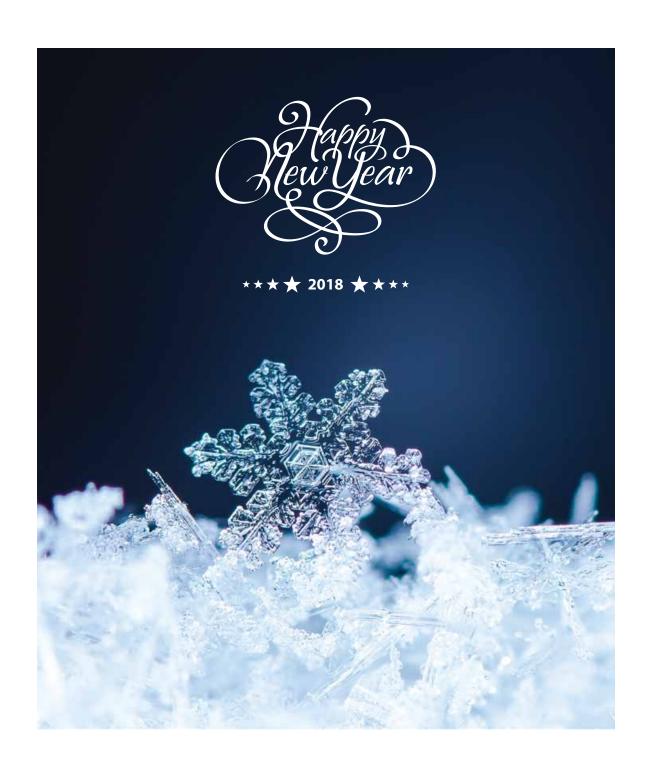
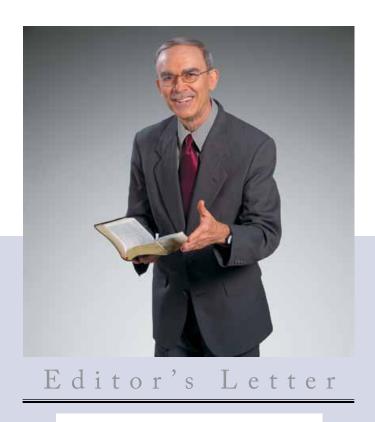
LANDMARKS

— OF ADVENTISM —





John J. Grosboll

The Reluctant Prophet

Jonah was the prophet who did not want to be a prophet. The Bible does not give all the reasons for Jonah's reluctance, but it does record his complaint against God in Jonah 4. Jonah was afraid for his own reputation. He feared that since he had stated the prophecy in unconditional terms, as God had instructed, he could be considered a false prophet if God showed mercy and his prophecy did not come to pass.

There are many people today to whom God has given the last message of warning and mercy to give to the world who are like Jonah. Instead of going east they go west. Instead of taking the message to everyone whom the Lord places in their pathway of influence, they are simply engaging in worldly business—not doing anything illegal (it was not illegal for Jonah to travel to Tarshish), but not getting the message out.

If you are one of those people, are you going to awake before it is too late? The ship's captain said to Jonah, "What do you mean sleeping. Get up" (Jonah 1:6)! This wake-up call needs to be given to many who are asleep today. Will you hear the wake-up call before it is too late? Read the mission letter in this magazine for a suggestion what you could do.

"Not one in a hundred among us is doing anything beyond engaging in common, worldly enterprises. We are not half awake to the worth of the souls for whom Christ died." *Testimonies*, vol. 8, 148.

Remember, there are people that you can reach who cannot be reached by others. This is especially true of many "timid" women who think that all the evangelism can be done by their husbands or sons or male relatives.

Notice what God said women can do.

"Women as well as men can engage

in the work of hiding the truth where it can work out and be made manifest. They can take their place in the work at this crisis, and the Lord will work through them. If they are imbued with a sense of their duty, and labor under the influence of the Spirit of God, they will have just the self-possession required for this time. The Saviour will reflect upon these self-sacrificing women the light of His countenance, and this will give them a power that will exceed that of men. They can do in families a work that men cannot do, a work that reaches the inner life. They can come close to the hearts of those whom men cannot reach. Their work is needed. Discreet and humble women can do a good work in explaining the truth to the people in their homes. The word of God thus explained will do its leavening work, and through its influence whole families will be converted." Ibid., vol. 9, 128, 129.

Features

LANDMARKS

Staff

Editor John J. Grosboll

Graphic Designer Martin Bernar

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

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

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

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PERFECTION

What is it?

By John J. Grosboll

S eventh-day Adventists are fond of claiming that we are the remnant church. The proof text normally used to prove our case is Revelation 12:17, which says, "And the dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ."

Revelation 12:9 identifies the dragon: "So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him."

Many Protestants will tell you the "woman" represents the virgin Mary. Revelation 12:1–6 speaks of a woman with child, who cried out in labor and in pain to give birth. The dragon that stood before the woman ready to give birth was ready to devour her Child as soon as it was born.

It says here that this woman bore a male Child who was to rule all nations with a rod of iron. Revelation 19:11–15 describes in symbolic language the Second Coming of Christ. Verse 15 says, "Now out of His mouth goes a sharp sword, that with it He should strike the nations. And He Himself will rule them with a rod of iron. He Himself treads the winepress of the fierceness and wrath of Almighty God. And He has on His robe and on His thigh a name written: King of Kings and Lord of Lords."

The person who rules all nations with a rod of iron is Jesus Christ. It also says something very similar to that in Revelation 2:26, 27: "... he who overcomes, and keeps My works until the end, to him I will give power over the nations—He shall rule them with a rod of iron; as the potter's vessel shall be broken in pieces, so I also have received from My Father" (literal translation).

Jesus Christ is the ruler of the nations. He was a male child, and was caught up to heaven, to God, and to His throne (Revelation 12:5). Looking at the text that says a great sign appeared in heaven, we notice that John is not here talking about a literal man or woman, dragon or beast. This is a vision that has been given in symbolic language. The Greek word is *semeion*, which means a symbol or a sign.

The woman standing on the moon and clothed with the sun that brings forth a male child cannot be the virgin Mary for Revelation 12:1 speaks in symbolic language. Paul wrote, "My

little children, for whom I labor in birth again until Christ is formed in you" (Galatians 4:19). Notice, Christ is to be formed in the church. The church is to bring forth the spiritual image of Jesus Christ.

In Colossians 1:27 we are told: "To them God willed to make known what are the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory." It is when Christ is formed within a person that he has hope of eternal life.

A symbolic woman in Scripture refers to the church. One example of many is found in Hosea 1:2. Hosea is told to take a wife of harlotry and this harlot wife has three chil-

The whole book of Song of Solomon is based on this imagery where Solomon, the husband, represents the Lord, and where the wife, a Shulamite woman, represents the church. In his letter written to the church in Corinth, Paul says, "For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ" (2 Corinthians II:2).

To interpret the woman in Revelation 12 as the church is in harmony with the way this symbol is used throughout Scriptures in both the Old and New Testaments. We also know from other language used in this chapter that this woman could

God's last church on the earth will keep the commandments and will have the spirit of prophecy.

dren. This sad story of Hosea and his wife is a type or an example of God's experience with the children of Israel, God being the husband and the children of Israel who were supposed to be married to Him, but continually fall in love with other lovers. You can see in chapters 3 and 4 that the book of Hosea uses the symbolism of a woman representing a church and her husband representing the Lord.

Jeremiah 3:14 says, "'Return, O backsliding children,' says the LORD; 'for I am married to you. I will take you, one from a city and two from a family, and I will bring you to Zion.'"

"Surely, as a wife treacherously departs from her husband, so have you dealt treacherously with Me, O house of Israel," says the LORD" (verse 20).

not be the virgin Mary. It was the seed of the woman, the church, that was to bring forth the Messiah. Verse 6 says, "Then the woman fled into the wilderness (the desert), where she has a place prepared by God, that they should feed her there one thousand two hundred and sixty days." There is no record of that being the experience of the virgin Mary.

Verses 13–16 say, "Now when the dragon saw that he had been cast to the earth, he persecuted the woman who gave birth to the male Child. But the woman was given two wings of a great eagle, that she might fly into the wilderness to her place, where she is nourished for a time and times and half a time, from the presence of the serpent. So the serpent spewed water out of his mouth

like a flood after the woman, that he might cause her to be carried away by the flood. But the earth helped the woman, and the earth opened its mouth and swallowed up the flood which the dragon had spewed out of his mouth."

Clear back at the time of the flood, the Lord had made preparation for His people. In the mountains north of Milan, Italy, were the Alps and seven had been dead for about 2,000 years by then). The dragon was enraged with the woman (the church), and he went to make war with the rest of her offspring (the last remnant of the church), who keep the commandments of God and have the testimony of Jesus Christ."

The testimony of Jesus Christ is defined in Revelation 19:10: "And I fell at his feet to worship him. But he said to

As a result of persecution, God's people fled from all over the world to the kingdom of Theodoric, who controlled Italy and offered people religious freedom.

Piedmont Valleys. The passageway to get into some of these valleys was so narrow that to enter you had to go single file. A small force of men could defend the valley against a huge army.

As a result of persecution, God's people fled from all over the world to the kingdom of Theodoric, who controlled Italy and offered people religious freedom. Many from the eastern part of the Roman Empire, where they did not have religious freedom, fled to Italy. Freedom was short lived there; so the Christians travelled north to Milan and then north of Milan where they worshiped the Lord in freedom of conscience for hundreds of years in obscurity.

Finally, the papacy tried to wipe out the Waldenses and Revelation 12:14–16 describes the persecution against God's saints that continued for one thousand, two hundred and sixty years, as was prophesied. Verse 17 says, "... the dragon was enraged with the woman (not the virgin Mary, for she

me, 'See that you do not do that! I am your fellow servant, and of your brethren who have the testimony of Jesus. Worship God! For the testimony of Jesus is the spirit of prophecy.' "God's last church on the earth will keep the commandments and will have the spirit of prophecy.

The remnant of anything is what is left at the end. It will be the church described in Ephesians 5:26, 27, which says, "... that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish."

There are other places where the apostles describe the remnant. Paul says, "Who will also confirm you to the end, that you may be blameless in the day of our Lord Jesus Christ" (I Corinthians I:8). Various other apostles talked about the church being blameless when Jesus comes.

Peter says in 2 Peter 3:14: "Therefore, beloved, looking forward to these things, be diligent to be found by Him in peace, without spot and blameless." John said the same in 1 John 3:2, "Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is."

This is an unpopular doctrine and many, recognizing their own imperfections feel it is an impossible goal and look for some other way to be saved without being perfect. But Paul says, "Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ" (Philippians 1:6). The Holy Spirit can work a miracle in your life.

Paul discusses the growth of the Christian life. "If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them. But now you must also put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him, where there is neither Greek nor Jew, circumcised

nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all.

"Therefore, as the elect of God (the remnant), holy and beloved, put on tender mercies, kindness, humbleness of mind, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection" (Colossians 3:I–I4, literal translation).

Notice verse 14. More important than anything else that you try to either leave aside or adopt as part of your character, Paul says to put on love because that is the bond of perfection.

A perfect person is one who has perfect love in his heart. It is just that simple. Love will develop all other Christian graces, leaving off the sins that have been mentioned in the previous verses. In fact, love is so powerful that the apostle Paul says you will never fail to reach Christian perfection if you have love in your heart. I Corinthians 13:8 says, "Love never fails."

Love "bears (protects) all things and believes all things." When things get unbelievable, it still "hopes all things," and then when it seems altogether hopeless, it "endures all things" (verse 7). "Love never fails" (verse 8, *first part*).

If love is the way to perfection, how can I get it? It is not a natural attribute of the carnal man. Our nature is to be selfish, to love self more than anybody else. It is a perverted form of love, the way the devil loves—selfishness.

Jesus loved selflessly so we could be saved. The experience of His lowly birth in Bethlehem, His life, His ministry, His trial, His death on the cross; He endured it all to open the gates of Paradise for others who did not deserve it.



The passageway to get into some of these Alps valleys was so narrow that a small force of men could defend the valley against a huge army.

Love is the bond of perfection; it is something I do not naturally have in myself, or have the ability to generate. It is given as a precious gift that we receive from Jesus.

In *The Desire of Ages*, 22, Ellen White wrote that love cannot be awakened by force or by authority. And then is this interesting sentence, that I have pondered many times. She says, "Only by love is love awakened."

Solomon talked about this. "Set me as a seal upon your heart, as a seal upon your arm; for love is as strong as death, jealousy as cruel as the grave, its flames are flames of fire, a most vehement flame. Many waters cannot quench love, nor can the floods drown it. If a man would give for love all the wealth of his house, it would be utterly despised" (Song of Solomon 8:6, 7).

Love cannot be bought with money, "Only by love is love awakened."

Many years ago, an orphanage took in infants that had no mothers. These infants were not gaining weight as they should. It was found that the reason the infants were not thriving was that nobody took time to hold them or to cuddle them. They were fed but they were not being loved; so they did not thrive. Though babies are born selfish, they crave love. As the mother loves the baby and it feels secure and happy, it very quickly responds. A baby does not feel that same security and happiness with a stranger.

There are many people, even Christians, who have never really been loved as a child and do not know how to love and often grow up emotionally crippled, which often affects that person for the rest of his life.

The Bible talks about this. Paul says in Hebrews 12:12, 13, "Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed."

This person is not one needing a cane to walk but a person who is spiritually crippled, spiritually lame and not able to walk the path the same way as somebody else. For this reason, we are not to judge people in the church, for we do not know their background. When the Lord comes again, He is going to heal these people, but for now we have a work to do. Make the paths straight and do not put an obstacle in it that they won't be able to get over. Make special allowances for these people.

When Jesus met people, He bent over them with a tenderness that exceeded the love of a mother for her child. Those who were healed or forgiven knew that this Person loved them, He wanted them to have everlasting life. If only one person had responded to Him, He still would have come to this world. Remember, the Shepherd had a hundred sheep and went out to find the one that was lost.

those who hate you, bless those who curse you, and pray for those who spitefully use you."

That command is impossible from a human point of view and only possible if the Holy Spirit gives you a new heart and a new spirit.

John 13:34 and 35: "A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love one for one another."

Until Jesus went to the cross, His disciples did not know the depth of love their Master had for each one and what He was willing to give up to save mankind. Then He said, You love one another, the way I love you.

If anyone has a complaint against another; even as Christ forgave you, so you also must do.

Love comes from Jesus and to receive it from Him we must spend time with Him. Only then will we have love to give to other people and to give back to the Lord.

Two questions about love: What is it, and What it is not?

I John 5:3 says, "For this is the love of God, that we keep His commandments. And His commandments are not burdensome."

Jesus said in John 14:15, "If you love Me, keep My commandments." The one that doesn't love Me, doesn't keep My commandments (see John 14:22, 23).

So, if I receive the love of Jesus into my heart, I will be obedient.

Luke 6:27, 28: "But I say to you who hear: Love your enemies, do good to

John 15:13 says, "Greater love has no one than this, than to lay down One's life for His friends." And, "By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren" (1 John 3:16).

Look at I John 4:7, 8: "Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love." "We love Him because He first loved us" (verse 19).

In the book *Education*, 114, Ellen White says, "Only the love that flows from the heart of Christ can heal. Only he in whom that love flows, even as the sap in the tree or the blood in the body, can restore the wounded soul."

And by the way, friends, there are wounded people all around us. But if we do not have love in our heart, we cannot heal them.

"Love's agencies have wonderful power, for they are divine. The soft answer that 'turneth away wrath,' the love that 'suffereth long, and is kind,' the charity that 'covereth a multitude of sins' (Proverbs 15:1; 1 Corinthians 13:4 R.V.; 1 Peter 4:8)—would we learn the lesson, with what power for healing would our lives be gifted! How life would be transformed, and the earth become a very likeness and foretaste of heaven!" *Education*, 114.

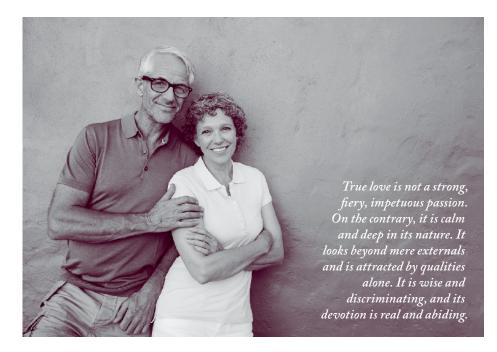
"True love is not a strong, fiery, impetuous passion. On the contrary, it is calm and deep in its nature. It looks beyond mere externals and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding. God tests and proves us by the common occurrences of life. It is the little things which reveal the chapters of the heart. It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words, and the little courtesies of life, which helps compose the sum of life's wretchedness. It will be found at last that the denial of self for the good and happiness of those around us constitutes a large share of the life record in heaven. And the fact will also be revealed that the care of self, irrespective of the good and happiness of others, is not beneath the notice of our heavenly Father." Testimonies, vol. 2, 133.

"Mildness, gentleness, forbearance, long-suffering, being not easily provoked, bearing all things, hoping all things, enduring all things—these are the fruit growing upon the precious tree of love, which is of heavenly

growth. This tree, if nourished, will prove to be an evergreen. Its branches will not decay, its leaves will not wither. It is immortal, eternal, watered continually by the dews of heaven.

"Love is power. Intellectual and moral strength are involved in this principle, and cannot be separated from it. The power of wealth has a tendency to corrupt and destroy; the power of force is strong to do hurt; but the excellence and value of pure love consist in its efficiency to do good, and to do nothing else than good. Whatsoever is done out of pure love, be it ever so little or contemptible in the sight of men, is wholly fruitful; for God regards more with how much love one worketh than the amount he doeth. Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly growth, which lives and flourishes only where Christ reigns.

"Love cannot live without action, and every act increases, strengthens, and extends it. Love will gain the victory when argument and authority are powerless. Love works not for profit nor reward; yet God has ordained that great gain shall be the certain result of every labor of love. It is diffusive in its nature and quiet in its operation, yet strong and mighty in its purpose to overcome great evils. It is melting and transforming in its influence, and will take hold of the lives of the sinful and affect their hearts when every other means has proved unsuccessful. Wherever the power of intellect, of authority, or of force is employed, and love is not manifestly present, the affections and will of those whom we seek to reach assume a defensive, repelling position, and their strength of resistance is increased. Jesus was the Prince of Peace. He came into the world to bring resistance and authority into subjection to Himself. Wisdom



and strength He could command, but the means He employed with which to overcome evil were the wisdom and strength of love. Suffer nothing to divide your interest from your present work until God shall see fit to give you another piece of work in the same field." Ibid., 134–136.

"Whatsoever ye would that men should do to you, do ye even so to them" (Matthew 7:12). Ibid., 136.

Perfection is not a bad word, as many people think. Perfection simply means to have perfect love in your heart. If you love God with all your heart, soul, and mind, and you love your neighbor as yourself, you are perfect.

Perfection is not complicated. We are talking about spiritual perfection. Physical perfection will not be acquired until Jesus comes when He will change you and give you a new body. You are not even required to have mental perfection, but rather spiritual perfection. Spiritual perfection is achieved simply when a person loves God with all his heart, soul, and mind, and his neighbor as himself. And that can happen

in your life when you get acquainted with Jesus. He will put that love in your heart through His Holy Spirit. Love is the first fruit of the Holy Spirit (Galatians 5:22).

When you receive Jesus, the Holy Spirit comes into your life and the first thing that happens is you receive the gift of love in your heart. And being perfect simply means to have perfect love.

It would be dangerous to take anybody to heaven who did not love God with all his heart, soul, and mind, and his neighbor as himself, for it would not be heaven for very long. Pray for that gift of perfect love so you will be ready to meet Jesus when He returns.

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

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

RELIGIOUS LIBERTY BY LAW

BY E. J. WAGGONER

few days since the writer was very much interested in reading the

story of the experience of an agent of the Bible Society in South America. It told of narrow escapes from Roman Catholic mobs, and of the power of the preaching of the pure Gospel, to remove prejudice. In the last paragraph of the article there occurred this statement: "No less a personage than the public school teacher came to warn me that, not bonds and imprisonment (we have religious liberty by law), but death at the hands of a mob awaited me if I did not desist from entering Orobe Grande."

This started a train of thought. What is religious liberty? and is it something which can be secured to people by law? Is its existence doubtful if it be not upheld by law? and can oppressive laws deprive people of it? The answers to the last three questions depend upon the answer to the first. According to the popular



The word deliverance means freedom. To deliver is to free. Therefore we find that the religion of Jesus Christ is a religion of freedom.

idea of religious liberty, the last three questions must be answered in the affirmative; but there is at least a strong probability that the popular idea of the matter is wrong. How can we find out the true definition?

A question concerning religious liberty is one that pertains to religion; and where should we go for information concerning religion, except to the Bible? There we learn that, "Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world" (James 1:27).

How can one keep himself "unspotted from the world"? – Again we read the answer, in the statement that the Lord Jesus Christ "gave Himself for our sins, that He might deliver us from this present evil world, according to the will of God and our Father" (Galatians 1:4). Therefore true religion is a religion of our Lord Jesus Christ.

There are very many kinds of religion in the world, but only one true religion. That is not a form, but a life. It consists not in a creed and ceremonies, but in a living faith in Christ. The word *religion* is not synonymous with *Christianity*, but true religion is. It promises what no other religion does, and fulfils its promises. It alone gives salvation. Besides the name of Jesus, "There is none other name under heaven given among men, whereby we must be saved." There is not salvation in any other (Acts 4:12). And this salvation is not merely something, promised for the future, but is a present reality. It is deliverance "from this present evil world" (Galatians 1:4), and that means deliverance from the evil of this present world. (See John 17:15.)

The word *deliverance* means *freedom*. To deliver is to free. Therefore we find that the religion of Jesus Christ is a religion of freedom. Read the words of Christ, and the opening of His earthly ministry. "The Spirit of the Lord is upon Me, because He hath anointed Me to preach the Gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set

at liberty them that are bruised" (Luke 4:18).

Read again what He said to the Jews who followed Him: "If ye continue in My

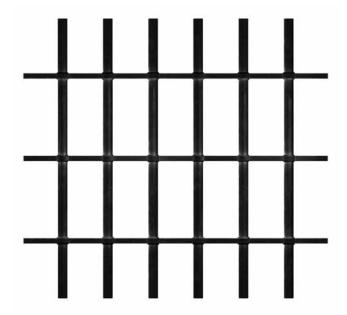
word, then are ye My disciples indeed; and ye shall know the truth, and the truth shall make you free" (John 8:31, 32). Then when the Jews demurred, saying that they were never in bondage, He continued, "Whosoever committeth sin is the servant of sin" (verse 34). And so the apostle Peter, speaking of false prophets that were to arise, teaching false light, said:

"Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." James 1:27

"While they promised them [that is, their followers] liberty, they themselves are the servants of corruption; for of whom a man is overcome, of the same is He brought in bondage" (2 Peter 2:19).

We have just read the Scripture which says that the Spirit of the Lord anointed Jesus to preach deliverance to the captives, and to set at liberty them that are bound. Now read in 2 Corinthians 3:17: "Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty." That means, as well, that where the Spirit of the Lord is not, there is not liberty. If it were otherwise, there would be no point in Christ's work. He came to grant liberty, for the reason that liberty could be obtained from no other source.

Prison bars cannot stop a man from thinking what he pleases, nor can they take away man's freedom to helieve.



We have therefore the answer to our first question. Religious liberty is the possession of the Spirit of the Lord. The others are easily answered. Can religious liberty be secured by law? - Not unless the Holy Spirit can be secured by law. What saith the Scripture? - "The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth; so is every one that is born of the Spirit" (John 3:8). The Spirit of God is subject to no men, or the will of the men. God is not a subject; He is the King of kings; and therefore His Spirit cannot be controlled by any human power. The Spirit can no more be affected by human law than the north wind can by legal enactment be made to blow from the south. Therefore since religious liberty is obtained only through the Spirit, it is evident that religious liberty is something with which human laws have no more to do than with the blowing of the wind or the shining of the sun.

That which is ordinarily called religious liberty is not religious liberty in any sense of the term. Legal permission to worship in public without molestation, is of precisely the same nature as liberty to open a shop, or to carry on any business without interference. But liberty to think or to believe, is something with which laws can have nothing to do. The slave is as free to think as is his master. Prison bars cannot stop a man from thinking what he pleases, nor can they take away man's freedom to believe. Nay, more, they cannot take away a free man's freedom to speak what he will. The

apostles spoke in spite of all the laws against them; and their words were with power because of the very liberty which they enjoyed through Christ, which could not be checked by bonds and imprisonment.

The man who depends upon civil law for liberty to believe, is not a free man, even though the law be the most liberal ever known. For the fact that he derives his freedom from the law, shows that if the law were adverse, he would at once lose his liberty; and that shows that his is not the liberty of Christ, for that comes from heaven.

It is evident therefore, that they who think to advance the cause of religious liberty by political action, are really working against it. The very existence of laws concerning religion is a badge of slavery. When men wish a law to "protect" them in the performance of religious duties, or what they conceive to be religious duties, they thereby show that they are slaves to fear. They want a law to help them to do what they have not the power or the courage to do without the support of "public sentiment." "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7).

"The word of God is not bound" (2 Timothy 2:9), and therefore whosoever has it abiding in him has liberty. Let us "stand fast therefore in the liberty wherewith Christ hath made us free" (Galatians 5:1), and not dishonour Him by intimating that He or His cause depends to any degree whatever on human laws.

Present Truth UK, November 23, 1893, 531, 532. LM



DO YOU HAVE THE FAITH OF JESUS?

BY MARCELLA KING

"Here the patience of the saints is. Here are those keeping the commandments of God and the faith of Jesus."

Revelation 14:12, literal translation (Hendrickson)

From the writings of Ellen G. White, we understand that Seventh-day Adventists have always held this verse to be an integral part of the third angel's message. However, early in our history the law was emphasized to the point of minimizing the faith of Jesus. A number of statements bear this out. One statement in point is the following:

"The law of God has been largely dwelt upon and has been presented to congregations, almost destitute of the knowledge of Jesus Christ and His relation to the law as was the offering of Cain." *Faith and Works*, 18.

At another time Sister White described such discourses as being as dry as the hills of Gilboa upon which neither dew nor rain would fall (see 2 Samuel 1:21 for context).

The law demands righteousness from the sinner, which he is utterly incapable of producing. However, through faith in Christ's message to be proclaimed in all its parts [Revelation 14, including verses 9–11], for the people need every jot and tittle of it. If we proclaim the commandments of God and leave the other half scarcely touched, the message is marred in our hands.

"There was precious truth and light presented before the people, but hearts that were obdurate received no blessing. They could not rejoice in the light which, if accepted, would have brought freedom and peace and strength and courage and joy to their souls." *Manuscript Releases*, vol. 16, 227.

The law demands righteousness from the sinner, which he is utterly incapable of producing. However, through faith in Christ's righteousness, which He wrought out in His life of perfect obedience, that sinner is accounted righteous—hence, righteousness by faith.

righteousness, which He wrought out in His life of perfect obedience, that sinner is accounted righteous—hence, righteousness by faith.

The above is a very brief introduction to what is presented next. During a week of prayer held by Ellen G. White and Elder A. T. Jones at the Battle Creek Tabernacle—following shortly after the 1888 Minneapolis Conference—Sister Ellen wrote these significant words:

"The message that was given to the people in these meetings presented in clear lines not alone the commandments of God—a part of the third angel's message—but the faith of Jesus, which comprehends more than is generally supposed. And it will be well for the third angel's

Another very clear statement about the "faith of Jesus" is provided in the *Ellen G. White 1888 Materials*, 217:

"The third angel's message is the proclamation of the commandments of God and the faith of Jesus Christ. The commandments of God have been proclaimed, but the faith of Jesus Christ has not been proclaimed by Seventhday Adventists as of equal importance, the law and the gospel going hand in hand. I cannot find language to express this subject in its fullness.

"'The faith of Jesus.' It is talked of, but not understood. What constitutes the faith of Jesus, that belongs to the third angel's message? Jesus becoming our sin-bearer that He might become our sin-pardoning Saviour. He was treated as we deserve to be treated. He

came to our world and took our sins that we might take His righteousness. Faith in the ability of Christ to save us amply and fully and entirely is the faith of Jesus."

These words are full of meaning to each one of us. Should we not be so thrilled with all that Jesus means to us that we cannot help but share our experience with others? Ellen White had that urgency with which to share. On March 28, 1889, she, along with her secretary Fanny Bolton and Elder A. T. Jones, left Battle Creek for Chicago where they held meetings especially for Adventists. However, Sister White stated that she wished "every church, whatever their faith and doctrines, could ... have the precious light of truth as it has been so clearly presented. I know it would have been a rich feast to very many souls not of our faith to see the plan of salvation so clearly and simply stated." Ibid., 280.

This next quotation shows what a precious relationship we might have with the Lord Jesus.

"The religion of Jesus Christ has not been as clearly defined as it should be, that the souls who are seeking for the knowledge of the plan of salvation may discern the simplicity of faith. In these meetings this has been made so clear that a child may understand that it is an immediate, voluntary, trustful surrender of the heart to God—a coming into union with Christ in confidence, affectionate obedience to do all His commandments through the merits of Jesus Christ. It is a decisive act of the individual, committing to the Lord the keeping of the soul. It is the climbing up by Christ, clinging to Christ, accepting the righteousness of Christ as a free gift. The will is to be surrendered to Christ. Through faith in the righteousness of Christ is salvation." Ibid., 281.

Thus Galatians 2:20 takes on new meaning: "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me."

Consider some of the ways in which Jesus in His earthly life revealed faith, even in His youth. "To every temptation He had one answer, 'It is written.' ... Often He was accused of cowardice for refusing to unite with them [his brothers] in some forbidden act; but His answer was, It is written. 'The fear of the Lord, that is wisdom; and to depart from evil is understanding' (Job 28:28)." The Desire of Ages, 88, 89. "Faith cometh by hearing, and hearing by the word of God" (Romans 10:17).

Jesus and His disciples were in a boat when a storm arose. While the disciples battled to keep the boat afloat Jesus was peacefully sleeping.

"When Jesus was awakened to meet the storm, He was in perfect peace. There was no trace of fear in word or look, for no fear was in His heart. But He rested not in the possession of almighty power. It was not as the 'Master of earth and sea and sky' ["Master, the Tempest is Raging," Mary Ann Baker, 1875] that He reposed in quiet. That power He had laid down, and He says, 'I can of Mine own self do nothing' (John 5:30). He trusted in the Father's might. It was in faith-faith in God's love and care—that Jesus rested, and the power of that word which stilled the storm was the power of God.

"As Jesus rested by faith in the Father's care, so we are to rest in the care of our Saviour." *The Desire of Ages*, 336. How beautiful!

There is more. "In all that He did, Christ was co-operating with His Father. Even He had been careful to



Jesus revealed no qualities, and exercised no powers, that men may not have through faith in Him. His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was.

make it evident that he did not work independently; it was by faith and prayer that He wrought His miracles." Ibid., 536.

On the cross of Calvary Christ won His greatest victory of faith. "Amid the awful darkness, apparently forsaken of God, Christ had drained the last dregs in the cup of human woe. In those dreadful hours He had relied upon the evidence of His Father's acceptance heretofore given Him. He was acquainted with the character of His Father; He understood His justice, His mercy, and His great love. By faith He rested in Him whom it had ever been His joy to obey. And as in submission He committed Himself to God, the sense of the loss of His Father's favor was withdrawn. By faith, Christ was victor." Ibid., 756.

Are we to have the same kind of faith that Jesus exhibited? Above in the quote from *The Desire of Ages*, 336, we learn that is so. We have the privilege of resting "in the care of our Saviour."

Remember, it was by faith and prayer that Jesus accomplished all that He did for humanity. We too may do this. "As Christ lived the law in humanity, so we may do if we will take hold of the Strong for strength. ... The Lord will teach us our duty just as willingly as He will teach somebody else. If we come to Him in faith, He will speak His mysteries to us personally. Our hearts will often burn within us as One draws nigh to commune with us as He did with Enoch." Ibid., 668.

Finally, "Jesus revealed no qualities, and exercised no powers, that men may not have through faith in Him. His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was." Ibid., 664.

O Lord, grant us the faith of Jesus, and may it grow and grow. LM

E. M. Anderson King was a former teacher of Marshal Grosboll (2 classes) and his sister Gwen (4th Grade) at the Longmont SDA School, Colorado.



The Beginning of the Sacrificial System

BY MAURICE HOPPE

eavenly angels more fully opened to our first parents the plan that had been devised for their salvation. Adam and his companion were assured that notwithstanding their great sin, they were not to be abandoned to the control of Satan. The Son of God had offered to atone, with His own life, for their transgression. A period of probation would be granted them, and through repentance and faith in Christ they might again become the children of God.

"The sacrifice demanded by their transgression revealed to Adam and Eve the sacred character of the law of God; and they saw, as they had never seen before, the guilt of sin and its dire results." *Patriarchs and Prophets*, 66.

"To Adam, the offering of the first sacrifice was a most painful ceremony. His hand must be raised to take life, which only God could give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must shed the blood of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of his transgression, which nothing but the death of God's dear Son could expiate. And he marveled at the infinite goodness that would give such a ransom to save the guilty." Ibid., 68.

In time, Eve gave birth to two sons. Adam and Eve named the first son Cain and the second son Abel. As these two sons grew up, Adam and Eve faithfully instructed them in the great plan of redemption. When matured in age, the time came for them to build their own altars and offer their own sacrifices for their sin. The Bible record says,

"Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought ... fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering He did not look with favor. So Cain was very angry, and his face was downcast. Then the LORD said to Cain, 'Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master'" (Genesis 4:2-7, literal translation).

"These brothers were tested, as Adam had been tested before them, to prove whether they would believe and obey the word of God. They were acquainted with the provision made for the salvation of man, and understood the system of offerings which God had ordained. They knew that in these offerings they were to express faith in the Saviour whom the offerings typified, and at the same time to acknowledge their total dependence on Him for pardon; and they knew that by thus conforming to the divine plan for their redemption, they were giving proof of their obedience to the will of God. Without the shedding of blood there could be no remission of sin; and they were to show their faith in the blood of Christ as the promised atonement by offering the firstlings of the flock in sacrifice." *Patriarchs and Prophets*, 71.

"Cain came before God with murmuring and infidelity in his heart in regard to the promised sacrifice and the necessity of the sacrificial offerings. His gift expressed no penitence for sin. He felt, as many now feel, that it would be an acknowledgment of weakness to follow the exact plan marked out by God, of trusting his salvation wholly to the atonement of the promised Saviour. He chose the course of self-dependence. He would come in his own merits. He would not bring the lamb, and mingle its blood with his offering, but would present his fruits, the products of his labor. He presented his offering as a favor done to God, through which he exgressed. Through the shed blood he looked to the future sacrifice, Christ dying on the cross of Calvary; and trusting in the atonement that was there to be made, he had the witness that he was righteous, and his offering accepted." Ibid.

"Abel chose faith and obedience; Cain, unbelief and rebellion. Here the whole matter rested.

"Cain and Abel represent two classes that will exist in the world till the close of time." Ibid.

Altars were built, and sacrifices were offered by all the faithful patriarchal families to the time of the flood. Adam instructed Enoch in the purpose of these sacrifices. Enoch taught his son Methuselah, who lived 600 years with Noah, concerning the pur-

The sacrifice demanded by their transgression revealed to Adam and Eve the sacred character of the law of God; and they saw the guilt of sin and its dire results.

pected to secure the divine approval. Cain obeyed in building an altar, obeyed in bringing a sacrifice; but he rendered only a partial obedience. The essential part, the recognition of the need of a Redeemer, was left out." Ibid., 72.

"'By faith Abel offered unto God a more excellent sacrifice than Cain' (Hebrews 11:4). Abel grasped the great principles of redemption. He saw himself a sinner, and he saw sin and its penalty, death, standing between his soul and communion with God. He brought the slain victim, the sacrificed life, thus acknowledging the claims of the law that had been trans-

pose of the sacrifices. But the majority of the people rebelled against God.

"The period of their probation was about to expire. Noah had faithfully followed the instructions which he had received from God. The ark was finished in every part as the Lord had directed, and was stored with food for man and beast. ...

"God commanded Noah, 'Come thou and all thy house into the ark; for thee have I seen righteous before Me in this generation' (Genesis 7:1). Noah's warnings had been rejected by the world, but his influence and example resulted in blessings to his family. As a reward for his faithfulness and



These brothers were tested, as Adam had been tested before them, to prove whether they would believe and obey the word of God.

integrity, God saved all the members of his family with him." Ibid., 98.

So God sent a flood upon the earth and destroyed mankind except for Noah and his family.

"Noah and his family anxiously waited for the decrease of the waters, for they longed to go forth again upon the earth. ...

"At last an angel descended from heaven, opened the massive door, and bade the patriarch and his household go forth upon the earth and take with them every living thing. In the joy of their release Noah did not forget Him by whose gracious care they had been preserved. His first act after leaving the ark was to build an altar and offer from every kind of clean beast and fowl a sacrifice, thus manifesting his gratitude to God for deliverance and his faith in Christ, the great sacrifice." Ibid., 105, 106.

In Genesis, we read that "Noah came out, together with his sons and his wife and his sons' wives." "Then Noah built an altar to the LORD and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it." "Then God blessed Noah and his sons, saying to them, 'Be fruitful and increase in number and fill the earth'" (Genesis 8:18, 20; 9:1).

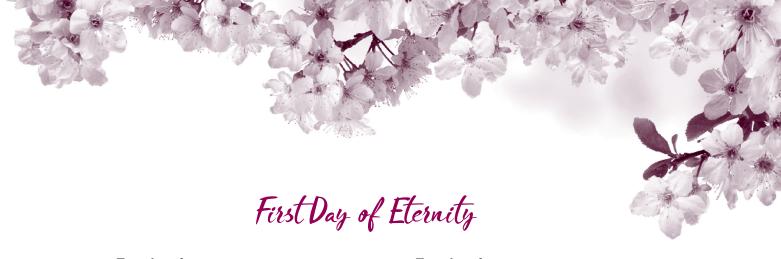
Abraham, who was born only eight years after Noah died, learned of the meaning of the sacrifices from Noah's son, Shem. Thus through the sacrificial system, the faith of the patriarchs in Jesus as the Lamb of God was preserved from generation to generation.

"It was to impress Abraham's mind with the reality of the gospel, as well as to test his faith, that God commanded him to slay his son. The agony which he endured during the

dark days of that fearful trial was permitted that he might understand from his own experience something of the greatness of the sacrifice made by the infinite God for man's redemption. No other test could have caused Abraham such torture of soul as did the offering of his son. God gave His Son to a death of agony and shame. The angels who witnessed the humiliation and soul anguish of the Son of God were not permitted to interpose, as in the case of Isaac. There was no voice to cry, 'It is enough.' To save the fallen race, the King of glory yielded up His life. What stronger proof can be given of the infinite compassion and love of God? 'He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things' (Romans 8:32)?" Patriarchs and Prophets, 154.

"It had been difficult even for the angels to grasp the mystery of redemption—to comprehend that the Commander of heaven, the Son of God, must die for guilty man. When the command was given to Abraham to offer up his son, the interest of all heavenly beings was enlisted. With intense earnestness they watched each step in the fulfillment of this command. When to Isaac's question, 'Where is the lamb for a burnt offering' (Genesis 22:7)? Abraham made answer, 'God will provide Himself a lamb' (verse 8); and when the father's hand was stayed as he was about to slay his son, and the ram which God had provided was offered in the place of Isaac—then light was shed upon the mystery of redemption, and even the angels understood more clearly the wonderful provision that God had made for man's salvation (1 Peter 1:12)." Ibid., 155.

Excerpts from *High Priest & Coming King*, by Maurice Hoppe, pages 21–25. LM



First day of eternity
Oh! What will it be
To see flowers that never fade
Carpets of green in the glade
No night skies to separate the day
The brightness of God
Always lighting our way

First day of eternity
Oh! What will it be
The love of God in everything we see
All because He loves you and me
Abundant love that never runs out
Never a drought

First day of eternity
Oh! What will it be
The likeness of Jesus on every face
All because He took our place

First day of eternity
Oh! What will it be
The calmness, the peace
Unending joy
Oh! The thought of it forevermore

First day of eternity
Oh! What will it be
Friends and family
All will be
No more good-byes or sighs
The new earth our home, forever on high

First day of eternity
Oh! What will it be
No more time
No hurrying pace
Travelling throughout space
Ever at ease by His grace
To meet those who live in worlds unknown
Who with open arms welcome us home

First day of eternity
Oh! What will it be
Animals peacefully play
In perfect harmony
Birds sing all the day long
Their happy little songs
To our Savior they cheer
Just because He's near

First day of eternity Oh! What will it be The reward of knowing We have chosen our destiny

First day of eternity Oh! What will it be Transparent delight No more mystery

First day of eternity
Oh! What will it be
New sights, new sounds
We'll never be bored
All heaven waits to show us more!
We'll build houses
Grow gardens
And call heaven our home
Content, never more to roam

First day of eternity
Oh! What will it be
A heavenly place of victory
Over sin and death and all in between
And all because He died for me

– Debra Massey –

Crossword

The Exodus

Egypt to Mount Sinai

Clues Exodus 12-18

BY ROB HAGAR

Across		
B3	Moses' hand raised or lowered determined who did this	17:11
B18	Moses' emotion at the people's disobedience to God's instructions	16:20
C12	The Israelites missed pots of this	16:8
E2	Pharoah pursued the Israelites with all of these	14:7
E16	God was in the pillar of cloud by	13:21
E20	The manna melted when this got hot	16:21
F9	The sacrificial lamb had to be a young this	12:5
G3	After the sea crossing the Israelites did this	15:1
G14	Miriam praised God with one of these	15:20
H11	Able helped Moses judge the people	18:25
I1	In leaving Egypt God feared the people might repent if they saw this	13:17
I5	Manna was this size	16:14
I15	Manna did this when stored overnight during the week	16:20
J9	The people sang that the Lord was their	15:2
J20	Moses, Aaron, and Hur saw the battle from this part of a hill	17:10
K1	God again pictured the promised land having plenty of this	13:5
L14	How many water wells were in Elim?	15:27
M6	The Israelites received jewels of this when leaving Egypt	12:35
O2	Aaron and Hur made Moses' hands this until sunset	17:12
O9	The Israelites sang about the God did	15:11
O17	The taste of manna resembled this	16:31
Q1	When Moses stretched this over the sea it returned	14:27
Q6	A tree cast into bitter waters made them this	15:25
Q18	What the people did with Moses in Rephidim	17:1, 2
S1	When reunited Jethro and Moses asked each other about their	18:7
S9	Moses had to teach the people these of God	18:16
S16	How the Egyptians wanted the Israelites to leave Egypt (two words)	12:33
	071	
Down		
A3	God to Moses: keep one tenth of this amount of manna	16:32, 36
A6	God sent quail for food during what time of day	16:8, 13
A9	Pharaoh's last request of Moses (three words)	12:32
A14	The Israelites found seventy of these at Elim	15:27
A20	Jethro wanted to give this to Moses	18:19
C12	God led the Israelites away at night by a pillar of this	13:21
D17	The Passover sacrifice had to be one of these	12:21
F15	God: the people will cross the of the sea on dry ground	14:16
G3	What kind of east wind divided the waters	14:21
H7	God wanted the people to do this to all their firstborn	13:2
H11	What the people did against Moses but really against God	16:8
H13	God: If you obey Me you will get of the diseases of the Egyptians	15:26

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H21	Jethro observed that Moses' burdens were this for him (two words)	18:18
I16	After crossing the Red Sea how many days away was Marah?	15:22, 23
K19	On the there would be no manna (two words)	16:26
L14	The Israelites had been in Egypt four hundred and years	12:40
M2	God: If you obey Me you will not get these like the Egyptians	15:26
M4	God promised enough of this in the mornings	16:8
N12	The encampment in Etham was in this part of the wilderness	13:20
O9	God caused these to fall off the Egyptian's chariots	14:25
Q6	The Israelites were afraid when Pharaoh followed them	14:10
Q16	God to Moses: I will bread from heaven for you	16:4

Answer Key:

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Sunday's Coming!

POLAND VOTES TO MAKE SUNDAY A DAY OF REST

"The bishops underscore the need to restore Sunday to society."

Poland, once a communist-controlled nation, has very quickly exceeded Western Europe in morality. It has some of the most strict abortion laws on the continent, and has further solidified its Christian nation cred by voting to proclaim Sunday a day of rest and phase out shopping on Sunday by 2020.

The bill was proposed by trade unions that want shop workers to spend more time with their families with support from the ruling party that adheres to Catholic values. Critics say it would negatively affect Poland's economy, eliminating tens of thousands of jobs as well as supermarket chains, which are mostly western.

Votes were dominated by the ruling party 254 for, with 156 against it with 23 abstentions to limit Sunday shopping to the first and last Sunday of the month from March 1 until the end of 2018; during 2019 only on the last Sunday each month; and a total ban starting in 2020. There will be exceptions that allow shopping before major holidays like Christmas and Easter. The Polish senate is expected to pass

the bill which will be signed into law by President Duda.

Poland has continued to maintain a strong connection to its Catholic heritage in recent years, rejecting the progressive quest for abortion on demand and thwarting assaults on traditional marriage.

Poland's Catholic bishops have praised the move as a bold step forward, though with reservations. Father Paweł Rytel-Andrianik, spokesman for the Polish Bishops Conference, said the bill

is welcomed while still "unsatisfactory."

"The bishops underscore the need to restore Sunday to society as a day of rest and time of building family ties as well as strengthening social relationships," he said. "They point out also that Sunday rest cannot be a luxury for a chosen few but is an integral part of equal treatment for all employees. Therefore, there is an urgent need to make

all Sundays free from work, just as is already the case in many European Union countries."

Economists disagree and have denounced the bill as a "disgrace."

"The government's attempt to coerce part of the population not to sell or shop on Sundays is a disgrace and has nothing to do with Catholicism," Wrocławbased economist and entrepreneur Piotr

 $Zapałowicz\ told\ Life Site News.\ ``Some$

people will lose their jobs or part of their income, especially those employed on hourly wages."

Michal Dybula, a Warsaw-

based economic strategist at Bank BGZ

BNP Paribas, said "any restriction of economic activity, such as retail trade, results in weaker economic growth."

Extracts from www.dailywire.

com/news/24046/christian-nationpoland-votes-make-sunday-day-restpaul-bois?utm_source=facebook&utm_
medium=social&utm_content=062316news&utm_campaign=benshapiro LM



Heavenly Father: Thank you for Your word which sets us free from the devil's distractions. You have shown us how to keep our minds in heavenly places and to walk in that atmosphere. "Hold up my goings in Thy paths, that my footsteps slip not" (Psalm 17:5). Do not allow me to live on the husks of others' faults! I choose not to sit with the devil and his cohorts, for my joy is found in Your presence. Amen.

WHOM DO YOU REFLECT?

By Judy Hallingstad

hen I think about all of the time I have wasted in the past dwelling on the faults of my employers, my children, my spouse, which time could have been used in walking with the Lord and not with the devil and his accusers, what a waste! We do not have time "to live on the husks of others' faults or failings." *The Ministry of Healing*, 492.

Too much time has been wasted and will be wasted that could be used in walking in peace with the Lord Jesus and not riled up with the devil and his cohorts. Did you know that the "very act of looking for evil in others develops evil in those who look"? Ibid.

Is that why I have a scowl on my face—which really is a reflec-

tion of the devil and which causes me to sit on my "pity pot"? Get out of the devil's atmosphere! If you do not have peace in your heart, in your mind, then it is time to place your thoughts upon heavenly places! Why waste your time sitting with the devil and lose out on that peace which God has promised through Jesus Christ. Put a smile on your face, put a scripture song or verse in your heart. Remember what Philippians 4:8 says: "... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be

any praise, think on these things." Paul knew what things he needed to dwell upon—we must know those same things!

"Instead of criticizing and condemning others, say,

- I must work out my own salvation.
- If I co-operate with Him who desires to save my soul, I must watch myself diligently.
- I must put away every evil from my life.
- I must overcome every fault.
- I must become a new creature in Christ.

Then, instead of weakening those who are striving against evil, I can strengthen them by encouraging words." Ibid.



Life Through Death

By Ellen G. White

The lesson of seed sowing teaches liberality. "He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully" (2 Corinthians 9:6).

The Lord says, "Blessed are ye that sow beside all waters" (Isaiah 32:20). To sow beside all waters means to give wherever our help is needed. This will not tend to poverty. "He which soweth bountifully shall reap also bountifully." By casting it away the sower multiplies his seed. So by imparting we increase our blessings. God's promise assures a sufficiency, that we may continue to give.

More than this: as we impart the blessings of this life, gratitude in the recipient prepares the heart to receive spiritual truth, and a harvest is produced unto life everlasting.

By the casting of grain into the earth, the Saviour represents His sacrifice for us. "Except a corn of wheat fall into the ground and die," He says, "it abideth alone: but if it die, it bringeth forth much fruit" (John 12:24). Only through the sacrifice of Christ, the Seed, could fruit be brought forth for the kingdom of God. In accordance with the law of the vegetable kingdom, life is the result of His death.

So with all who bring forth fruit as workers together with Christ: self-love, self-interest, must perish; the life must be cast into the furrow of the world's need. But the law of self-sacrifice is the law of self-preservation. The husbandman preserves his grain by casting it away. So the life that will be preserved is the life that is freely given in service to God and man.

The seed dies, to spring forth into new life. In this we are taught the lesson of the resurrection. Of the human body laid away to molder in the grave, God has said: "It is sown in corruption; it is raised in incorruption: it is sown in dishonor; it is raised in glory: it is sown in weakness; it is raised in power" (I Corinthians 15:42, 43).

As parents and teachers try to teach these lessons, the work should be made practical. Let the children themselves prepare the soil and sow the seed. As they work, the parent or teacher can explain the garden of the heart, with the good or bad seed sown there, and that as the garden must be prepared for the natural seed, so the heart must be prepared for the seed of truth. As the seed is cast into the ground, they can teach the lesson of Christ's death; and as



As parents and teachers try to teach these lessons, the work should be made practical. Let the children themselves prepare the soil and sow the seed. As they work, the parent or teacher can explain the garden of the heart.

the blade springs up, the truth of the resurrection. As the plant grows, the correspondence between the natural and the spiritual sowing may be continued.

The youth should be instructed in a similar way. From the tilling of the soil, lessons may constantly be learned. No one settles upon a raw piece of land with the expectation that it will at once yield a harvest. Diligent, persevering labor must be put forth in the preparation of the soil, the sowing of the seed, and the culture of the crop. So it must be in the spiritual sowing. The garden of the heart must be cultivated. The soil must be broken up by repentance. The evil growths that choke the good grain must be uprooted. As soil once overgrown with thorns can be reclaimed only by diligent labor, so the evil tendencies of the heart can be overcome only by earnest effort in the name and strength of Christ.

In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success. The attention required in transplanting, that not even a root fiber shall be crowded or misplaced, the care of the young plants, the pruning and watering, the shielding from frost at night and sun by day, keeping out weeds, disease, and insect pests, the training and arranging, not only teach important lessons concerning the development of character, but the work itself is a means of development. In cultivating carefulness, patience, attention to detail, obedience to law, it imparts a most essential training. The constant contact with the mystery of life and the loveliness of nature, as well as the tenderness called forth in ministering to these beautiful objects of God's creation, tends to quicken the mind and refine and elevate the character; and the lessons taught prepare the worker to deal more successfully with other minds.

Education, 109-111. LM



January 2018

Dear Friend,

In the last few weeks the following inspired quotation has come to my attention several times:

"In the visions of the night a very impressive scene passed before me. I saw an immense ball of fire fall among some beautiful mansions, causing their instant destruction. I heard someone say: 'We knew that the judgments of God were coming upon the earth, but we did not know that they would come so soon.' Others, with agonized voices, said: 'You knew! Why then did you not tell us? We did not know.' On every side I heard similar words of reproach spoken." *Testimonies*, vol. 9, 28.

Following is a description of a similar vision:

"Last night a scene was presented before me. ... It seemed that an immense ball of fire came down upon the world, and crushed large houses. From place to place rose the cry, 'The Lord has come! The Lord has come!' Many were unprepared to meet Him, but a few were saying, 'Praise the Lord!' 'Why are you praising the Lord?' inquired those upon whom was coming sudden destruction? 'Because we now see what we have been looking for.' 'If you believed that these things were coming, why did you not tell us?' was the terrible response. 'We did not know about these things. Why did you leave us in ignorance? Again and again you have seen us; why did you not become acquainted with us, and tell us of the judgment to come, and that we must serve God, lest we perish? Now we are lost!" Reflecting Christ, 243.

Right now, many people are starting to have serious thoughts about the end of the world because of the magnitude and rapidity of disasters that have been occurring. Now is a golden opportunity to give them a piece of literature addressing this situation.

We have two pieces of literature that you can use to warn your neighbors, relatives, friends and acquaintances. The first is a 48 page booklet entitled *The End of the World*. The second is a smaller accordion fold tract

summarizing the same thing, entitled *Is the World as We Know It Coming to an End?*

We normally sell the 48 page booklet for \$.89 each. However, if you will commit to giving them all out, we will give you 25 copies free of charge for your area. Additional copies can be purchased for \$12.50/25, plus shipping.

We sell the tract for \$10.00 per hundred, but until January 31 if you tell us that you will give them all out, we will send you 100 tracts free to a U.S. address.

Here is a suggestion for you to use when distributing:

"Hello, my name is _____. Because of the magnitude and rapidity of recent natural disasters, many people are asking if we are on the brink of worldwide disaster or even if the end of the world as we know it is approaching. I obtained this booklet/tract as I began investigating this question and am giving it free as a neighborly gesture. I am a private individual, not sponsored by any church or organization. This is yours free with no obligation."

This approach prevents wasting your efforts on those who don't want to read it. They will not be able to make the charge against you that you knew and did not warm them, as Ellen White saw in vision, because you will be offering them the opportunity to know, but they refused your offer.

Sincerely, your brother in giving the last warning message,

John J Grosboll

The Pangolin

By Judy Hallingstad

Pangolins, also known as scaly anteaters, are unique creatures that are covered in hard, plate-like scales. They are insectivorous (feeding on insects) and are mainly nocturnal. Their name, "pangolin," is derived from the Malay word "penguling," which loosely translates to "something that rolls up." ...

Pangolins have large, curved claws that they use for excavating ant and termite nests, as well as for pulling bark off trees and logs to find their insect prey. Pangolins' scales are made of keratin, the same protein that makes up our own hair and nails, rhino horns, the "teeth" of baleen whales, and the claws of bears (and other clawed animals). Their scales cover the entire body from head to tip of tail—except for their undersides, which are covered with a few sparse hairs. ... The scales of these critters comprise about 20% of their total body weight.

When pangolins feel threatened, they curl up into a tight, almost impenetrable ball to protect their tender undersides. If caught, they will thrash about using their tail muscles. Because their scales have very sharp edges, they can slice the skin of a human or predator when they do this. They may also release the stinky fluid from their glands as a defense mechanism.

They do not have teeth and are unable to chew. Instead, they have long sticky tongues that they use to catch the insects they feed on. Some species, such as the long-tailed pangolin, have prehensile tails that help in climbing in trees and hanging from branches. When the pangolin's tongue is fully extended, it can be up to 16 inches longer than its entire body length! In fact in most species, their tongues actually start deep in their chest cavity, arising from the last pair of ribs, and are about a quarter inch thick. ...

These animals can voluntarily constrict their ears and nostrils to keep insects out while they are feeding. . . . As these creatures lack teeth, stomach contents are ground with small pebbles to aid in digestion — kind of like a bird's gizzard. Their lower stomach (the pyloric region) is also lined with strange spine-like protrusions that point inward toward the center of the organ.

Pangolins have
poor vision and hearing, but their sense of
smell is quite strong. ...
It is believed that a single pangolin
consumes more than 70 million
insects per year. They mainly eat ants
and termites.

Some species find shelter in trees, while others live in underground burrows. Baby pangolins travel around with their mothers by riding on the base of her tail. Giant ground pangolins are the largest of all eight species. One was found to weigh 72.6 pounds — the largest pangolin ever recorded! Long-tailed pangolins are the smallest, weighing around 4–6 pounds.

Excerpts from www.pangolins.org

As these Pangolins have poor vision and hearing, "Those who would not fall a prey to Satan's devices, must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind must not be left to dwell at random upon every subject that the enemy of souls may suggest. The heart must be faithfully sentineled, or evils without will awaken evils within, and the soul will wander in darkness." *The Acts of the Apostles*, 518.







LANDMARKS

OF ADVENTISM

LandMarks magazine is the official publication of Steps to Life Ministry. It was started in 1993 as a voice in the revival and reformation movement. The purpose has remained the same as we enter our 25th year of publication.

Over those years, the distribution of the magazine has grown significantly. We now mail each issue to all 50 states and the District of Columbia as well as to several foreign countries.

Most of these subscriptions are sent free of charge to the recipient, but of course, they cost the ministry a significant amount to prepare, to print, and to mail.

For the first quarter of 2018, we ask your support in our efforts to make this source of spiritual food available throughout the world, especially in Third World countries, where we ship hundreds of copies each month.

If you would like to assist us in sharing the truths of God's word through *LandMarks* magazine, please mark your first quarter thirteenth Sabbath offering *LandMarks*.

January Sermon of the Month

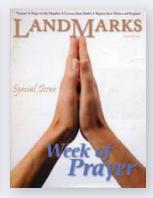
The Rich Young Ruler

By John J. Grosboll

Jesus died that all who receive Him and follow may have eternal life. Unfortunately, not all take advantage of the free gift that is offered, choosing to remain within their own comfort zone.

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







1993-1999

1999-2007

2008-present



OF ADVENTISM

By John Pearson

LandMarks magazine is the face of Steps to Life ministry. The table of contents page of LandMarks magazine contains the following statement, in part: "It is the goal of LandMarks' editors to present articles based on truth from the Bible and the Spirit of Prophecy." (You can read the entire statement on page 3 of this and every issue.)

In fulfillment of that objective, the *LandMarks*' staff searches for sources of present truth as presented by Pastor Grosboll and others who are firmly rooted and grounded in the truth held by God's true people in all ages. Of course, the source of these truths is and always will be God's word as expressed by the inspired writers of the Bible and, of course, Ellen G. White in the Spirit of Prophecy.

The LandMarks Team



Sandra Mulchin, Managing Editor. Sandra relocated from Australia fifteen years ago to join the staff at Steps to Life. For the past 11 years she has been part of the LandMarks team working now from Arkansas.



Judy Hallingstad, Backbone of *LandMarks*. Judy has been with Steps to Life since late 2003 and now with *LandMarks* for the past ten years working from Wisconsin. She diligently searches for suitable material for publication as well as writing the Key and Health articles each month.



Lynette Golia, Proofer and contributor. Lynette has been working with LandMarks for 14 years. An integral part of the team, she is chief proofer and more recently makes contributions for the Food and Nature pages as well as article suggestions from her home in Oregon.



Martin Bernar, Graphic Designer. Martin is our design genius full of ideas to make a first-class magazine. He worked as an employee of the ministry from 1998 until 2010. Since then, he has continued to design LandMarks each month from Texas.

Steps to Life began publishing LandMarks in 1993. Our purpose has not varied in the ensuing quarter of a century. The format has changed over time to keep up with current design and technology changes, but our objective remains two-fold: (1) to provide God's true people with inspiration and instruction on overcoming the natural self and reflecting the character of Jesus Christ and (2) to give encouragement and assistance to God's people as they seek to spread the three angels' messages to every nation, kindred, tribe, and people.

During the first quarter of 2018, we will provide information on the history and use of *Land-Marks*, not only in the U.S., but around the world. We will begin this month by featuring the staff that pulls each issue together.

The *LandMarks* team, though geographically spread out, has developed a wonderful comradery over the years working together happily via Internet to meet the deadlines each month.

You might realize that to have an issue ready to go in the mail by the latter part of the month preceding the issue date, work has to begin well ahead of that time. For example, for this January issue, we began gathering articles in October of last year. While most of the contents can be done a bit ahead of time, the final piece of the puzzle doesn't fall into place until just before the magazine goes to the press—the Current Events article.

Each issue contains at least one article by Pastor Grosboll, one article from the Pen of Inspiration, and the recurring section on Keys to the Storehouse, written by staff member Judy Hallingstad and containing an uplifting "key" in recognition of this familiar statement: "... prayer is the key in the hand of faith to unlock heaven's storehouse" Steps to Christ, 95.

Other recurring sections include Question and Answer, Health, a children's story, a tasty vegan recipe, and the Bible study guide for the following month.

For the remaining months of this quarter, we will feature how *LandMarks* is used in the U.S. and around the world for spiritual nourishment. If you would like to assist Steps to Life in making this source of spiritual food available, please mark your first quarter thirteenth Sabbath offering *LandMarks*.

Question

How did the Israelites sink so low as to sacrifice their own children?

Answer

There is no limit to depravity when one denies worship of the true God.

"And they left all the commandments of the LORD their God, and made them molten images, even two calves, and made a grove, and worshiped all the host of heaven, and served Baal. And they caused their sons and their daughters to pass through the fire, and used divination and enchantments, and sold themselves to do evil in the sight of the LORD, to provoke him to anger" (2 Kings 17:16, 17).

"God was a wise and compassionate lawgiver, judging all cases righteously, and without partiality. While the Israelites were in Egyptian bondage, they were surrounded with idolatry. The Egyptians had received traditions in regard to sacrificing. They did not acknowledge the existence of the God of Heaven. They sacrificed to their idol gods. With great pomp and ceremony they performed their idol worship. They erected altars to the honor of their gods, and they required even their own children to pass through the fire. After they had erected their altars they required their children to leap over the altars through the fire. If they could do this without their being burned, the idol priests and people received it as an evidence that their god accepted their offerings, and favored especially the

person who passed through the fiery ordeal. He was loaded with benefits, and was ever afterward greatly esteemed by all the people. He was never allowed to be punished, however aggravating might be his crimes. If another person who leaped through the fire was so unfortunate as to be burned, then his fate was fixed; for they thought that their gods were angry, and would be appeased with nothing short of the unhappy victim's life, and he was offered up as a sacrifice upon their idol altars.

"Even some of the children of Israel had so far degraded themselves as to practice these abominations, and God caused the fire to kindle upon their children, whom they made to pass through the fire. They did not go to all the lengths of the heathen nations; but God deprived them of their children by causing the fire to consume them in the act of passing through it.

"Because the people of God had confused ideas of the ceremonial sacrificial offerings, and had heathen traditions confounded with their ceremonial worship, God condescended to give them definite directions, that they might understand the true import of those sacrifices which were to last only till the Lamb of God should be slain, who was the great antitype of all their sacrificial offerings." *Spiritual Gifts*, vol. 3, 303, 304.



PINE STIMULATES Healing

love the smell of pine as I am sure many of you do also. Did you know that pine and evergreen trees have many healing qualities?

Let's read about some of those healing qualities.

"... Pine and other evergreen trees, as it turns out, are loaded with compounds that have a variety of positive effects on the human body.

"An extract for what ails you

Native Canadians knew all about those benefits. According to a nearly 500-year-old legend, French explorer Jacques Cartier's ship got stuck in the ice near Quebec. He and his crew faced certain death from scurvy (a vitamin C deficiency) until a tribal chieftain named Donacona brewed the sailors pine tea. It saved their lives and their explorations continued. Later, in the 1940s, a French researcher named Jacques Masquelier discovered that pine bark and needles contain vitamin C.

"That researcher went on to test French coastal pine trees (Pinus maritima) and learned that they're loaded with beneficial antioxidant compounds called flavonols and bioflavonoids. He extracted the compounds with hot water and patented his discovery as Pycnogenol. Now marketed as a dietary supplement, Pycnogenol—which has been used as a jet lag remedy—has also been studied for its ability to ease circulatory problems, knee pain, and menstrual cramps; it may even improve memory in the elderly.

"A scent for stress relief

In Japan, going for a therapeutic walk in the woods is known as shinrinyoku, which means 'taking in the atmosphere of the forest.' This practice has recently been studied for its ability to ease stress.

"In one study, researchers at Japan's Kyoto University sent 498 healthy volunteers on two 15-minute forest strolls one day, compared to a control day when they didn't walk. Volunteers rated their mood on a standard psychological scale. Their hostility and depression scores decreased significantly after walking. What's more, the more stressed-out the volunteers were to begin with, the greater the relaxation they experienced.



Pine bark and needles are high in vitamin C.

"While most of us don't have access to ancient Japanese pine forests, we can fake the same emotional effects by taking a stroll through a local Christmas tree farm—or by using essential oils such as balsam or silver fir, spruce, pine, or Scotch pine. Traditional aromatherapy recommends these foresty evergreen oils for soothing bumpy emotions and easing stress. Simply shake a few drops on your pillow or even onto a tissue. Breathe in deeply and slowly, relax

"Oils for bronchitis or chest coughs

Pine's ability to heal isn't confined to your emotions. It also provides gentle relief for colds and congested sinuses. Add three drops of pine essential oil to a bowl of hot tap water, cover your head with a towel, and inhale the steam through your nose and mouth.

"A massage for sore muscles

Add five drops of pine oil (P. pinaster) to two tablespoons of vegetable oil and use it to massage away muscle aches and pains. (Caution: Do not use Scotch pine oil—P. sylvestris—on the skin, as it may be irritating.) ..."

http://www.foxnews.com/
health/2012/12/04/healing-power-pine/

Live pine trees with their wonderful scents are very healthy to be around. Ellen White also talks about pine as being a health benefit:

"In a certain place, preparations were being made to clear the land for the erection of a sanitarium. Light was given that there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting. Let not such trees be ruthlessly cut down. . . . Let them live." *Selected Messages*, Book 2, 301.

"How grateful to the invalids weary of city life, the glare of many lights, and the noise of the streets, are the quiet and freedom of the country! How eagerly do they turn to the scenes of nature! How glad would they be to sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health restoring." The Ministry of Healing, 264.

It is time to get out and smell the pine! God's creation is always comforting and healing.





FROM SINNER TO SAINT

BY JOHN J. GROSBOLL

Sometimes we can make decisions in a moment of time that will affect our lives either for the better, so that we have abundant and lifelong happiness, or for the worse, so that our happiness is destroyed and often irreparable. The Bible records experiences of people with both outcomes.

After Jesus rose from the tomb on the third day, the Bible records ten different incidences of personal interviews He had with people:

- Mary Magdalene, out of whom He had cast seven demons (Mark 16:9).
- A small group of women who had come to the tomb Sunday morning (Matthew 28:9, 10).
- Peter (1 Corinthians 15:5).
- Two men on a road to Emmaus, the Sunday afternoon of His resurrection (Luke 24:15).
- His eleven disciples (John 20:19; 1 Corinthians 15:5).
- A group of over 500 at one time (I Corinthians 15:6). When the book of Corinthians was written, Paul said the majority of those people were still alive.
- James, Jesus' step brother (I Corinthians 15:7).
- Jesus appeared a second time to the eleven (John 20:26).
- Some days later, He appeared to seven of the disciples (John 21:1).
- Paul, on the road to Damascus (1 Corinthians 15:8, 9).

When the apostle Paul met the Lord Jesus on the Damascus road, it was a momentary event that completely changed forever the course of his life. He was instantly transformed from persecutor into an apostle of the gospel after his personal interview with the Lord. This story of the conversion of the apostle Paul is still today one of the leading evidences of the Christian religion. While on a journey to Damascus to arrest Christians and bring them back, bound, to Jerusalem he was stopped in his tracks by a great light, brighter than the sun. He saw a glorious Personage in front of him that spoke to him, saying, "Saul, Saul, why are you persecuting Me" (Acts 22:7)?

Trembling, astonished, and inquiring what he was to do, Paul, being blinded by the light, was led into Damascus by the hand of those that were with him to wait on further instructions (see Acts 9:4–6). While in Damascus Paul was baptized.

Many years later telling his story to the Jews in Jerusalem, he said, "And since I could not see for the glory of that light, being led by the hand of those who were with me, I came into Damascus" (Acts 22:11).

Later he related to King Agrippa some other things that the Lord told him on the Damascus road. The Lord if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them" (2 Corinthians 4:3, 4).

Every person who works in evangelism has this experience. When you read the Bible and pray that the Lord will help you to understand it, the meaning becomes so plain that you wonder how others can't see it. Paul explains that it is the god of this age that dulls our understanding. This was the same experience for the Jews

Sometimes we can make decisions in a moment of time that will affect our lives either for better, or worse. A momentous event instantly transformed Saul the persecutor into Paul the apostle.

said to him, "'I am Jesus, whom you are persecuting. But rise and stand on your feet; for I have appeared to you for this purpose, to make you a minister and a witness both of the things which you have seen and of the things which I will yet reveal to you. I will deliver you from the Jewish people, as well as from the Gentiles, to whom I now send you, to open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me.' Therefore, King Agrippa, I was not disobedient to the heavenly vision." (Acts 26:15-19).

Paul was commissioned to preach, the result being that people were to have their eyes opened. "But even when Jesus was here. It says in John 12:39–41, "Therefore they could not believe, because Isaiah said again: 'He has blinded their eyes and hardened their hearts, lest they should see with their eyes, lest they should understand with their hearts and turn, so that I should heal them.' These things Isaiah said when he saw His glory."

However, Jesus said, "I have come as a light into the world, that whoever believes in Me should not abide in darkness" (verse 46).

O, friend, do you have spiritual vision, or has your mind been blinded by the god of this world so that you cannot see? The Bible predicts that in the last days God's professed followers will think that they can see, but they're actually blind. Notice what it says in Revelation 3:17, 18: "Because

you say, 'I am rich, have become wealthy, and have need of nothing'—and do not know that you are wretched, miserable, poor, blind, and naked—I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed, that the shame of your nakedness may not be revealed; and anoint your eyes with eye salve, that you may see."

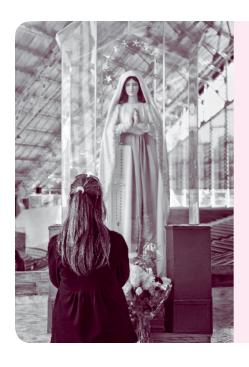
In Matthew the 15th chapter, speaking of the Jewish leaders, Jesus says, "Let them alone. They are blind leaders of the blind. And if the blind leads the blind, both will fall into a ditch" (verse 14). Here is a description of a church member who doesn't know the word of God for himself but hangs on every word of a clergyman or other supposed leader who is just as spiritually ignorant. They will both eventually fall in a ditch.

And the main reason for their blindness? Jesus says, "Hypocrites! Well did Isaiah prophesy about you, saying: 'These people draw near to Me with their mouth, and honor Me with their lips, but their heart is far from Me. And in vain they worship Me, teaching as doctrines the commandments of men' " (verses 7–9). The Jews thought they were keeping the commandments, but were actually breaking them with all their traditions (verse 6). The same happens today. Many Christians believe that they are keeping the commandments while in reality, they are just keeping them according to their own particular traditions.

Jesus said, "Why do you also transgress the commandment of God because of your tradition? For God commanded, saying, 'Honor your father and your mother'; and, 'He who curses father or mother, let him be put to death.' But you say, 'Whoever says to his father or mother, "Whatever profit you might have received from me has been dedicated to the temple," is released from honoring his father and mother.' Thus you have made the commandment of God of no effect by your tradition" (verses 3–6, literal translation).

In I John 2:7–II, the apostle John identifies who is in the light and who is in the dark and can't see where they are going. He said, "Brethren, I write no new commandment to you, but an old commandment which you have had from the beginning. The old commandment is the word which you heard from the beginning. Again, a new commandment I write to you, which thing is true in Him and in you, because the darkness is passing away, and the true light is already shining. He who says he is in the light, and hates his brother, is in darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes."

O friend, how is it with you? The first four commandments say that you are supposed to love God with all your heart, soul, and mind. The last six commandments say to treat your neighbor as yourself. If you hate your



The Jews thought they were keeping the commandments, but were actually breaking them with all their traditions. The same happens today. Many Christians believe that they are keeping the commandments while in reality, they are just keeping them according to their own particular traditions.

brother, you break the last six commandments of the law. If you don't love God with all your heart, you break the first four commandments of the law. If you hate your brother, your eyes are blinded, you are in the dark, and you don't understand where you are going or where you will end up.

Many people think they are on their way to heaven but will find out at the last that they have been travelling down the broad road that leads to destruction. They were deceived into thinking that through their traditions they were keeping the commandments of God when actually they were not. They claimed that they were keeping God's commandments. They claimed that they loved God with all their heart, soul, and mind, and their neighbor as themselves, but not really.

The Lord commissioned the apostle Paul to open their eyes, so that they can see, and to turn them from darkness to light. A person is in darkness when he hates his fellow man because they also have been made in the image of God. Paul's job was to turn them from the power of Satan to the light.

The Gentiles, those who were not Jewish, were not aware that by worshiping their idols and other gods they were giving homage to the evil one and were under the power of Satan. Paul told the Corinthians, "What am I saying then? That an idol is anything, or what is offered to idols is anything? Rather, that the things which the Gentiles sacrifice [to their idols] they sacrifice to demons and not to God, and I do not want you to have fellowship with demons" (I Corinthians 10:19, 20).

Demons are deceptive. They do not manifest themselves as the demons that they are. They claim to be angels of light. Notice what the apostle Paul says about this in 2 Corinthians II:13–15: "For such are false apostles,



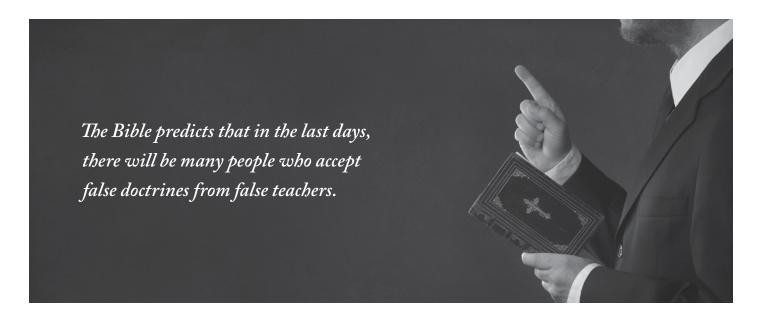
If you hate your brother, you break the last six commandments of the law.

deceitful workers, transforming themselves into apostles of Christ. And no wonder! For Satan himself transforms himself into an angel of light. Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works." All who do not worship the true God, the Creator God, are worshiping demons that claim to be ministers of righteousness.

The Bible predicts that in the last days, there will be many people who accept false doctrines from false teachers. "The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved. And for this reason God will send them strong delusion, that they should believe the lie, that they all may be condemned who did not believe the truth but had pleasure in unrighteousness" (2 Thessalonians 2:9-12).

O, friend, if you have pleasure in unrighteousness you are going to be deceived in the last days. John explains in I John 5:17 that all unrighteousness is sin. Sin is transgressing God's law (I John 3:4 KJV). So, having pleasure in unrighteousness is having pleasure in sin, or having pleasure in breaking God's law. If you have pleasure in unrighteousness because you do not love the truth, you will be deceived.

Paul cautions the Christians to come out from all those practices so that they can turn from the power of Satan to the power of God. He cautions, "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? And what accord has Christ with Belial? Or what part has a believer with an unbeliever? And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: 'I will dwell in them and walk among them. I will be their God, and



they shall be My people.' Therefore 'come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you.' 'I will be a Father to you, and you shall be My sons and daughters, says the LORD Almighty'" (2 Corinthians 6:14–18).

So, not only were their eyes to be opened, not only were they to be delivered from darkness to light, not only were they to be delivered from the power of Satan to the power of God, but also, when they turned to the Lord, they were to receive forgiveness of sins. Whom God forgives, He first makes penitent. He first gives repentance, so that they confess their sins. The Bible says there is one mediator between God and men (I Timothy 2:5). There is only one Person in the universe that can forgive your sins. Peter said in Acts 4:12, literal translation, "Neither is there any other name under heaven given among men whereby we must be saved." The Lord wants to save you, friend. He wants to deliver you from the power of Satan.

In I John 3:8–10 it says, "He who sins is of the devil (under the control or influence 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."

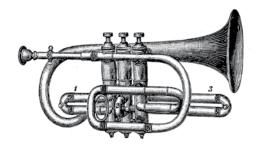
There is a goal to be reached at the end of the Christian journey. Your eyes will be opened and you will turn from the darkness of the power of Satan to live a new life in the light and power of God. You confess Jesus as your Lord and Saviour and invite Him to be Sovereign of your life so that you can receive the forgiveness of sins. Now you are ready to "receive an inheritance among those that are sanctified" (Acts 26:18, literal translation). To be sanctified means to be a holy person. The New Testament teaches that only holy people will be in heaven. It says, "Pursue peace with all people, and holiness, without which no one will see the Lord" (Hebrews 12:14).

Peter wrote the necessity of holiness when he said, "Because it is written, 'Be holy, for I am holy.' And if you call on the Father, who without partiality judges according to each one's work, conduct yourselves throughout the time of your stay here in fear" (I Peter I:16, 17).

"Be holy; for I am holy" (Leviticus II:44). God wants to make you a holy person. "It is God who works in you both to will and do His good pleasure" (Philippians 2:13, literal translation). He wants to open your eyes, turn you from darkness to light, deliver you from the power of Satan to the power of God so that your sins can be forgiven and so that you can receive, someday, an inheritance among those that are sanctified. You will be holy, too.

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

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



FINDING MY CORNET

"ne, two, three, four, five, six, seven, eight."

"There's one more piece, porter—a basket!"

"No, sir! Your ticket says eight pieces. That's all you put in."

"But the basket! It has my cornet in it, porter."

"Well, I'm sorry for you, mister, but it isn't usual to expect more out of a cloakroom than you put in. You'd better inform the police."

"Then is it really truly lost?"

The awful truth that the porter's statements were correct made me feel sick all over. No, stopping to think, I couldn't remember seeing the basket when we got off the train in the morning. My cornet was lost!

Here we were on our way to the Burma meeting. The good pastor over there wanted some help with the music. But now it was gone. Gone! The cornet that had inspired the jungle band, and had played in a hundred villages—gone! I was surely disheartened.

I informed the police. I informed the station master. I searched the station and the lost luggage room. I asked every coolie within hearing distance if he had seen my basket. Not a soul had seen such a basket all day long. Neither had I. That was the whole trouble. The basket was lost, and my cornet was gone!

Lifelessly I put my eight pieces of luggage into the cart, and directed the driver to the mission house. I felt dejected. All at once the thought flashed into my mind, Why not pray? It was then just 3:30 in the afternoon. So right there, in that old cart rumbling off down the road, mingling with the thousand sounds and voices common to an Eastern street, I prayed.

I told the Lord that cornet was just as much His as it was mine. I told Him that it was just as good a preacher as I was. Then as we talked the situation over together, I dared to ask Him that if it could glorify His name, if it could benefit His cause, to please have it sent back that evening, as I wanted to take it to the meeting the next day.

Talking it all over with the Lord lifted my burden, and made me feel sure that God was now going to take matters into His hands. Maybe He would teach me a severe lesson. But I felt safe in the hands of the Lord, because He always works things out

for our good. That's what the Bible says (Romans 8:28). In this frame of mind, I completed the journey to the mission house, where my wife, sharing my disappointment and hope, helped me get things ready for the night.

While we were thus engaged, at five o'clock in the afternoon, there was a knock at the door. I opened the door and a total stranger stood before me with my basket in his hand! A friend of his, traveling in the ladies' compartment with my wife, had by mistake taken it with her luggage. She had remembered my wife's name, and in conversation had learned that we were Seventh-day Adventists. The stranger had quite a time finding us. First, he went to the church, then to the pastor's home, then to the office, and finally to the mission house where we were staying. He declared that his friend had given him no peace till, at 3:30, he had started off in a cart to hunt us up.

But why did our friend wait till 3:30 before starting out to hunt us? Just what was it that made him start that afternoon at exactly 3:30?

Eagles, True Education Series, Eric B. Hare, adapted, 40, 41. LM



NO GOOD REASON FOR BEING DISCOURAGED

BY ELLEN G. WHITE

There is no good reason for any one's becoming discouraged. There is no sin, no matter how deeply seated in the physical man, or how long it has been indulged, but what if fully surrendered to Him who has all power in heaven and earth, it can be fully conquered.

By keeping our eyes fixed upon Jesus by faith, we can resist every temptation. From all temptations that are too strong for us to bear, He has promised to make a way of escape. It is the mind of God that we live without sin; for if in His strength we can conquer every temptation that He allows to come upon us, and He makes a way of escape for temptations too strong to bear, there can be no reason why we should not become sinless, and live a pure life. It is sin that discourages us, and only sin.

That it is God's mind that we live without sin, is evident from I John 2:I, first part: "My little children, these things write I unto you, that ye sin not." Why would God write to us, through His servant, "that ye sin not," if there was no way to be kept from sinning? It would certainly be useless thus to admonish if there was no possible way for the admonition to take effect.

But strive as we may, and be as determined as we know how, we are told in *Steps to Christ*, 64, that "we shall often have to bow and weep at the feet of Jesus because of our shortcomings and mistakes; but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God." No; for the Lord did not leave the text unfinished, but added, "And if any man sin, we have an advocate with the Father, Jesus Christ, the righteous" (I John 2:I, *last part*). Praise His name for this!

Many are perplexed over this text. They seem to think it impossible to live without sin, and positively declare that it cannot be done. They grasp the latter part of the text, "And if any man sin, we have an advocate," etc., and then without any dependence of Christ, try in their own strength not to repeat the sin. The temptation can be met successfully only by keeping our eyes upon



Jesus, and by exercising faith in His keeping power (1 Peter 1:5).

But our danger lies in losing sight of Christ, and our faith failing. If we do, we will certainly sin.

Let us illustrate: A man is thrown overboard at sea. A line is thrown within his reach, and he grasps it tightly. As long as he clings to it, he is drawn toward the ship. But as he nears the vessel, he begins to think himself quite secure, which causes him somewhat to loosen his grasp; and before he is aware of it, he has lost his hold entirely. He is again at the mercy of the wind and the waves. He awakens anew to his perilous condition, and again calls loudly for help. The deliverer again throws the lifeline, which is grasped more tightly than ever. Had he been more careful not to lose his hold the first time, it would have been much better. A mountainous wave might have swept him away, just as he was reaching out to lay hold of the line.

It is just so with the sinner. He is shipwrecked on the sea of death; but God in His mercy has thrown the life-line of His promise (I John I:9), and many a shipwrecked mariner has grasped it, but again he has grown careless and lost his hold. Some have awakened again to grasp the life-line (I John 2:I, *last part*), to lay hold of it more securely, pray more fervently, believe more fully, and watch more diligently; while others have been swept away by some great temptation, and have given up in despair.

By continually keeping our eyes fixed upon Christ, we can live without sin. By looking away from Him, we will sin. We can look to Him continually. We may become careless and lose sight of Him. But if we make calculations that we cannot live out the admonition, "that ye sin not," we have already looked away from Christ, made provisions to fulfill the lusts of the flesh, and will sink in despair.

May our faith take hold of His keeping power, and we be preserved from the terrible temptations that are awaiting us on every side.

Ellen G. White Present Truth and Review and Herald Articles, March 7, 1893.

Insights from the Book of Isaiah II

January 28 – February 3

Beholding the Lamb

Key Text

"He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed" (Isaiah 53:5).

Study Help: Testimonies, vol. 2, 200-215.

Introduction

"Look, O look upon the cross of Calvary; behold the royal victim suffering on your account." *That I May Know Him*, 65.

Sunday

1 THE TONGUE OF THE TEACHER

a.	How can we speak to others as Jesus did? Isaiah 50:4, 5.

Note: "Naturally we are self-centered and opinionated. But when we learn the lessons that Christ desires to teach us, we become partakers of His nature; henceforth we live His life. The wonderful example of Christ, the matchless tenderness with which He entered into the feelings of others, weeping with those who wept, rejoicing with those who rejoiced, must have a deep influence upon the character of all who follow Him in sincerity. ...

"All around us are afflicted souls. Here and there, everywhere, we may find them. Let us search out these suffering ones and speak a word in season to comfort their hearts. Let us ever be channels through which shall flow the refreshing waters of compassion.

"In all our associations it should be remembered that in the experience of others there are chapters sealed from mortal sight. On the pages of memory are sad histories that are sacredly guarded from curious eyes. There stand registered long, hard battles with trying circumstances, perhaps troubles in the home life, that day by day weaken courage, confidence, and faith. Those who are fighting the battle of life at great odds may be strengthened and encouraged by little attentions that cost only a loving effort. To such the strong, helpful grasp of the hand by a true friend is worth more than gold or silver. Words of kindness are as welcome as the smile of angels." *The Ministry of Healing*, 157, 158.

Monday

2 A SCENE TO CONTEMPLATE

a.	What were some of the things which Christ suffered us? Why did He do this? Isaiah 50:6; 52:13-15.	

Note: "The glorious Son of God ... bore insult, mockery, and shameful abuse, until 'His visage was so marred more than any man, and His form more than the sons of men' (Isaiah 52:14).

"Who can comprehend the love here displayed! The angelic host beheld with wonder and with grief Him who had been the Majesty of heaven, and who had worn the crown of glory, now wearing the crown of thorns, a bleeding victim to the rage of an infuriated mob, fired to insane madness by the wrath of Satan. Behold the patient Sufferer! Upon His head is the thorny crown. His lifeblood flows from every lacerated vein. All this in consequence of sin! Nothing could have induced Christ to leave His honor and majesty in heaven, and come to a sinful world, to be neglected, despised, and rejected by those He came to save, and finally to suffer upon the cross, but eternal, redeeming love, which will ever remain a mystery." *Testimonies*, vol. 2, 207.

"Pride and self-worship cannot flourish in the soul that keeps fresh in memory the scenes of Calvary." *The Desire of Ages*, 661.

b.	Describe the appearance of Jesus as foretold by Isaiah		
	the prophet. Isaiah 53:2. Why were many turned off by		
	His plain appearance?		

Note: "Worldly associations attract and dazzle the senses so that piety, the fear of God, faithfulness, and loyalty have not power to keep men steadfast. The humble, unassuming life of Christ seems altogether unattractive. To many who claim to be sons and daughters of God, Jesus, the Majesty of heaven, is 'as a root out of a dry ground: He hath no form nor comeliness' (Isaiah 53:2)." *The Adventist Home*, 461.

"Prophecy foretold that Christ was to appear as a root out of dry ground. [Isaiah 53:2, 3 quoted.] This chapter should be studied. It presents Christ as the Lamb of God. Those who are lifted up with pride, whose souls are filled with vanity, should look upon this picture of their Redeemer, and humble themselves in the dust. The entire chapter should be committed to memory. Its influence will subdue and humble the soul defiled by sin and uplifted by self-exaltation." *The Youth's Instructor*, December 20, 1900.

Tuesday

3 DESPISED AND REJECTED

a. How do many respond to Jesus' love? Isaiah 53:3. What has He borne for us? Verses 4, 5.

Note: "It was through infinite sacrifice and inexpressible suffering that our Redeemer placed redemption within our reach. He was in this world unhonored and unknown, that, through His wonderful condescension and humiliation, He might exalt man to receive eternal honors and immortal joys in the heavenly courts. During His thirty years of life on earth His heart was wrung with inconceivable anguish. The path from the manger to Calvary was shadowed by grief and sorrow. He was a man of sorrows, and acquainted with grief, enduring such heartache as no human language can portray. He could have said in truth, 'Behold, and see if there be any sorrow like unto my sorrow' (Lamentations 1:12). Hating sin with a perfect hatred, He yet gathered to His soul the sins of the whole world. Guiltless, He bore the punishment of the guilty. Innocent, yet offering Himself as a substitute for the transgressor. The guilt of every sin pressed its weight upon the divine soul of the world's Redeemer. The evil thoughts, the evil words, the evil deeds of every son and daughter of Adam, called for retribution upon Himself; for He had become man's substitute. Though the guilt of sin was not His, His spirit was torn and bruised by the transgressions of men, and He who knew no sin became sin for us, that we might be made the righteousness of God in Him." Selected Messages, Book 1, 322.

"How few have any conception of the anguish which rent the heart of the Son of God during His thirty years of life upon earth." *That I May Know Him*, 66.

"The Son of God was rejected and despised for our sakes. Can you, in full view of the cross, beholding by the eye of faith the sufferings of Christ, tell your tale of woe, your trials? Can you nurse revenge of your enemies in your heart while



Let us ever be channels through which shall flow the refreshing waters of compassion.

the prayer of Christ comes from His pale and quivering lips for His revilers, His murderers—'Father, forgive them; for they know not what they do' (Luke 23:34)? ...

"We must not shrink from the depths of humiliation to which the Son of God submitted in order to raise us from the degradation and bondage of sin to a seat at His right hand. ... It is high time we devoted the few remaining precious hours of our probation to washing our robes of character and making them white in the blood of the Lamb, that we may be of that white-robed company who shall stand about the great white throne." Ibid., 65.

Wednesday

4 THE UNCOMPLAINING VICTIM

a. What should we learn from the way Jesus responded to the abuse heaped upon Him at the time of the crucifixion? Isaiah 53:6-9; 1 Peter 2:19-24.

Note: "We should take our fitting place in humble penitence at the foot of the cross. We may learn the lessons of meekness and lowliness of mind as we go up to Mount Calvary, and, looking upon the cross, see our Saviour in agony, the Son of God dying, the Just for the unjust. Behold Him who could

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summon legions of angels to His assistance with one word, a subject of jest and merriment, of reviling and hatred. He gives Himself a sacrifice for sin. When reviled, He threatened not; when falsely accused, He opened not His mouth. He prays on the cross for His murderers. He is dying for them. He is paying an infinite price for every one of them. He would not lose one whom He has purchased at so great cost. He gives Himself to be smitten and scourged without a murmur. And this uncomplaining victim is the Son of God. His throne is from everlasting, and His kingdom shall have no end." *That I May Know Him*, 65.

"In His humanity Christ was tried with as much greater temptation, with as much more persevering energy than man is tried by the evil one, as His nature was greater than man's. This is a deep mysterious truth, that Christ is bound to humanity by the most sensitive sympathies. The evil works, the evil thoughts, the evil words of every son and daughter of Adam press upon His divine soul. The sins of men called for retribution upon Himself, for He had become man's substitute, and took upon Him the sins of the world." Ibid., 66.

b.	What was heaven's purpose in the incarnation of Christ?
	Isaiah 53:10.

Note: "The Majesty of heaven pleased not Himself. Whatever He did was in reference to the salvation of man. Selfishness in all its forms stood rebuked in His presence. He assumed our nature that He might suffer in our stead, making His soul an offering for sin. He was stricken of God and afflicted to save man from the blow which he deserved because of the transgression of God's law. By the light shining from the cross, Christ proposed to draw all men unto Him. His human heart yearned over the race. His arms were opened to receive them, and He invited all to come to Him. His life on earth was one continued act of self-denial and condescension." *Testimonies*, vol. 4, 418.

Thursday

5 FOOD FOR THOUGHT

a. What inspired Christ to suffer such a disgraceful death? Isaiah 53:11, 12.

Note: "The adorable Redeemer ... did not die as a hero in the eyes of the world, loaded with honors, as men in battle. He died as a condemned criminal, suspended between the heavens and the earth—died a lingering death of shame, exposed to the tauntings and revilings of a debased, crime-loaded, profligate multitude! ...

"All this humiliation of the Majesty of heaven was for guilty, condemned man. He went lower and lower in His humiliation, until there were no lower depths that He could reach, in order to lift man up from his moral defilement. All this was for you." *That I May Know Him*, 68.

b.	consider? Hebrews 2:3, 14, 15.
-	

Note: "However sinful, however guilty you may be, you are called, you are chosen. 'Draw nigh to God, and He will draw nigh to you' (James 4:8, *first part*). Not one will be forced against his will to come to Jesus Christ. The Majesty of heaven, the only-begotten Son of the true and living God, opened the way for you to come to Him, by giving His life as a sacrifice on Calvary's cross. But while He suffered all this for you, He is too pure, He is too just, to behold iniquity. But even this need not keep you away from Him; for He says, 'I came not to call the righteous, but sinners to repentance' (Mark 2:17, *last part*)." *Fundamentals of Christian Education*, 251, 252.

Friday

PERSONAL REVIEW QUESTIONS

- What do we need to learn in order to be more of a blessing to others?
- What will be the effect upon us if we commit Isaiah 53 to memory?
- As we view the sufferings of Jesus on the cross, what will we be unable to do?
- 4 Why did Jesus remain silent on the cross, except for praying for His enemies?
- How can we show our appreciation for what Jesus has done for us?

February 4 – 10

Sharing With Our Neighbors

Key Text

"Fear ye not, neither be afraid: have not I told thee from that time, and have declared it? ye are even My witnesses. Is there a God beside Me? yea, there is no God; I know not any" (Isaiah 44:8).

Study Help: *Prophets and Kings*, 367–378.

Introduction

"We should know individually and be able to tell others that every promise of God is true. It is by bearing a straightforward testimony in word and work, that we are counted as true, faithful witnesses for Christ." *The Review and Herald*, July 7, 1903.

Sunday

1 REACHING THE UNREACHED

a.	His fold. Ezekiel 34:12–14. What was the modern-day messenger of God bidden to say about this need?
	incescinger of God bidden to say about this need.

Dasariha tha Land'a mlan fan Hia ahaan wha ana awtai da

Note: "As I traveled through the South on my way to the Conference, I saw city after city that was unworked. What is the matter? The ministers are hovering over churches, which know the truth, while thousands are perishing out of Christ. If the proper instruction were given, if the proper methods were followed, every church member would do his work as a member of the body. He would do Christian missionary work. But the churches are dying, and they want a minister to preach to them. They should be taught to bring a faithful tithe to God, that He may strengthen and bless them. They should be brought into working order, that the breath of God may come to them. They should be taught that unless they can stand alone, without a minister, they need to be converted anew, and baptized anew. They need to be born again." *The Ellen G. White 1888 Materials*, 1750.

"The world is to be warned. Ministers should work earnestly and devotedly, opening new fields and engaging in personal labor for souls, instead of hovering over the churches that already have great light and many advantages." *Testimonies*, vol. 7, 255.

2 STRENGTHENED BY SERVICE

a.	What saving light must be given to every person on earth? Isaiah 42:6; Mark 16:15. How have we as individual believers often neglected this duty—especially when assembled in larger congregations?
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Note: "The commission of Christ is to be carried out to the letter. God's people must consecrate to Him their means and their capabilities. The faithful soldiers of the cross of Christ are to go forth without the camp, bearing the reproach, and following in the path of self-denial trodden by the Redeemer.

"The ministers who are hovering over the churches, preaching to those who know the truth, would better go into places still in darkness. Unless they do this, they themselves and their congregations will become dwarfed. Our religion has become weak and sickly because the members of the church have left their first love. They might be strong men and women in Christ if they would obey the Lord's directions. ...

"The world is perishing in sin. How much longer will you allow yourselves to be held from the great, needy vineyard, when the history of this world is so near its close?" *The Review and Herald*, February 9, 1905.

"There are many of the members of our large churches doing comparatively nothing, who might accomplish a good work, if, instead of crowding together, they would scatter into places that have not yet been entered by the truth." Ibid., November 26, 1914.

b.	What must every minister and layperson keep in mind? Isaiah 43:11.

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Note: "The people of God who have had light and knowledge have not carried out the high and holy purposes of God. They have not advanced from victory to victory, adding new territory, lifting up the standard in the cities and their suburbs. Great spiritual blindness has been shown by those who have had great light flashed upon them by the Lord, but who have not advanced in the light to greater and still greater light. Church members have not been encouraged to use spiritual nerve and muscle in the work of advancement. ...

"In every church young men and young women should be selected to bear responsibilities. Let them make every effort to qualify themselves to help those who know not the truth. God calls for earnest, whole-souled workers. The humble and contrite will learn by personal experience that *beside Him* there is no savior." *Testimonies*, vol. 9, 139. [Emphasis author's.]

Tuesday

3 REFRESHMENT FOR THE THIRSTY

a. What does God promise to do for those who seek to carry out His will wholeheartedly? Isaiah 44:3, 4.

Note: "We are taught in God's word that this is the time, above all others, when we may look for light from heaven. It is now that we are to expect a refreshing from the presence of the Lord. We should watch for the movings of God's providence as the army of Israel watched for 'the sound of a going in the tops of the mulberry trees' (2 Samuel 5:24)—the appointed signal that heaven would work for them.

"God cannot glorify His name through His people while they are leaning upon man and making flesh their arm. Their present state of weakness will continue until Christ alone shall be exalted; until, with John the Baptist, they shall say from a humble and reverent heart: 'He must increase, but I must decrease' (John 3:30). Words have been given me to speak to the people of God: 'Lift Him up, the Man of Calvary. Let humanity stand back, that all may behold Him in whom their hopes of eternal life are centered.' ...

"It is to the thirsting soul that the fountain of living waters is open. ... [Isaiah 44:3 quoted.] To souls that are earnestly seeking for light and that accept with gladness every ray of divine illumination from His holy word, to such alone light will be given. It is through these souls that God will reveal that light and power which will lighten the whole earth with His glory." *Testimonies*, vol. 5, 728, 729.

b. 	b.	Describe the folly of the world in trusting to their idols. Isaiah 44:9, 14–17; 46:5–8. What refreshing news do these idol worshipers need to hear? Isaiah 44:22; Psalm 103:11–13.

Note: "God longs to breathe into prostrate humanity the breath of life. And He will not permit any soul to be disappointed who is sincere in his longing for something higher and nobler than anything the world can offer. Constantly He is sending His angels to those who, while surrounded by circumstances the most discouraging, pray in faith for some power higher than themselves to take possession of them and bring deliverance and peace. In various ways God will reveal Himself to them and will place them in touch with providences that will establish their confidence in the One who has given Himself a ransom for all, 'that they might set their hope in God, and not forget the works of God, but keep His commandments' (Psalm 78:7)." Prophets and Kings, 377, 378.

Wednesday

4 ENLARGING OUR BORDERS

a.	What does God want His despised, forsaken remnant to do? Psalm 5:11; Isaiah 54:1.

Note: "All the fifty-fourth chapter of Isaiah is applicable to the people of God, and every specification of the prophecy will be fulfilled." "Ellen G. Comments," *The Seventh-day Adventist Bible Commentary*, vol. 4, 1148.

υ.	and homes to others. Isaiah 54:2, 3; Hebrews 13:1, 2.
_	

Note: "God has given me a message for His people. They must awake, spread their tents, and enlarge their borders. My brethren and sisters, you have been bought with a price, and all that you have and are is to be used to the glory of God and for the good of your fellow men. Christ died on the cross to save the world from perishing in sin. He asks your co-operation in this work. You are to be His helping hand. With earnest, unwearying effort you are to seek to save the lost. Remember that it was your sins that made the cross necessary. When you accepted Christ as your Saviour you pledged yourself to unite with Him in bearing the cross. For life and for death you are bound up with Him, a part of the great plan of redemption.

"The transforming power of Christ's grace molds the one who gives himself to God's service. Imbued with the Spirit of the Redeemer, he is ready to deny self, ready to take up the cross, ready to make any sacrifice for the Master. No longer can he be indifferent to the souls perishing around him. He is lifted above self-serving. He has been created anew in Christ, and self-serving has no place in his life." *Testimonies*, vol. 7, 9, 10.

c. What amazing promises are associated with this type of missionary work? Isaiah 54:4, 5, 10, 17.

Note: "God's everlasting arm encircles the soul that turns to Him for aid, however feeble that soul may be. The precious things of the hills shall perish; but the soul that lives for God, unmoved by censure, unperverted by applause, shall abide forever with Him." *Testimonies*, vol. 4, 328.

Thursday

5 PROMISING PROSPECTS AHEAD

a. What does God want us to be to those around us, and what assurances are there for those who undertake this work? 2 Chronicles 16:9; Isaiah 11:10–13; 57:13, 14.

Note: "The groups of missionaries in heathen lands have been likened by the prophet to ensigns set up for the guidance of those who are looking for the light of truth. ...



There are many of the members of our large churches doing comparatively nothing, who might accomplish a good work, if, instead of crowding together, they would scatter into places that have not yet been entered by the truth.

"The day of deliverance is at hand. ... Among all nations, kindreds, and tongues, He sees men and women who are praying for light and knowledge. Their souls are unsatisfied; long have they fed on ashes. (See Isaiah 44:20.) The enemy of all righteousness has turned them aside, and they grope as blind men. But they are honest in heart and desire to learn a better way. Although in the depths of heathenism, with no knowledge of the written law of God nor of His Son Jesus, they have revealed in manifold ways the working of a divine power on mind and character.

"At times those who have no knowledge of God aside from that which they have received under the operations of divine grace have been kind to His servants, protecting them at the risk of their own lives. The Holy Spirit is implanting the grace of Christ in the heart of many a noble seeker after truth, quickening his sympathies contrary to his nature, contrary to his former education." *Prophets and Kings*, 375–377.

"The Lord sends the message, 'Take up the stumbling-block out of the way of My people.' Earnest effort is to be put forth to counterwork the influences that have kept back the message for this time. A solemn work is to be done in a short space of time." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 4, 1148.

Friday

PERSONAL REVIEW QUESTIONS

- If we are truly converted, what should we be willing to do in our churches?
- 2 Explain the disadvantage of large congregations.
- 3 To whom only will light be given, and what will they do with this light?
- 4 In what ways can I "enlarge" my "tent" for the Lord?
- What steps can we take to help those who are blindly groping for light?

February 11 - 17

The Struggles of the Remnant

Key Text

"Hearken unto Me, ye that know righteousness, the people in whose heart is My law; fear ye not the reproach of men, neither be ye afraid of their revilings" (Isaiah 51:7).

Study Help: Thoughts from the Mount of Blessing, 117–119; Selected Messages, Book 1, 121–143.

Introduction

"The law of God will stand fully vindicated. It will be seen that all the dealings of God have been conducted with reference to the eternal good of His people, and the good of all the worlds that He has created." *Patriarchs and Prophets*, 338, 339.

Sunday

1 TRYING TIMES FOR THE RIGHTEOUS

a. In Isaiah's time, what developments occurred in Judah during the reign of King Manasseh? 2 Kings 21:16; 2 Chronicles 33:9–11.

Note: "The kingdom of Judah ... was once more brought low during the long years of Manasseh's wicked reign, when paganism was revived, and many of the people were led into idolatry. ... The glorious light of former generations was followed by the darkness of superstition and error. Gross evils sprang up and flourished—tyranny, oppression, hatred of all that is good. Justice was perverted; violence prevailed.

"Yet those evil times were not without witnesses for God and the right. The trying experiences through which Judah had safely passed during Hezekiah's reign had developed, in the hearts of many, a sturdiness of character that now served as a bulwark against the prevailing iniquity. Their testimony in behalf of truth and righteousness aroused the anger of Manasseh and his associates in authority, who endeavored to establish themselves in evil-doing by silencing every voice of disapproval. [2 Kings 21:16 quoted.]

"One of the first to fall was Isaiah, who for over half a century had stood before Judah as the appointed messenger of Jehovah." *Prophets and Kings*, 381, 382.

Monday

2 THE LORD MIGHTY TO SAVE

a.	What should we all learn from Manasseh's repentance? 2 Chronicles 33:12, 13; 2 Peter 3:9.

Note: "In the case of Manasseh the Lord gives us an instance of the way in which He works. [2 Chronicles 33:9–13 quoted.]

"The Lord has often spoken to His people in warning and reproof. He has revealed Himself in mercy, love, and kindness. He has not left His backsliding people to the will of the enemy, but has borne long with them, even during obdurate apostasy. But after appeals have been made in vain, He prepares the rod for punishment. What compassionate love has been exercised toward the people of God! The Lord might have cut down in their sins those who were working at cross purposes with Him, but He has not done this. His hand is stretched out still. We have reason to offer thanksgiving to God that He has not taken His Spirit from those who have refused to walk in His way." "Ellen G. White Comments," The Seventh-day Adventist Bible Commentary, vol. 3, 1132.

b. After God used Babylon to punish apostate Israel and then used Medo-Persia to destroy Babylon, how did He promise to deliver His nation after their period of chastisement? Isaiah 44:24, 28; 45:1-6, 13.

Note: "More than a century before the birth of Cyrus, Inspiration had mentioned him by name, and had caused a record to be made of the actual work he should do in taking the city of Babylon unawares, and in preparing the way for the release of the children of the captivity. Through Isaiah the word had been spoken: [Isaiah 45:1–3 quoted]." *Prophets and Kings*, 551.

c. How was this prophecy fulfilled? Ezra 1:1-4; 6:3-5. What principle should this fact cause us to remember? Number 11:23.	
	b. Why is it so important to have a good foundation in the work of reformation? Psalm 11:3. How does this apply to our work today in preparation for the Lord's return? Matthew 3:9, 10; 17:11.
Note: "The Lord has resources. His hand is on the machinery When the time came for His temple to be rebuilt, He move upon Cyrus as His agent to discern the prophecies concerning Himself, and to grant the Jewish people their liberty." "Eller G. White Comments," The Seventh-day Adventist Bible Commentary, vol. 4, 1175.	d g ————————————————————————————————————
Tuesday	NI . ((C. 1)
3 REAL REFORMATION THAT LASTS	Note: "God's remnant people, standing before the world as reformers, are to show that the law of God is the foundation of all enduring reform and that the Sabbath of the fourth command-
a. What spiritual restoration prophesied to take place in our day was symbolized by the restoration in Nehemiah day? Isaiah 61:4; 58:12, 13.	ment is to stand as a memorial of creation, a constant reminder
	– Wednesday
	4 PRESSING FORWARD
Note: "The spiritual restoration of which the work carried forward in Nehemiah's day was a symbol, is outlined in the words of Isaiah: [Isaiah 61:4; 58:12 quoted].	e
"The prophet here describes a people who, in a time of general departure from truth and righteousness, are seeking to	
restore the principles that are the foundation of the kingdom of God. They are repairers of a breach that has been made in	
God's law—the wall that He has placed around His choses	n
ones for their protection, and obedience to whose precepts of justice, truth, and purity is to be their perpetual safeguard. "In words of unmistakable meaning the prophet points out the specific work of this remnant people who build the wall."	ally, remembering the hole of the pit whence we were digged." <i>Testimonies</i> , vol. 3, 21.
'If thou turn away thy foot from the Sabbath, from doing the pleasure on My holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking	b. What promises to the spiritual children of Abraham are for us today? Isaiah 51:2, 3; Galatians 3:28, 29.
thine own words: then shalt thou delight thyself in the Lord and I will cause thee to ride upon the high places of the earth	
and feed thee with the heritage of Jacob thy father: for th mouth of the Lord hath spoken it' (verses 13, 14).	

Note: "God's people have a mighty work before them, a work that must continually rise to greater prominence. Our efforts in missionary lines must become far more extensive. ...

"The vineyard includes the whole world, and every part of it is to be worked. There are places which are now a moral wilderness, and these are to become as the garden of the Lord. The waste places of the earth are to be cultivated, that they may bud and blossom as the rose. New territories are to be worked by men inspired by the Holy Spirit. New churches must be established, new congregations organized. At this time there should be representatives of present truth in every city and in the remote parts of the earth. The whole earth is to be illuminated with the glory of God's truth. The light is to shine to all lands and all peoples. And it is from those who have received the light that it is to shine forth. The daystar has risen upon us, and we are to flash its light upon the pathway of those in darkness.

"A crisis is right upon us. We must now by the Holy Spirit's power proclaim the great truths for these last days. It will not be long before everyone will have heard the warning and made his decision. Then shall the end come.

"It is the very essence of all right faith to do the right thing at the right time. God is the great Master Worker, and by His providence He prepares the way for His work to be accomplished. He provides opportunities, opens up lines of influence and channels of working. If His people are watching the indications of His providence, and stand ready to cooperate with Him, they will see a great work accomplished. ... Our work is reformative, and it is God's purpose that the excellence of the work in all lines shall be an object lesson to the people." *Testimonies*, vol. 6, 23–25.

Thursday

5 NOT TO BE LED ASTRAY

alonians 2:11.	agenua: 1sai	iah 50:11; John 1	4. 4

What happens when people reject God's word in order

Note: "The Lord has presented before me that those who have been in any measure blinded by the enemy, and who have not fully recovered themselves from the snare of Satan, will be in peril because they cannot discern light from heaven, and will be inclined to accept a falsehood. This will affect the whole tenor of their thoughts, their decisions, their propositions, their counsels. The evidences that God has given are no evidence to them, because they have blinded their own eyes by choosing darkness rather than light. Then they will originate something they call light, which the Lord calls sparks of their own kindling, by which they will direct their steps. ...

"By many, the words which the Lord sent will be rejected, and the words that man may speak will be received as light and truth. Human wisdom will lead away from self-denial, from consecration, and will devise many things that tend to make of no effect God's messages. We cannot with any safety rely upon men who are not in close connection with God." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 4, 1146, 1147.

b.	What key point must we keep in mind in this work? 1 Corinthians 14:8.
-	

Note: "Let the church arise and repent of her backslidings before God. Let the watchmen awake, and give the trumpet a certain sound." *Selected Messages*, Book 1, 126.

Friday

PERSONAL REVIEW QUESTIONS

- How far did King Manasseh plunge into the depths of wickedness?
- 2 Cite examples revealing the tremendous long-suffering of our Redeemer.
- 3 Many profess to be reformers—but what is God's basis for true reform?
- 4 What is the most important task we should be actively pursuing today?
- Name the kinds of problems that lead people astray from the truth.

February 18 – 24

Cooperating With Heaven

Key Text

"For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee" (Isaiah 41:13).

Study Help: Education, 169–184.

Introduction

"An indwelling Saviour makes His power our property. The truth becomes our stock in trade. No unrighteousness is seen in the life. We are able to speak words in season to those who know not the truth. Christ's presence in the heart is a vitalizing power, strengthening the entire being." *Testimonies*, vol. 7, 71.

Sunday

1 WORDS OF COMFORT AND HEALING

a. What comforting message to wayward Judah echoes down to us today in our desire to live for God and promote His cause? Isaiah 41:10–14.

Note: "The Lord has pledged Himself to make His name a praise in the earth. What power He has promised to all who will work in cooperation with heaven! The three highest powers in the universe are pledged to labor with those who will seek to save the lost. God wants His people to claim His promised help for the accomplishment of His work in the world." *The Review and Herald*, August 12, 1909.

"Let us be hopeful and courageous. Despondency in God's service is sinful and unreasonable. He knows our every necessity. He has all power. He can bestow upon His servants the measure of efficiency that their need demands. His infinite love and compassion never weary. With the majesty of omnipotence He unites the gentleness and care of a tender shepherd. We need have no fear that He will not fulfill His promises. He is eternal truth. Never will He change the covenant that He has made with those that love Him. His promises to His church

stand fast forever. He will make her an eternal excellence, a joy of many generations.

"Study the forty-first chapter of Isaiah, and strive to understand it in all its significance." *Testimonies*, vol. 8, 38, 39.

Monday

2 ENCOURAGEMENT IN OUR MISSION

a.	What assurances do we have of God's love and protection in carrying forward our mission, even amid trials? Isaiah
	43:1-6.

Note: "The furnace fires are not to destroy, but to refine, ennoble, sanctify. Without trial we should not feel so much our need of God and His help; and we should become proud and self-sufficient. In the trials that come to you I see evidence that the Lord's eye is upon you and that He means to draw you to Himself. It is not the whole, but the wounded, who need a physician; it is those who are pressed almost beyond the point of endurance who need a helper. Turn to the stronghold. Learn the precious lesson: 'Come unto Me, all ye that labor and are heavy-laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light' (Matthew II:28–30)." *Testimonies*, vol. 8, 123, 124.

b.	What lessons of cooperation and encouragement ever among idolaters can we apply today in our work for God Isaiah 41:6, 7.	

Note: "It would be helpful for the youth, and for parents and teachers as well, to study the lesson of cooperation as taught in the Scriptures. Among its many illustrations notice the building of the tabernacle—that object lesson of character building—in which the whole people united, 'everyone whose heart stirred him up, and everyone whom his spirit made willing' (Exodus 35:21). Read how the wall of Jerusalem was rebuilt by the returned captives, in the midst of poverty, difficulty, and danger, the great task successfully accomplished because

February * Bible Study Guide

'the people had a mind to work' (Nehemiah 4:6). Consider the part acted by the disciples in the Saviour's miracle for the feeding of the multitude. The food multiplied in the hands of Christ, but the disciples received the loaves and gave to the waiting throng.

"'We are members one of another.' As everyone therefore 'hath received a (R.V.) gift, even so minister the same one to another, as good stewards of the manifold grace of God' (Ephesians 4:25; I Peter 4:10).

"Well might the words written of the idol builders of old be, with worthier aim, adopted as a motto by character builders of today: [Isaiah 41:6 quoted]." *Education*, 286.

Tuesday

3 IN TUNE WITH OUR MAKER

a.	How do both the psalmist and Isaiah declare the unique-
	ness of our Creator? Psalm 72:18; Isaiah 44:6–8; 45:11, 12
	What should this cause us to consider?

Note: "Let us have more confidence in our Redeemer. Turn not from the waters of Lebanon to seek refreshment at broken cisterns, which can hold no water. Have faith in God. Trustful dependence on Jesus makes victory not only possible, but certain. Though multitudes are pressing on in the wrong way, though the outlook be ever so discouraging, yet we may have full assurance in our Leader; for 'I am God,' he declares, 'and there is none else' (Isaiah 45:22). He is infinite in power, and able to save all who come to Him. There is no other in whom we can safely trust." *The Review and Herald*, June 9, 1910.

b. Instead of cooperating with our Creator in His purpose for us, what do we often do? Isaiah 45:9, 10. How did the heathen king, Cyrus, respond to God's purpose for him? Verse 13.

Note: "We believe in a general way, but we lose much because we do not trust fully and entirely in God our Maker. When we can, notwithstanding disagreeable circumstances, rest confidingly in His love and shut ourselves in with Him,

resting peacefully in His love, the sense of His presence will inspire a deep, tranquil joy. This experience gains for us a faith that enables us not to fret, not to worry, but to depend upon a Power that is infinite." *Manuscript Releases*, vol. 9, 289.

"As the king [Cyrus] saw the words foretelling, more than a hundred years before his birth, the manner in which Babylon should be taken; as he read the message addressed to him by the Ruler of the universe [Isaiah 45:5, 6 quoted], as he saw before his eyes the declaration of the eternal God, 'For Jacob My servant's sake, and Israel Mine elect, I have even called thee by thy name: I have surnamed thee, though thou hast not known Me;' as he traced the inspired record, 'I have raised him up in righteousness, and I will direct all his ways: he shall build My city, and he shall let go My captives, not for price nor reward,' his heart was profoundly moved, and he determined to fulfill his divinely appointed mission (verses 4, 13). He would let the Judean captives go free; he would help them restore the temple of Jehovah." *Prophets and Kings*, 557, 558.

Wednesday

4 THE CERTAINTY OF GOD'S WORD

a.	When tempted to doubt the certainty of God's Word, what should we remember about God? Isaiah 46:8–10.

Note: "It is impossible for the finite minds of men to fully comprehend the character or the works of the Infinite One. ...

"We can so far comprehend His dealing with us, and the motives by which He is actuated, that we may discern boundless love and mercy united to infinite power. We can understand as much of His purposes as it is for our good to know; and beyond this we must still trust the might of the Omnipotent, the love and wisdom of the Father and Sovereign of all. ...

"But God has given us in the Scriptures sufficient evidence of their divine character, and we are not to doubt His word because we cannot understand all the mysteries of His providence. ...

"All that God has seen fit to make known we are to accept upon the authority of His word. Only a bare statement of facts may be given, with no explanation as to why or how; but though we cannot comprehend it we should rest content that it is true, because God has said it. All the difficulty lies in the weakness and narrowness of the human mind." *Testimonies*, vol. 5, 698–700.

"In the annals of human history the growth of nations, the rise and fall of empires, appear as dependent on the will and prowess of man. The shaping of events seems, to a great degree, to be determined by his power, ambition, or caprice. But in the word of God the curtain is drawn aside, and we behold, behind, above, and through all the play and counterplay of human interests and power and passions, the agencies of the all-merciful One, silently, patiently working out the counsels of His own will." *Education*, 173.

b. In His purpose to use Cyrus to deliver Judah from Babylon, what great spiritual deliverance was assured by God, and through whom would this come? Isaiah 46:11–13.

Note: "In word and in deed the Messiah, during His earthly ministry, was to reveal to mankind the glory of God the Father. Every act of His life, every word spoken, every miracle wrought, was to make known to fallen humanity the infinite love of God." *Prophets and Kings*, 696.

Thursday

5 GOD'S HELPING HANDS

a. What essential experience must we all have in order to cooperate with God in the blessed work of soul-saving? Psalm 51:10-13; 2 Corinthians 4:1-7. Why?

Note: "Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all, and making those who are ready to perish eager to drink of the water of life." *The Desire of Ages*, 195.

"He who becomes a child of God should henceforth look upon himself as a link in the chain let down to save the world, one with Christ in His plan of mercy, going forth with Him to seek and save the lost." *The Ministry of Healing*, 105.



The furnace fires are not to destroy, but to refine, ennoble, sanctify. Without trial we should not feel so much our need of God and His help; and we should become proud and self-sufficient.

"Have you so deep an appreciation of the sacrifice made on Calvary that you are willing to make every other interest subordinate to the work of saving souls? The same intensity of desire to save sinners that marked the life of the Saviour marks the life of His true follower. The Christian has no desire to live for self. He delights to consecrate all that he has and is to the Master's service. He is moved by an inexpressible desire to win souls to Christ. Those who have nothing of this desire might better be concerned for their own salvation. Let them pray for the spirit of service." *Testimonies*, vol. 7, 10.

"Our work has been marked out for us by our heavenly Father. We are to take our Bibles and go forth to warn the world. We are to be God's helping hands in saving souls—channels through which His love is day by day to flow to the perishing." Ibid., vol. 9, 150.

Friday

PERSONAL REVIEW QUESTIONS

- Name some ways in which God's cause can be benefited by our mutual cooperation.
- 2 What should we remember when faced with fierce trials and difficulties?
- If we rest in God's love and commit ourselves fully to Him, what will we gain?
- 4 Why is prophecy so useful in laying the groundwork for belief in God?
- Why is evangelistic zeal an accurate gauge of genuine conversion?

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Food

rugula is from the cruciferous family. Within the cruciferous family, in terms of conventional nutrients (vitamins, minerals, proteins, carbs, and fats), there is not another vegetable group that is as high in vitamin A carotenoids, vitamin C, folic acid, and fiber as the cruciferous vegetables. Arugula is also known as rocket or Italian cress.

"Arugula is rich in vitamin K: One cup contains almost half the recommended daily allowance. Vitamin K is essential for clotting and is a key player in developing strong bones. The Framingham Heart Study, for example, found that people who consumed approximately 250 mcg of vitamin K a day had a 35 percent lower risk of hip fractures compared to those who consumed just 50 mcg a day. True, you'd have to consume 10 cups of arugula to get that much, but still, a few cups in a salad is a good start (33 mg). And besides, that's hopefully not your only source of vitamin K.

"The arugula plant, like many others in the cruciferous family, contains glucosinolates. When you chew the plant, the glucosinolates mix with an enzyme (myrosinase) that turns them into other compounds called isothiocyanates, which have documented anticancer properties. Isothiocyanates combat carcinogens by neutralizing them, reducing their poisonous effect, and stimulating the release of other substances that help combat them. Isothiocyanates also inhibit cell proliferation. Studies have shown that they help prevent lung and esophageal cancer and can lower the risk of other cancers, including gastrointestinal cancer.

"That's an awful lot of good stuff to pack into a cup of food that contains only 5 calories." *The 150 Healthiest Foods on earth*, Jonny Bowden, Ph.D., C.N.S., p. 20.

Arugula

By Judy Hallingstad



Recipe	
Arugula Soup	
2 1/2 cups water	
3/4 cup arugula	
1 tsp. salt, to your taste	

Sauté onions in oil over medium heat. Add garlic and sauté for another minute or so. Add broccoli and cook 3-4 minutes. Add water and salt and bring to boil. Cover and simmer until broccoli is tender, around 5 minutes. Pour into blender and add arugula. Blend until smooth or to consistency you would like.

Recipe		
Arugula/Romaine Salad		
2 cups young arugula leaves, rinsed and dried	1 Thsp. fresh squeezed lemon juice	
2 cups chopped Romaine lettuce	A little salt to taste	
1 cup cherry tomatoes, cut in half	1 avocado, peeled and sliced	
2 Tbsp. oil		

Place all ingredients except avocado into bowl. Cover, and shake or stir to mix. Serve with avocado slices.



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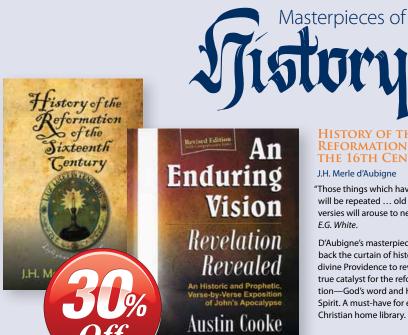


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