Describe the training to be given to our youth. Titus 2:3–6; 1 Peter 3:1–4.

Note: “Girls should be taught that the true charm of womanliness is not alone in beauty of form or feature, nor in the possession of accomplishments; but in a meek and quiet spirit, in patience, generosity, kindness, and a willingness to do and suffer for others. They should be taught to work, to study to some purpose, to live for some object, to trust in God and fear Him, and to respect their parents. Then as they advance in years, they will grow more pure-minded, self-reliant, and beloved. It will be impossible to degrade such a woman. She will escape the temptations and trials that have been the ruin of so many.” *Child Guidance*, 140.

Thursday

5 CALLED BY A NAME—OR CONVERTED BY A SAVIOUR?

- a. What spiritual pitfall has plagued God’s people, both in Isaiah’s day and ours (keep in mind that, in Bible symbols, “seven” denotes completeness and a “woman” often refers to a church—Jeremiah 6:2)? Isaiah 4:1. What is God’s response? Isaiah 55:8, 9.

Note: “We must come up to a higher standard, or we are unworthy of the Christian name.” *Testimonies*, vol. 5, 605.

“The Christian warfare is not a life of indulgence to eat and drink and dress as self-indulgent worldlings. The Lord Jesus came in human nature to our world to give His precious life as an example of what our life should be. He is the specimen, not of spiritual indulgence, but of a life constantly before us of self-denial, self-sacrifice. We have the correct view that Christ our Pattern came to give us. There is before us the Prince of heaven, the Son of God. He laid aside the royal crown and the princely robe and came to take His position in our world as a Man of Sorrows and acquainted with grief. How few take it in!” *The Upward Look*, 217.



Some parents are in subjection to their children. They fear to cross the will of their children, and therefore yield to them. But just as long as children are under the roof of the parents, dependent upon them, they should be subject to parental control.

- b. Explain a vital pillar of Christian faith. Luke 9:23–26.

Note: “We have a character to maintain, but it is the character of Christ. ... May the Lord help us to die to self, and be born again, that Christ may live in us, a living, active principle, a power that will keep us holy.” *My Life Today*, 335.

“Let self die. Surrender your will and die to self now, just now, and leave God to make your way for you.” *This Day With God*, 323.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Why is earthly prosperity often a curse and a snare to God’s people?
- 2 How can we as parents improve in guiding and nurturing our children?
- 3 Name some vain aspects of dress that show signs of spiritual weakness.
- 4 How can we lead our youth to develop holier tastes and purer minds?
- 5 In what ways am I being self-willed instead of surrendered to God?

Facing Reality

Key Text

“Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the LORD of hosts” (Isaiah 6:5).

Study Help: *Testimonies*, vol. 5, 217–235.

Introduction

“Isaiah had denounced woes upon others for their apostasy and separation from God. He had been almost ready to yield to discouragement, so keenly did he realize that he dwelt among ‘a people of unclean lips,’ but now he sees himself in danger. He is himself ‘a man of unclean lips’ (Isaiah 6:5). He had no disposition to exalt himself. O how little he was in his own wisdom, how unworthy, how unfitted for sacred service.” *The Bible Echo*, September 9, 1895.

Sunday

1 SEEING OTHERS AS THE HOPELESS ONES

- a. How have others expressed the types of feelings Isaiah would have had in beholding great wickedness in God’s professed people? Psalm 94:3, 4; Jeremiah 4:14.

Note: “It seemed as if God’s purpose for Israel were about to fail and that the rebellious nation was to suffer a fate similar to that of Sodom and Gomorrah.

“In the face of such conditions it is not surprising that when, during the last year of Uzziah’s reign, Isaiah was called to bear to Judah God’s messages of warning and reproof, he shrank from the responsibility. He well knew that he would encounter obstinate resistance. As he realized his own inability to meet the situation and thought of the stubbornness and unbelief of the people for whom he was to labor, his task seemed hopeless. Should he in despair relinquish his mission and leave Judah undisturbed to their idolatry? Were the gods of Nineveh to rule the earth in defiance of the God of heaven?

“Such thoughts as these were crowding through Isaiah’s mind as he stood under the portico of the temple.” *Prophets and Kings*, 306, 307.

Monday

2 A LIFE-CHANGING MOMENT

- a. What did Isaiah see in vision as he stood before the temple? Isaiah 6:1–4.

Note: “Suddenly the gate and the inner veil of the temple seemed to be uplifted or withdrawn, and he [Isaiah] was permitted to gaze within, upon the holy of holies, where even the prophet’s feet might not enter. There rose up before him a vision of Jehovah sitting upon a throne high and lifted up, while the train of His glory filled the temple. On each side of the throne hovered the seraphim, their faces veiled in adoration, as they ministered before their Maker and united in the solemn invocation, ‘Holy, holy, holy, is the Lord of hosts: the whole earth is full of His glory’ until post and pillar and cedar gate seemed shaken with the sound, and the house was filled with their tribute of praise (Isaiah 6:3).” *Prophets and Kings*, 307.

“Did he [Isaiah] think himself unworthy before he had a view of God’s glory?—No; he imagined himself in a righteous state before God.” *The Review and Herald*, June 4, 1889.

- b. Upon seeing this vision, what abruptly happened to Isaiah’s image of himself (keeping in mind that he had already delivered messages of rebuke to Israel)? Isaiah 6:5.

Note: “As Isaiah beheld this revelation of the glory and majesty of his Lord, he was overwhelmed with a sense of the purity and holiness of God. How sharp the contrast between the matchless perfection of his Creator, and the sinful course of those who, with himself, had long been numbered among the chosen people of Israel and Judah!” *Prophets and Kings*, 307.

“Isaiah had denounced the sin of others; but now he sees himself exposed to the same condemnation he had pronounced upon them. He had been satisfied with a cold, lifeless ceremony in his worship of God. He had not known this until the vision was given him of the Lord. How little now appeared his wisdom and talents as he looked upon the sacredness and majesty of the sanctuary. How unworthy he was! how unfitted for sacred service! His view of himself might be expressed in the language of the apostle Paul, ‘O wretched man that I am! who shall deliver me from the body of this death’ (Romans 7:24)?” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 4, 1139.



Tuesday

3 THE CALL OF THE HOUR

- a. What is needed today, just as much as it was in Isaiah's time? Joel 2:12, 13.

Note: "Close heart searching is needed. With tears and heartbroken confession we need to draw nigh to God that He may draw nigh to us." *Evangelism*, 510.

"There must be thorough repentance, faith in our Saviour Jesus Christ, vigilant watchfulness, unceasing prayer, and diligent searching of the Scriptures." *Manuscript Releases*, vol. 8, 338.

"Pure and undefiled religion is to be brought into the sanctuary of the soul. Each has a work to do, and no friend or minister can do it for him; each must repent for himself, and confess his sins to God. Make thorough work of it. Believe for yourself; have the grace of God in your heart for yourself. God will have His true, faithful witnesses in every walk of life, testifying to the power of His grace. They may be humble, but they will be living in the sunshine of God's countenance, with the Bible as their guide.

"See, O see, where your duties have been neglected, and where you have given an example to both believers and unbelievers which would lead them away from God, away from righteousness and the spirit of the truth. Jesus would have men come to Him, trust in Him, rely upon Him, and have their experience founded upon Him alone." *The Review and Herald*, December 18, 1888.

- b. What experience does God desire for those who follow Him? Proverbs 4:18.

Note: "The Lord bids you to come up higher, to reach a holier standard. You must have an experience much deeper than you have yet even thought of having. ... Give to Jesus the heart's best and holiest affections. Treasure every ray of light. Cherish every desire of the soul after God. Give yourselves the culture of spiritual thoughts and holy communings. You have seen but the first rays of the early dawn of His glory. As you follow on to know the Lord, you will know that His going forth is prepared as the morning. ... Having repented of our sins, confessed them, and found pardon, we are to continue to learn of Christ until we come into the full noontide of a perfect gospel faith." *Testimonies*, vol. 8, 317, 318.

Wednesday

4 OH, THAT OUR EYES MIGHT BE OPENED!

- a. Explain the far-reaching extent of our need for repentance. Joel 2:15-17.

Note: “Let the many ministers of Christ sanctify a fast, call a solemn assembly, and seek God while He is to be found. Call upon Him while you are now lying at the foot of the cross of Calvary. Divest yourselves of all pride and as representative guardians of the churches, weep between the porch and the altar. ... Pray, oh, pray for the outpouring of the Spirit of God!” *Selected Messages*, Book 3, 189.

“Instead of lifting up their souls in self-sufficiency, ministers and people should be confessing their sins before God and one another.” *Ibid.*, 390.

- b. What do we all need to understand in this solemn work?
Romans 3:9–12.

Note: “There is too much comparing ourselves among ourselves, taking poor fallible mortals for a pattern when we have a sure, unerring Pattern. The people of God should not measure themselves by the world, nor by the opinions of men, nor by what they once were before embracing the truth. But their faith and position in the world, as they now are, must be compared with what they would have been if their course had been continually onward and upward since they professed to be followers of Christ. This is the only safe comparison that can be made. In every other, there will be self-deception. If the moral character and spiritual state of God’s people do not correspond with the blessings, privileges, and light which have been conferred upon them, they are weighed in the balance and found wanting. Angels make their report, Wanting!” *The Review and Herald*, August 31, 1886.

“We cannot afford to live on the husks of others’ faults or failings. Evil-speaking is a twofold curse, falling more heavily upon the speaker than upon the hearer. He who scatters the seeds of dissension and strife reaps in his own soul the deadly fruits. The very act of looking for evil in others develops evil in those who look. By dwelling upon the faults of others, we are changed into the same image. But by beholding Jesus, talking of His love and perfection of character, we become changed into His image.” *The Ministry of Healing*, 492.

Thursday

5 CONTRITION AND CLEANSING

- a. Once Isaiah’s heart was humbled as never before, what did the God of heaven do for His servant? Isaiah 6:6, 7. What should we learn from this?

Note: “The vision given to Isaiah [in chapter 6] represents the condition of God’s people in the last days. They are privileged to see by faith the work that is going forward in the heavenly sanctuary. ‘And the temple of God was opened in heaven, and there was seen in His temple the ark of His testament’ (Revelation 11:19). As they look by faith into the holy of holies, and see the work of Christ in the heavenly sanctuary, they perceive that they are a people of unclean lips—a people whose lips have often spoken vanity, and whose talents have not been sanctified and employed to the glory of God. Well may they despair as they contrast their own weakness and unworthiness with the purity and loveliness of the glorious character of Christ. But if they, like Isaiah, will receive the impression the Lord designs shall be made upon the heart, if they will humble their souls before God, there is hope for them. The bow of promise is above the throne, and the work done for Isaiah will be performed in them. God will respond to the petitions coming from the contrite heart.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 4, 1139.

- b. What should be our daily prayer? Psalm 51:2, 7.

Note: “Do not listen to the enemy’s suggestion to stay away from Christ until you have made yourself better; until you are good enough to come to God. If you wait until then, you will never come.” *Christ’s Object Lessons*, 205, 206.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Before the temple vision, how did Isaiah feel about himself and others?
- 2 How did the vision of heavenly glory transform the prophet’s attitude?
- 3 Describe the work that needs to be done by all of us today.
- 4 Explain what happens when we become faultfinders.
- 5 What assurance given to Isaiah echoes down to every contrite soul?

October 22 – 28

Reasoning for Righteousness

Key Text

“Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool” (Isaiah 1:18).

Study Help: *Steps to Christ*, 23–41.

Introduction

“He [Jesus] is acquainted with the sins of men, He knows all their acts and reads their secret motives; yet He does not turn away from them in their iniquity. He pleads and reasons with the sinner, and in one sense—that of having Himself borne the weakness of humanity—He puts Himself on a level with him.” *Testimonies*, vol. 4, 294.

Sunday

1 WILLINGNESS OF HEART

- a. Freshly purged after seeing the vision of the heavenly sanctuary, what was Isaiah’s response to the call of God? Isaiah 6:8–10.

Note: “The prophet [Isaiah] was nerved for the work before him. The memory of this vision [of the temple in heaven] was carried with him throughout his long and arduous mission.” *Testimonies*, vol. 5, 751.

- b. How should we, too, respond to God’s appeal today? Hebrews 3:12–15.

Note: “Heavenly angels have long been waiting for human agents—the members of the church—to co-operate with them in the great work to be done. They are waiting for you.” *Testimonies*, vol. 9, 46, 47.

“There is something for everyone to do. Every soul that believes the truth is to stand in his lot and place, saying: ‘Here am I; send me.’” *Ibid.*, vol. 6, 49.

Monday

2 INTELLIGENT REASONING

- a. Explain how and why God makes an appeal to us logically. Isaiah 1:18.

Note: “The Lord requires His people to use their reason, and not lay it aside for impressions. His work will be intelligible to all His children. His teaching will be such as will commend itself to the understanding of intelligent minds. It is calculated to elevate the mind.” *Testimonies*, vol. 1, 230.

“Christ has bought our hearts. Christ has bought the human intelligence. Christ has bought the reasoning powers; and Christ has entrusted us with capabilities and with powers. He does not want that we should let these powers and capabilities be employed merely in the common things of earthly substance, and lose sight of the eternal.” *Sermons and Talks*, vol. 1, 251.

“A great name among men is as letters traced in sand, but a spotless character will endure to all eternity. God gives you intelligence and a reasoning mind, whereby you may grasp His promises; and Jesus is ready to help you in forming a strong, symmetrical character.” *God’s Amazing Grace*, 81.

- b. How does the gospel bless us with greater mental clarity? 2 Timothy 1:7.

- c. What is the relationship between the heart and the mind? Hebrews 10:16; Ezekiel 36:26.

Note: “What is the new heart? It is the new mind. What is the mind? It is the will. Where is your will? It is either on Satan’s side or Christ’s side. Now it is up to you. Will you put your will today on Christ’s side of the question? That is the new heart. It is the new will, a new mind.” *Sermons and Talks*, vol. 1, 210.

“The words, ‘A new heart also will I give you’ (Ezekiel 36:26), mean, A new mind will I give you. This change of heart is always attended by a clear conception of Christian duty, an understanding of truth.” *Counsels to Parents, Teachers, and Students*, 452.

Tuesday

3 SHARP WORDS, SERIOUS IMPLICATIONS

- a. What simple choice was Isaiah bidden to explain, and what similar choice is given to us? Isaiah 1:19, 20; Joshua 24:14, 15.

Note: “The will is the governing power in the nature of man, the power of decision, or choice. Every human being possessed of reason has power to choose the right. In every experience of life, God’s word to us is, ‘Choose you this day whom ye will serve’ (Joshua 24:15). Everyone may place his will on the side of the will of God, may choose to obey Him, and by thus linking himself with divine agencies, he may stand where nothing can force him to do evil. In every youth, every child, lies the power, by the help of God, to form a character of integrity and to live a life of usefulness.” *Education*, 289.

“We cannot overestimate the value of simple faith and unquestioning obedience. It is by following in the path of obedience in simple faith that the character obtains perfection.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 4, 1137.

- b. What sins of God’s people were then mentioned by the prophet? Isaiah 1:21–23.

Note: “[A] grievous sin existing in our midst, is self-sufficiency—Pharisaism—feeling that we are righteous, and all our acts are meritorious, when we are far from cherishing the right

spirit toward God or toward our brethren. ... Self-esteem has been cherished, and you have had a spirit of criticism toward others because you were not first. Envy, jealousy, suspicion, fault-finding, and false witnessing have existed. There are unconsecrated hearts among you, who turn everything said or done, even under the special direction of God, in a wrong way. ... They please the enemy ... by making a man an offender for a word. In many of these cases that are criticised [sic] there is no actual sin; the suspicion is the result of the condition of the mind that entertains it. If one crosses their path, they have no unity or fellowship with him. They feel disgusted with all he may say or do. ... yet those who are thus creating disaffection and disunion, and planting the seeds of jealousy, all the while claim to be firm believers in the truth. Such do not practice the spirit of the truth.” *The Review and Herald*, December 18, 1888.

Wednesday

4 A THOROUGH, INTELLIGENT WORK

- a. What is necessary in order for us to have full repentance? Psalm 119:18.

Note: “[1 John 3:2, 3 quoted.]

“Here is a work for man to do. He must face the mirror, God’s law, discern the defects in his moral character, and put away his sins, washing his robe of character in the blood of the Lamb. ...

“But the influence of a gospel hope will not lead the sinner to look upon the salvation of Christ as a matter of free grace, while he continues to live in transgression of the law of God. When the light of truth dawns upon his mind and he fully understands the requirements of God and realizes the extent of his transgressions, he will reform his ways, become loyal to God through the strength obtained from his Saviour, and lead a new and purer life.” *Testimonies*, vol. 4, 294, 295.

“In your study of the word, lay at the door of investigation your preconceived opinions and your hereditary and cultivated ideas. You will never reach the truth if you study the Scriptures to vindicate your own ideas. Leave these at the door, and with a contrite heart go in to hear what the Lord has to say to you. As the humble seeker for truth sits at Christ’s feet and learns of Him, the word gives him understanding. To those who are too wise in their own conceit to study the Bible, Christ says, You must become meek and lowly in heart if you desire to become wise unto salvation.

“Do not read the word in the light of former opinions; but, with a mind free from prejudice, search it carefully and prayerfully. If, as you read, conviction comes, and you see that your cherished opinions are not in harmony with the word, do not try to make the word fit these opinions. Make your opinions fit the word. Do not allow what you have believed or practiced in the past to control your understanding. Open the eyes of your mind to behold wondrous things out of the law. Find out what is written, and then plant your feet on the eternal Rock.” *Messages to Young People*, 260.

- b. How should our determination to turn away from sin be reminiscent of the great reformation in Nehemiah’s day? Nehemiah 4:6, *last part*.



The will is the governing power in the nature of man, the power of decision, or choice. Every human being possessed of reason has power to choose the right.

Note: “Oh, may none put off the day of repentance and reformation! Now is the accepted time.” *The Signs of the Times*, July 30, 1894.

Thursday

4 A FORETASTE OF REAL HARMONY

- a. Describe the level of earnest repentance Christ is looking to see in us, living as we are in this period of earth’s history. Revelation 3:19.

Note: “‘A great work must be done for the remnant. Many of them are dwelling upon little trials.’ Said the angel, ‘Legions of evil angels are around you, and are trying to press in their awful darkness, that ye may be ensnared and taken. Ye suffer your minds to be diverted too readily from the work of preparation and the all-important truths for these last days. And ye dwell upon little trials and go into minute particulars of little difficulties to explain them to the satisfaction of this one or that.’ Conversation has been protracted for hours between the parties concerned, and not only has their time been wasted, but the servants of God are held to listen to them, when the hearts of both parties are unsubdued by grace. If pride and selfishness were laid aside, five minutes would remove most difficulties.” *Early Writings*, 119.

“Christ is coming. I remember when we thought that the end was to come in 1844, and when we came together in our meetings the question would be asked by one and another, ‘Brethren, have you seen anything in me that is not right? I know that we cannot see our own faults, and if any of the brethren have seen anything wrong in me, I want them to tell me.’ Sometimes there would be wrongs confessed, and we would bow before God and ask His forgiveness. Then you would see brethren who had had some difficulty going away alone in some barn or orchard and pleading with God together. Then they would come arm in arm, loving one another, and at peace among themselves. We felt that we could not separate unless everything was in harmony. The sweet spirit of peace was in our midst, and the glory of God was around us. You could see faces shine.” *Sermons and Talks*, vol. 2, 24.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Why can we be inspired by Isaiah’s eagerness to accept God’s call?
- 2 What does true Christian religion do for the human mind?
- 3 How will true repentance transform our relationships with one another?
- 4 Explain a vital key to how we can achieve real growth in our Bible study.
- 5 What experience from the early Advent believers would we do well to repeat?

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Soups On!

By Lynette Golia

Current dietary guidelines recommend that adults should eat at least five portions of fruits and five portions of vegetables daily to support a healthy diet and reduce the risk of major illness. It's time to bring on the soup! Vegetable or fruit, raw or cooked, filling, nutritious, flavor-induced soup is an ingenious way to contribute to that recommendation and satisfy even the most finicky appetites any season of the year.

Soup is a broth infused with flavor. Thin, thick, creamy or chunky, soup is an essential mainstay in the daily diet of most cultures. It can be a simple meal addition or a meal in itself.

Perhaps the simplest and most delicious way to incorporate generous amounts of health-promoting nutrient-dense vegetables in your daily meals is in a soup. Use a selection of vegetables such as potato, carrot, onion, leek, garlic and celery to make a flavorful basic soup providing vitamins and rich minerals. Add greens, tomato, cabbage, broccoli, turnip, sweet potato or beet to bump up nutrition and provide depth of flavor. Puree beans to thicken vegetable soups or use whole alone. Cream or puree soups using blended squash, carrot, broccoli, tomato or pepper, adding cashews, soaked and blended, instead of milk or cream to impart a delicious creaminess.

TOP BENEFITS OF SOUP

Soup is economical:

It is adaptable to whatever ingredients are on hand. For a reasonable cost, a pot can feed an entire family.

Soup helps to fill up without adding unnecessary calories:

Most soups are low-fat and high fiber, which aid in meeting nutrient needs without excessive calories. Fiona Kirk who wrote "Soup Can Make You Thin," states: "The wealth of ingredients in a bowl of soup provides a good balance of carbohydrates, protein and fats as well as the vitamins and minerals required to create energy and keep us firing on all cylinders." <http://rendezvousucson.com/top-6-benefits-of-eating-soup/>

Soup warms up body core:

Hot soup can increase core body temperature by increasing metabolism by 10–20% dispelling chill.



Vegetables have tremendous anti-inflammatory properties:

A bowl of veggie soup can help clear up mucus and aid a digestive system that has been weakened by sickness.

Vitamins and minerals don't disappear:

Valuable vitamins and minerals are retained directly within the soup.

Soup improves tolerance of vegetables for children:

Studies have found that toddlers who were given veggie and herb packed soups for seven weeks showed an improved tolerance for vegetables of all kinds when compared with toddlers who didn't eat soup. www.sheknows.com/food-and-recipes/articles/1076907/benefits-of-soup/ **LM**

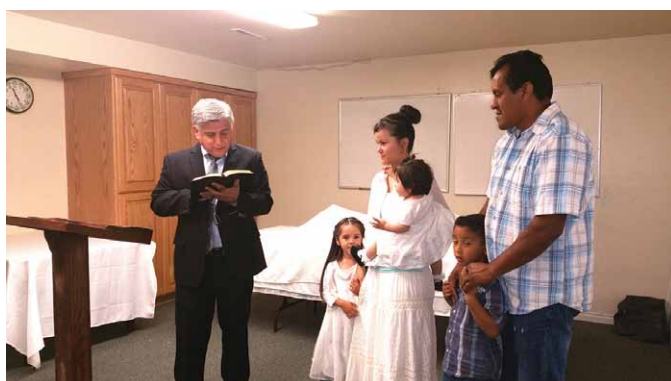
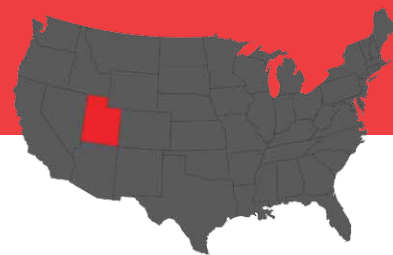
Recipe

Creamy Tomato Bisque Soup

1 qt. tomatoes	¾ cup cashews, rinsed in hot water
1 6-oz. jar tomato paste	1 onion, cut into large chunks
1 cup hot water	1 cup fresh tomatoes, chopped
1 tsp. salt	½ cup black olives, chopped
½ tsp. dried oregano or sweet basil	

Puree tomatoes and tomato paste. Pour into pan. Blend hot water, salt, oregano or basil, cashews and onion until creamy and add to first ingredients. Add chopped tomatoes and olives. Cook uncovered on medium-low heat until hot but not boiling. Remove from heat and cover. Let stand 5–10 minutes. Serve.

Independent Church Growth in Utah



By Pastor Domingo Nunez

About five years ago I was invited by the Hinojos family to conduct a wedding in Utah. When the wedding was over, a group of brothers from Lehi, American Fork, Orem, Provo, Springville and Spanish Fork asked me if I was willing to help them organize a church in American Fork. Of course, I agreed and willingly accepted the challenge to help organize an independent church.

Three months later I was invited to meet with the people who wanted to organize: the families of Hinojos, Martinez, Orellana, Barrera, Camacho, and Payan.

It was wonderful to hear from each one of them how they became Seventh-day Adventists. Their backgrounds included Catholicism, Pentecostal evangelicalism, Mormonism. Some came from a non-denominational church.

All had united with a desire to preach the present truth and the three angels' messages. By God's grace in American Fork there is now an organized independent church, teaching and preaching present truth.

In the last three years, my wife Hilde and I have visited these wonderful loving brothers and sisters every three or four months to encour-

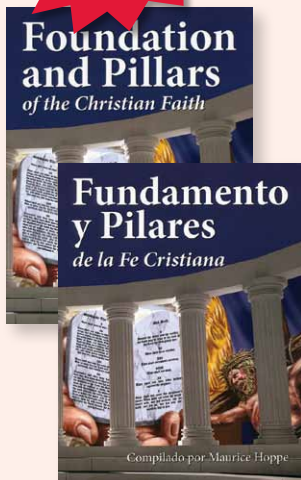
age their efforts and assist them in the different phases of organization. We continue to visit them to offer whatever assistance they might need.

We teach them the need of prayer in getting ready for the second coming of Christ and encourage them to continue preaching and teaching the end time truths of the three angels' messages.

We ask for your prayers and assistance for these brethren in Utah and their families. Let us take their example and seek to establish a group or an independent church wherever we are, acting as the Holy Spirit impresses our hearts and minds.

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