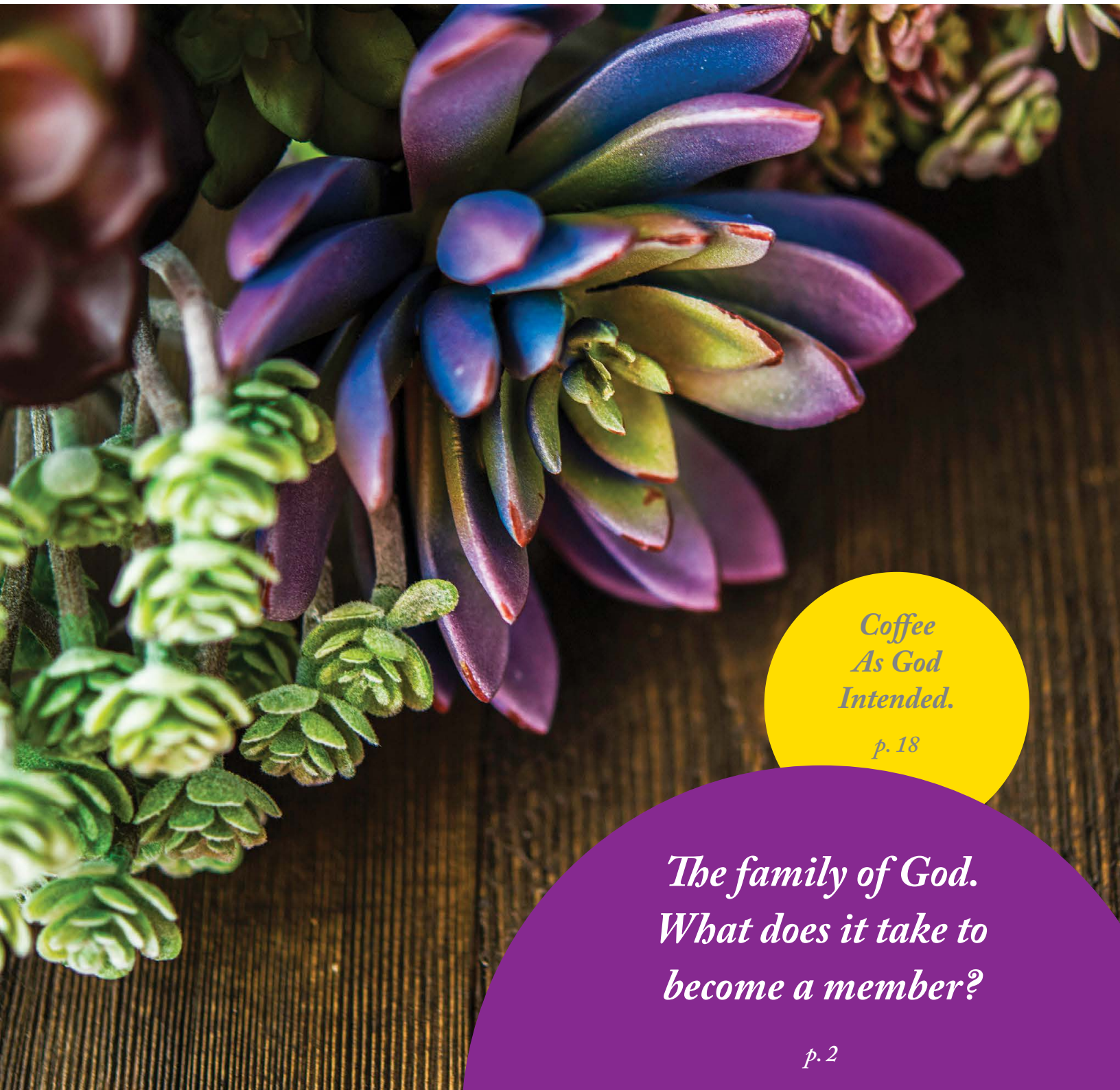


HISTORIC
LANDMARKS

OF ADVENTISM

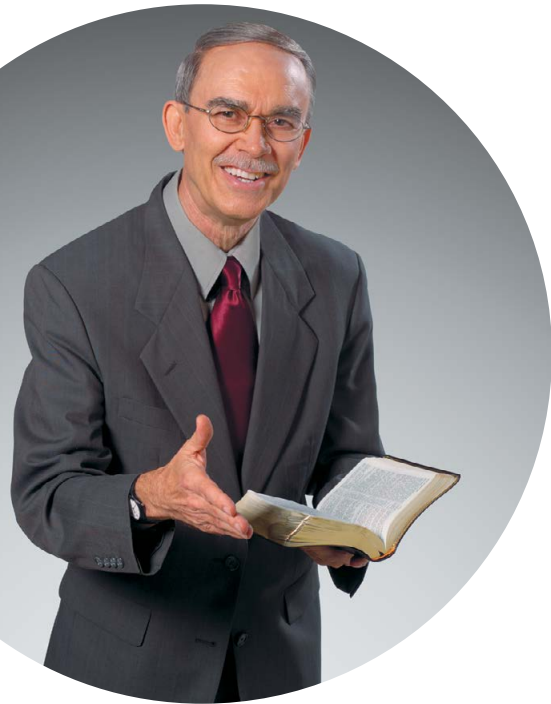


*Coffee
As God
Intended.*

p. 18

*The family of God.
What does it take to
become a member?*

p. 2



From the Editor

John J. Grosboll

The Condition for Receiving Eternal Life

We are living during the gospel dispensation and this dispensation is the last period of probation that is granted to us. If during this period of probation we fail to repent and obey the truth, we will perish with the disloyal. There will be no second trial (read Revelation 22:11, 12). Obedience is the condition of inheriting eternal life. This has always been true. The only way out of our sinful condition is if Christ shall give His righteousness to us and He will do this if we will consent to let Him take away our sins.

Every person may come into possession of this priceless gift if he will comply with the conditions as stated by the apostle Paul in Romans 2:7: “To them who by patient continuance in well doing seek for glory and honor and immortality, eternal life.”

“And, behold, a certain lawyer stood up, and tempted Him, saying, Master, what shall I do to inherit eternal life? He said unto him, What is written in the law? how readest thou? And he

answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. And He said unto him, Thou hast answered right: this do, and thou shalt live (Luke 10:25–28).” “And being made perfect, He became the author of eternal salvation unto all them that obey Him (Hebrews 5:9).”

“Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city (Revelation 22:14).”

“The condition of eternal life is now just what it always has been—just what it was in Paradise before the fall of our first parents—perfect obedience to the law of God, perfect righteousness. If eternal life were granted on any condition short of this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.” *Steps to Christ*, 62 **LM**

HISTORIC

LANDMARKS

OF ADVENTISM

Staff

Editor: John J. Grosboll
Managing Editor: Sandra Mulchin
Graphic Design: Martin Bernar
Contributing Editors: Judy Hallingstad, Lynette Golia

Subscriptions

United States: 1 year, \$35.00
Other countries: Cost of postage only

If you are unable to purchase a subscription, please request a gift subscription.

Publisher

Steps to Life, Inc.
P. O. Box 782828
Wichita, KS 67278

[facebook](#)

Ph: 316-788-5559
historic@stepstolife.org
www.stepstolife.org

[YouTube](#)

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 (2 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. This magazine is designed to help believers 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.

In this Issue



The Family of God

God allows trials to fit His children to become part of the royal family in Heaven.

By John J. Grosboll



Sparkling Gems of Truth

Sparkling gospel promises unite to form one golden string of remedial heavenly gems.

By Lawrence Nelson



Repentance – Lessons from Lucifer

True repentance comes from a deep heartbreaking grief for betraying and denying Christ.

By Brenda Douay

More in this Issue

16 Bible Puzzle

Habakkuk

18 Testimony

Coffee—As God intended

20 Pen of Inspiration

Delusions of Progression

21 Keys to the Storehouse

Crossing the Boundary

23 13th Sabbath Offering

Missions—Bolivia

24 From the Mission Fields

Nigeria

26 Nature

Africa's Namib Desert

27 Question & Answer

What Constitutes Character?

28 Health Nugget

Dietary Nitrate

30 Life Sketches

Joy from Suffering

35 Story Time

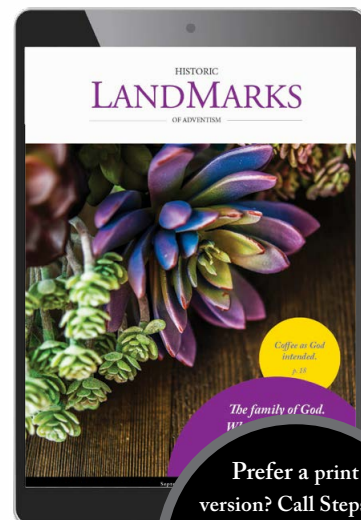
When God Controlled a Railway Train

36 Bible Study Guide

Justification by Faith

49 Recipe

Carob



Prefer a print version? Call Steps to Life for a subscription:

316-788-5559

The Family of God

By John J. Grosboll

David Pelzer was an abused child. He wrote about it in his book, *A Child Called It*, telling of his experiences from around the age of four until 12 years old. It became a *New York Times* best seller as was his second book, *The Lost Boy*, where it tells of his experiences up to about age 18.

The abuse this child suffered is incomprehensible. He lived in Sonoma County, California. The events in this book began in the early '70s. He was abused so severely by his mother, that Child Protective Services finally removed him from his home and placed him in a foster home. He says in his book, "There is not a doubt in my mind, that had I stayed with my biological mother much longer I would have definitely been killed."

In the first chapter he tells about being sent out of the house when he was nine. He describes his feelings and the

thoughts that flowed through his mind while walking down the sidewalk, not knowing where he would stay that night, not knowing where he would get anything to eat, not knowing anything, not knowing anybody. He described it this way: "I have no home. I am a member of no one's family. I know deep inside that I do not now, nor will I ever, deserve any love, attention, or even recognition as a human being. I am a child called 'it.' I am all alone inside."

Unfortunately, this is not an isolated instance. Throughout the United States, at present, there are millions of children like this with no home and no food, but not all of them are in as severe a case as he was.

As he walked down the street a long way from the home he was sent from, he sees homes where there are people who are laughing and he hears some of

them listening to music. He tells what went through his mind when he heard and saw that. He says, "I wondered what it would be like to be welcomed in a home. I wondered what that would be like."

He said, "I wish I was a real person." When he was taken back to his parental home by the police department and was told he was at home the thought went through his mind, "Home? I have no home."

Later, concerning foster children who have had the privilege to be adopted when the parents have developed attachments with the children, he said that to be adopted is the highest honor bestowed on a child who longs to become a member of a family.

The desire in this young boy's heart was to be loved and to belong somewhere. He wanted to be a part

of a family, and he didn't have any. That desire, my friend, is the desire that God put into a human soul. That desire is not something that just developed or evolved; that is something that God put within you.

Sin is the reason why so many have anxiety. They are in situations that are similar to David Pelzer's.

When I talk to young people, I find that most are primarily interested in finding a life partner. They want to fall in love. They want to have a family.

They want to be a family. In heaven there is nobody up there that does not belong to a family. Everybody belongs. Nobody is left out. There is nobody that has no place to go. That experience does not happen there. Lack of familial bond would not happen on this earth either, except for sin.

There is often a lot of talk about the second coming of Christ, and it is right that we should do that because, as Christians, we are pilgrims and strangers in this world. When Jesus comes, we are going to go home to our big family. We hope and pray that all of our family members here are going to be there with us.

Ellen White wrote, "Infinite love—how great it is! God made the world to enlarge heaven. He desires a larger family of created intelligences." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 1, 1081.

Why did God create this world? He wanted a larger family. He wanted you to be part of His family. Unfortunately, what is happening in this world is that

the devil is trying to steal people from God's family. He has been very successful. At the end of the world and after the millennium, the Lord is going to face the devil and the devil is going to have to face Him, and the

Lord is going to ask the devil, "Why have you robbed me of my subjects?"

Ellen White tells us that the devil is not going to have anything to say.

My dear friend, if you are going to go home, where your real home and your real family are going to be, you need now to become part of God's

family, the royal family of God. Adam and Eve were initially part of an even larger part of the family, but because of sin they were cast out of the Garden of Eden. The plan of salvation was arranged so there would be a way to bring them and their children back.

Ellen White wrote, "He [God] created man [and woman] for happiness." *Christ's Object Lessons*, 290. There never would have been any unhappiness if we had not chosen to sin. Once man was cast out of the Garden of Eden, away from the protection of the evil one we found out what it is really like when you do not obey God and do His will. We find out there are all kinds of problems and we get into all kinds of trouble. One of those problems is the amount of abused and homeless children with no one to love them—no family.

The Bible says in 2nd Samuel 14:14, *last part*, that God "devises means, so that His banished ones are not expelled from Him." Jesus died so that through

His merits you could be redeemed from the guilt and power of sin and be adopted back into the family of God. That is the essence of the plan of salvation.

Galatians 4:4, 5 states: "But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law, to redeem those who were under the law, that we might receive the adoption as sons."

That is what David Pelzer wanted so desperately. He tells how he was placed in several different foster homes, wondering if there would be anybody who would ever love him enough to adopt him and make him their child so he might have a family. It never happened.

Why is it that we need the adoption into the family of God? When Adam and Eve sinned, all of their children were born sons and daughters of the devil. You do not have to do anything to be lost. Everyone born is already lost, unless they are adopted. If you want to be a member of God's family, not just a foster child but be adopted, consider the following:

Several Facts About the Family of God:

1 Who are God's family here on this earth right now and how can one become part of it?

The Bible describes God's family on this earth right now as His church. 1 Corinthians 12 is about the church. Verse 13 says, "For by one Spirit we were all baptized into one body (the church)—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit."

When a person is baptized with water it is a symbol of being baptized with the Holy Spirit. When you get baptized by water, you become a member of the professed church. But when baptized of the Spirit, you become a member of the real church and your name is written down in heaven. This needs an explanation so nobody misunderstands. There will be

“
*The desire to be loved
and belong to a family is
the desire that God put
into a human soul.*”



Young people want to fall in love. They want to have a family. They want to be a family. It is a God given desire to every human being.

millions of people that have been baptized with water but will not be in heaven. However, not a single person will be lost that has been baptized by the Holy Spirit.

The water baptism is only a symbol of the real thing, the baptism of the Holy Spirit. (See 1 Corinthians 12:13.) Ellen White explains it this way: “Through this simple act of believing God, the Holy Spirit has begotten

a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son.” *Steps to Christ*, 52. This is also explained by the story of the prodigal son. He did not have to be baptized before he could again be a member of his family. He repented of his lifestyle of sin. His heart had been changed by the Holy Spirit and he came to his father, who covered him with his own robe, symbolizing the robe of Christ’s righteousness.

2 Paul, writing to the Corinthian church, told them there was a condition to being adopted into God’s family. He said, “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 6:17).

The unclean thing that has defiled our world is sin. The Lord says, I would like for you to be My son, My daughter, but you must separate yourself from sinful habits or I can’t trust to take you to heaven where all is pure.

3 You cannot be a star player. You have to be a team player. Romans 14:7 says, “For none of us lives to himself, and no one dies to himself.”

That is a powerful verse. To have harmony in the family there needs to be team effort. There are no stars, just team players. No one member lives to himself; everyone must be considerate of others.

The devil’s temptation is for each family member to be concerned only about themselves, having no regard of how their decisions affect the other people in the family. All self-serving people will be expelled from the family of God. In that family nobody lives to himself.

4 You can never be a member of both God’s family and the devil’s family.

1 Corinthians 10:21 states: “You cannot drink the cup of the Lord and the cup of demons; you cannot partake of the Lord’s table and the table of demons.”

Notice that this verse does not say *not to*. It says *you cannot*. My dear friends, Adam and Eve had access to the tree of life, but they could not have access to both the tree of life and the tree of knowledge of good and evil. Since they chose to eat from the tree of knowledge of good and evil, the human race has been eating from it ever since. We do not have access to the tree of life. Thus eventually we all die.

Friends, if it seems as if your prayers are not being answered and the Lord is not doing anything for you, check where you are sitting. Sometimes the reason for unanswered prayers is that you are praying to the Lord while sitting at the table of demons. The Lord is not going to answer your prayer while you are unwilling to leave the devil’s table.

5 “And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people. Wherefore come out from among them, and be ye separate, saith the Lord,

and touch not the unclean thing; and I will receive you” (2 Corinthians 6:16, 17).

The Spirit of Prophecy states the following: “It is impossible for you to unite with those who are corrupt, and still remain pure.” *The Review and Herald*, January 2, 1900.

Notice it does not say *you cannot unite*, but if you do, *it is impossible for you to remain pure*.

6 What excluded Satan from the royal family? The devil started treating his Creator and his fellow angels in the wrong way and he had to be excluded from the kingdom of heaven. He started a war in heaven.

It says in James 3:13–16, “Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.”

The devil became conceited and jealous of the Son of God. His self-seeking and envy disrupted the peace of heaven, causing other angels to be dissatisfied.

Do not think that it is not important how we treat other people in God’s family. It determines whether in the judgment we are allowed to stay in the family or not.

7 God gives people tests to see whether they are fitted to become members of the royal family.

When Jesus comes, His children, His family are going to be taken up to heaven and they will become members of what Ellen White calls the royal family. To remain part of the family, all must become fit to become members. All must not only be saved by the merit of Jesus, but also be fit. This being fitted has to do with the work of the Holy Spirit and is why Jesus said to Nicodemus that unless he was born of the Holy Spirit, there was no chance for him to be saved.

God allows us to be tested and if we fail the test He brings us around again to take the test again. By the way, I am very happy that when I have failed tests God does not give up on me and He allows retests. If we understand that, we should thank God when we have trials and say, “Lord, help me to learn what I did not learn the last time. Please help me to learn this time what I am supposed to be learning from this trial.”

8 The members of God’s family must not be cold and unloving to others. They may have done many things and still be

making all kinds of mistakes, but they must not be treated coldly. If they are part of the family, even if they have all kinds of defects yet, they must be treated with love and helped to overcome their defects. No one will overcome their defects while being given a discouraging cold shoulder.

9 It is impossible to get ready to go to heaven hibernating in a cave somewhere. All have to learn to be gracious and how to get along with the other people in God’s family. Those who do not learn that will not be going to heaven.

It is alarming to see the friction, fighting and strife that often exists among God’s professed people. It means that somebody somewhere in this church, in this family, is not yet ready to go to heaven.

Do not think that God has to have the church to save the world. He does not. One of the main reasons for the church is so that those preparing for heaven can learn how to get along with their brothers and sisters in the faith.

Just like the foster child, all of us want to belong. It is inherent to want a family. The ultimate joy is to be part of the family of God. However, to belong to His family, there are conditions to fulfill. God will never call anyone to enter heaven who will destroy the family or any family member.

Pray that you will be fitted to become part of the royal family in heaven.

(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.

“
Infinite love—how great it is! God made the world to enlarge heaven. He desires a larger family of created intelligences.”

Sparkling Gems of Truth

By Lawrence Nelson

“

*The truths
of the gospel
are not
unconnected;
uniting they
form one string
of heavenly
jewels.*

Watchmen on the walls of Zion are called to keep God's remnant informed of end time events which are daily developing around us. But there is something vastly more important than our knowing all about these closing events and making sure we have followed God's counsel to get out of the cities, to become free of debt, and to be aware of Satan's plans to deceive. In addition to knowing the signs of the times, we need absolute assurance that we have individually been born again. What a tragedy if, in the final moment of God's judgment, we should discover that we are in the same situation as Nicodemus, the great theologian who could repeat from memory the entire Old Testament Bible of his day. Yet he was startled to hear from the Great Physician that he was not ready to see God because he had a serious heart problem which required a transplant. In order to be ready for heaven he must be born again.



Let us first review the experience of Nicodemus as found in John chapter 3 verses 1-5: "There was a man of the Pharisees, named Nicodemus, a ruler of the Jews: The same came to Jesus by night, and said unto Him, Rabbi, we know that Thou art a teacher come from God: for no man can do these miracles that Thou doest, except God be with him. Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto Him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?"

"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God."

Jesus spoke with such positive words to Nicodemus that there was no doubt as to his need for a change of heart. God loves us so much that He wants us to have characters like unto the character of His Son Jesus. Therefore through His written word and the testimonies of His Spirit, He has sent to us many sparkling gems of truth. These are God's divine means of enabling boys and girls, men and women, to form jewel-like characters, fitted to live with Him in that beautiful city, the New Jerusalem.

Consider Albert, a man in his early 30s. His face was pale and drawn and he only had a short time to live, that is, unless an organ donor could be found, for he needed a heart transplant. Having a wife and children, he was understandably troubled and anxious. The community solicited funds for his anticipated surgery. Finally a day arrived when upon answering the telephone he heard those welcomed words, "A donor heart has been found." Immediately his mind was filled with hope and rejoicing. After the proper preparations were made, Albert surrendered himself fully into the hands of his physician. The surgery was successful.

After some weeks had passed, what a transformation had taken place! What a change! No longer was Albert pale and haggard. His life had been restored. His face shown with a healthy radiance. His eyes were bright. His joy and thanksgiving were

reflected upon the entire community where he lived. All the people rejoiced with him. However, there was one thing that he could not forget. He meditated over the fact that someone had lost his life to make it possible that he might live.

Now let us consider some spiritual lessons from Albert's experience. Before he received a new heart, Albert was a sick and dying man. Today many are as sick spiritually as Albert was physically. To use a Bible term, their hearts are natural or carnal and their characters so diseased that they do not have long to remain spiritually alive. Note God's description of such a heart. He declares, "Every imagination of the thoughts of his heart was only evil continually" (Genesis 6:5, *last part*).

Spiritually speaking, men do not always realize the extent of the diseased condition of their hearts; that is, not until they look into the mirror of God's law, the Ten Commandments. It is then that they see themselves as they actually are, wretched and hopelessly near death. They long to be forgiven, but praise God, there is a divine remedy for spiritual illness and that remedy is the Gospel.

"The truths of the gospel are not unconnected; uniting they form one string of heavenly jewels, ... and like threads of gold they run through the whole of Christian work and experience." *This Day With God*, 224. So we are told God's precious sparkling gospel promises to unite to form one golden string of remedial heavenly gems.

These truths can be plucked off the string and examined. Let's look at the one called justification.

In examining this jewel of truth, let's look at Larry as an illustration. Larry seemed to be extremely discouraged and despondent. His friend George told him of some of the wonderful, encouraging gems of truth to be found in the Bible and urged him to study God's word.



A lukewarm Laodicean may believe all the truth and God's promises, but he is not being saved thereby, for he is not converted.



Larry was convinced of his need to study but when he opened the Bible he knew not where to begin. So he started reading through Genesis and then into Exodus, but when he reached Exodus 20, he was startled, for upon comparing himself with God's law he was faced with a shocking revelation of his truly diseased spiritual condition. He asked himself if this could be the reason for his mental despondency. Without realizing it Larry had echoed the words of Paul as he cried out: "O wretched man that I am! who shall deliver me ..." (Romans 7:24)?

Larry felt desperate. Is there no remedy? But when he turned to the New Testament Larry was filled with joyful excitement. Yes! There is a remedy for all sin sick souls! He found it in Jesus Christ our spiritual physician. He listened as he heard the Physician's invitation, "Come unto Me" (Matthew 11:28). Larry responded.

He cast himself upon Christ's mercy. Jesus looked upon him with love and tender compassion.

In somewhat the same words as He said to Nicodemus that night so long ago, Jesus spoke to his heart. Larry needed a new heart. There's nothing that could be done to repair or patch up his old heart.

It would be necessary to undergo a spiritual heart transplant. Without the needed procedure he would die. The new heart would be free and all services would be donated. It would just take cooperation to be born again into a new life altogether with Jesus.

But how could this happen? Ellen White wrote, "In order to obtain the righteousness of Christ [that's a new heart], it is necessary for the sinner to know what that repentance is which works a radical change of mind and spirit and action. ...

"Who is desirous of becoming truly repentant? What must he do? —He must come to Jesus, just as he is, without delay. He must believe that the word of Christ is true,

and, believing the promise, ask, that he may receive. When sincere desire prompts men to pray, they will not pray in vain. The Lord will fulfill His word, and will give the Holy Spirit to lead to repentance toward God and faith toward our Lord Jesus Christ." *Selected Messages*, Book 1, 393.

It seems too simple, just come to Jesus just as I am, believing that God's word and its promises are true and that the Physician will send the Holy Spirit to repair him. The Physician has given to every man a measure of faith to believe in order that he might respond to His calling; however, for a man's faith to increase he must come to the Great Physician to receive not only repentance but also a greater measure of faith, even a faith that will make salvation by grace possible.

In his bedroom with his Bible open before him, Larry fell upon his knees. His mind was drawn to Christ on the cross. While kneeling at the foot of the cross looking up at Jesus these words burned into his soul: "A Donor has been found." He now understood how Jesus Himself had passed through a horrible death on the cross in order that Larry, a repentant sinner, might live. With sadness Larry realized that for him to live someone had to die and that Someone was his divine surgeon, Jesus Christ, God's own dear Son.

Turning to his open Bible he read this precious promise: "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh ..." (Ezekiel 36:26). Larry prayed for the promised Helper and his prayer was answered. The Spirit led him into a true sorrow for his sins, into repentance and faith and a full surrender to the Great Physician who, as promised, performed the recreative surgery.

Larry had obeyed as he heard the Physician plead, "My son, give Me thine heart" (Proverbs 23:26). But oh, what an exchange! Larry had received a clean, unselfish, new healthy heart in exchange for his sinful, selfish, spiritually diseased heart. Larry's sins were forgiven! Through faith Larry had received the sparkling gift of justification.

God warns us through Ellen White that as a people we have at times neglected to teach

“

Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

John 3:3

*When Jesus speaks of the new heart, He means the mind, the life, the whole being.
To have a new heart is to have a new mind, new purposes, new motives.*



these preparatory truths to souls who are seeking salvation. Surely we do not consider these truths as unnecessary or as an unpleasant duty, or do we? If we have fallen into this trap, let us heed the following rebuke: "Some open revival meetings, and by this means call large numbers into the church. But when the excitement is over, where are the converted ones? Repentance and confession of sin are not seen. The sinner is entreated to believe in Christ and accept Him, without regard to his past life of sin and rebellion. The heart is not broken. There is no contrition of soul. The supposed converted ones have not fallen upon the Rock, Christ Jesus." *Selected Messages*, Book 2, 19.

"The Lord desires His servants today to preach the old gospel doctrine, sorrow for sin, repentance, and confession. We want old-fashioned sermons, old-fashioned customs, old-fashioned fathers and mothers in Israel. The sinner must be labored for, perseveringly, earnestly, wisely, until he shall see that he is a transgressor of God's law, and shall exercise repentance toward God, and faith toward the Lord Jesus Christ." Ibid.

Reading in *The Signs of the Times*, November 24, 1887: "Believe, believe, believe in Jesus, is the soothing lullaby that is lulling the world to sleep . . ." Why, "the devils believe, and tremble" (James 2:19). A lukewarm Laodicean may believe all

the truth and God's promises, but he is not being saved thereby, for he is not converted. Jesus said in John 3 verse 3 that unless a man is born again, he cannot enter the kingdom of heaven. An unconverted one believes only with a measure of faith that is given to all men. We are to teach new converts that it is by repentance and faith we are justified before God and through divine grace enabled to render obedience to His commandments.

Back to the story of Larry. As Albert had received a new physical life through the gift of his donor heart, just such an amazing transformation had taken place in the life of Larry. He had received the heart, the mind, and the faith of His Savior. He was filled with hope, rejoicing, and gratitude. Relieved of the burden of his sins he was no longer miserable and spiritually wretched. New spiritual life had been put within him. His eyes sparkled with joy. His face shone with a healthy radiance. He reflected his joy and thankfulness upon all with whom he came in contact. He pointed them to the Great Physician who alone is able to forgive sins and to heal spiritual diseases.

The entire community where he lived became aware of the change in Larry. He did not fail to also tell his friends that they must go to Jesus just as they are to receive the enabling power of the Holy

Spirit. Day by day Larry diligently studied God's precious word. As he increased in wisdom and knowledge he continued to grow up spiritually in Christ.

From the Inspired writings we are told that many of us, especially the youth, fail to understand the true significance of what it means to have a new heart. Ellen White clearly defines this meaning. "The youth especially stumble over this phrase, 'a new heart.' They do not know what it means. . . . When Jesus speaks of the new heart, He means the mind, the life, the whole being." *Sons and Daughters of God*, 100. And, so we will not possibly misunderstand, she explains further: "To have a new heart is to have a new mind, new purposes, new motives." Ibid.

Paul understood this for he explains, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new" (2 Corinthians 5:17). Actually, the new birth is a new creation. How can this be? How does this new life come about? Inspiration tells us, "When the soul surrenders itself to Christ, a new power takes possession of the new heart. A change is wrought which man can never accomplish for himself. It is a supernatural work, bringing a supernatural element into human nature." *The Desire of Ages*, 324.

One must remember that having once received a new heart it must be maintained in the same way we receive it – through surrender to the will of God.

Let's take a look at King David. He was converted in his youth; however, he did not always maintain his surrender and fell into grievous sins. So the question, If one has lost his born again experience, how can he regain it? The answer: in the same way that David did, for after David's great sin he once again surrendered to the Great Physician pleading, Give me a new heart, O my God (see Psalm 51).

Through the Spirit of Prophecy Inspiration has revealed, "One of the most earnest prayers recorded in the word of God is that of David when he plead, 'Create in me a clean heart, O God' (Psalm 51:10). God's response to such a prayer is, A new heart will I give you. This is work that no finite man can do. Men and women are to

begin at the beginning, seeking God most earnestly for a true Christian experience. They are to feel the creative power of the Holy Spirit. They are to receive the new heart, that is kept soft and tender by the grace of heaven.

The selfish spirit is to be cleansed from the soul."

"Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 4, 1165.

When David sinned, he displayed a carnal, selfish, stony heart. This mindset was removed, his heart was renewed by the creative power of the Holy Spirit. At the beginning of a Christian experience or for a renewed Christian experience, we must fully repent and surrender to Christ. Then with Christ dwelling in our hearts through the Holy Spirit, we again can receive the new mind, even "the mind of Christ" (1 Corinthians 2:16). Oh beloved, let

us praise God that we can experience such a sparkling gem of gospel truth.

Satan has also perfected jewels but they are counterfeit jewels. They glitter, but not with a heavenly light. We are living in the end time. Conditions and events in the world and in the church clearly reveal that at such a time as this, many in the churches are spiritually sick. This allows them to be easily deceived by Satan's glittering, worldly counterfeit jewels. Their minds need the healing touch of the Great Physician.

We have been warned that in these latter days, erroneous, infidel theories will be taught as Bible truths to God's people. Such errors insidiously attack the spiritual heart, causing a variety of spiritual illness and producing grave spiritual consequences. Webster defines an *infidel* as a *person not holding to the faith but opposing, or unfaithful to Christianity*. Surely we should avoid reading or listening to words that spring from the heart of an infidel. The best way to avoid cancer and other serious physical diseases is to live a lifestyle that will prevent them from occurring. Likewise, deadly spiritual illness can be prevented only if we preoccupy and fortify the mind with truth. This must be done, however, before we meet the soul destroying so-called jewels of Satan's string of falsehoods.

Through our modern prophet, Ellen White, God has revealed that, "None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict." *The Great Controversy*, 593, 594.

Another precious gem to pluck off the string of heavenly jewels is called sanctification. Paul said that sanctification is a very vital part of salvation, for God hath chosen us to salvation through sanctification. He said, Have you not read what I wrote in my second letter to the Thessalonians? "We are bound to give thanks always to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification ..." (2 Thessalonians 2:13). I will say to you today as I said in my farewell counsel to the elders of Ephesus, "Brethren, I commend you to God, and to the word of His grace, which is able to build

“

Sanctification is not an emotion, but a heaven-born principle that brings all the passions and desires under the control of the Spirit of God.

you up, and to give you an inheritance among all them which are sanctified” (Acts 20:32).

Ellen White agrees with Paul on this subject, Is sanctification a necessity? In an article Ellen White first asked, “What does the Lord require of His blood-bought heritage?” She then answers, “The sanctification of the whole being.” *The Review and Herald*, November 24, 1904. Beloved, never should we consider sanctification as unnecessary to salvation or as a second-rate experience. Sanctification is not an option or an appendage. It is a sparkling gem of truth that God has provided for our redemption, a vital part of the saving gospel.

Let us now observe this gem of sanctification from another angle. All will agree that it is the Lord who justifies man. But how do men attain to sanctification by their own good works? What saith Inspiration? Through Moses God declares, “I am the LORD which sanctify you” (Leviticus 20:8). And in the New Testament Paul writes, “The very God of peace sanctify you wholly” (1 Thessalonians 5:23). Jude 1 is addressed to them that are sanctified by God the Father. Ellen White tells us, “We want the sanctification that God Himself gives.” *The Review and Herald*, July 15, 1890.

So the question: How does God sanctify man? Bible illustrations testify that only the presence of God can sanctify or make holy a person or a thing. For example, in the story of Moses it was the presence of God in the burning bush that made both it and the ground surrounding it holy. God commissioned Bezaleel to shape the intricate gold work for the wilderness sanctuary. He gave him special wisdom and skill for the work. While Bezaleel was melting the gold, and pounding and shaping the golden cherubims for the most holy place, they were not yet holy or sanctified. Yet when they were later dedicated in the service of God and the presence

of God visibly entered the sanctuary to dwell therein, then the cherubim for the mercy seat were no longer just gold statuary. They were sacred, sanctified emblems representing the work of the angel in the heavenly sanctuary.

So, just as God entered into the sanctuary to sanctify it by His presence, so it is the presence of God inside the hearts of men that sanctify them.

“I will dwell in them, ... and I will be their God” (2 Corinthians 6:16, *last part*). God’s presence in our very own heart is true sanctification. Paul teaches that believers are to be “sanctified by the Holy Ghost” (Romans 15:16, *last part*). This is Bible sanctification. This work can be accomplished only through faith in Christ by the power of the indwelling Spirit of God. (See *The Great Controversy*, 469.) Thus it is, Christ in you, that sanctifies. The indwelling Holy Spirit is “as the personal presence of Christ to the soul.” *The Review and Herald*, November 29, 1892.

Notice the following passages from the Spirit of Prophecy: “Sanctification of the soul by the operation of the Holy Spirit is the implanting of Christ’s nature in humanity.” *This Day With God*, 224.

“Sanctification is not an emotion, but a heaven-born principle that brings all the passions and desires under the control of the Spirit of God.” *The Signs of the Times*, May 19, 1890.

“The Lord Jesus loves His people, and when they put their trust in Him, depending wholly upon Him, He strengthens them. He will live through them, giving them the inspiration of His sanctifying Spirit, imparting to the soul a vital transfusion of Himself.” *That I May Know Him*, 78.

“To be sanctified is to become a partaker of the divine nature, catching the Spirit and mind of Jesus”

The Review and Herald, April 28, 1891.

The Great Physician desires to give us a heart transplant

to replace our stony heart and to keep it healthy through a daily, heavenly process of sanctification – Christ in you.

These important truths have been revealed to us in such a clear and simple manner so that by God’s divine grace we may commit our lives to His creative power and be ready to spend eternity with Him when Jesus returns. **LM**

For more than fifty years, **Lawrence Nelson** served the Seventh-day Adventist Church as a church pastor, evangelist, and then in Conference, Union, and General Conference leadership. When God laid upon him the responsibility to “tell it like it is” to alert the people how the church was leading them into the worldwide ecumenical movement, he was forbidden to preach in any church within the Oregon Conference. Though nothing could be found in his preaching that was contrary to the doctrines of the church, he was considered divisive. As a result, *Keep the Faith Audio Tape Ministry* was born. Elder Nelson passed to his rest on April 18, 2012.



“

None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict.

Repentance

Lessons from Lucifer

By Brenda Douay

“For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.”

2 Corinthians 7:10

“Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.”

Acts 5:31

The book *Steps to Christ* is exactly what the title implies—a chronological step-by-step explanation of how to come to Christ and be saved. The third step in this progression to salvation is “Repentance.” Repentance follows the two chapters “God’s Love for Man” and “The Sinner’s Need of Christ.”

This is not an arbitrary order. These are truly steps, with each one presented in its necessary place, one after another. The sinner must first see and understand God’s love, and in seeing the depth, the breadth of this love the sinner then sees his own need when he sees his evil and degradation in comparison with the matchless purity and love of God. These two steps, “God’s Love for Man” and “The Sinner’s Need of Christ,” necessarily then lead him to the next step, which is repentance. Here we are going to look at repentance from a rather unusual perspective. We are going to glean lessons from an unconventional illustration—Lucifer. We do not often think of Lucifer as having repented.



In the following inspired narration, there are many valuable lessons to be gleaned, but we are going to focus on just the aspect of repentance.

We pick up the story of Lucifer and the fallen angels after they have been expelled from heaven, after the creation of this world, but before the fall of man. Let's read an inspired description of the thoughts, the emotions, the thinking, the reasoning of this mighty, though fallen angel, his state, and the state of those who chose to listen to his reasoning and sophistry.

"The hour for joyful happy songs of praise to God and His dear Son had come. Satan had led the heavenly choir. He had raised the first note, then all the angelic host united with him, and glorious strains of music had resounded through Heaven. But now, instead of strains of sweetest music, discord and angry words fall upon the ear of the great rebel leader.

"Satan stood in amazement at his new condition. His happiness was gone. He looked upon the angels who, with him, were once so happy, but who had been expelled from heaven with him. Before their fall not a shade of discontent had marred their perfect bliss. Now all seemed changed. Countenances which had reflected the image of their Maker were gloomy and despairing. Strife, discord, and bitter recrimination were among them. Previous to their rebellion these things had been unknown in Heaven. Satan now beheld the terrible results of his rebellion. He shuddered, and feared to face the future, and to contemplate the end of these things. Where was he? Was it not all a horrible dream? Was he shut out of Heaven? Were the gates of Heaven never more to open and admit him? Bright, holy angels bow before the Father, but no more will Satan unite with them in heavenly song. No more will he bow in reverence and holy awe before the presence of the eternal God. Could he be again as when he was pure, true, and loyal, gladly would he yield up the claims of his authority. But he was lost beyond redemption, for his presumptuous rebellion! And this was not all; he had led others to rebellion and to the same lost condition with himself—angels who had never thought to question the will

of Heaven, or refuse obedience to the law of God till he had put it into their minds, presenting before them that they might enjoy a greater good, a higher and more glorious liberty. This had been the sophistry whereby he had deceived them. A responsibility now rests upon him from which he would fain be released.

"These fallen spirits had become turbulent with disappointed hopes. Instead of greater good, they were experiencing the sad results of disobedience and disregard of law. Never more would these unhappy beings be swayed by the mild rule of Jesus Christ. Never more would their spirits be stirred by the deep, earnest love, peace, and joy, which His presence had ever inspired in them, to be returned to Him in cheerful obedience and reverential honor.

"Satan trembled as he viewed his work. He was alone, in meditation upon the past, the present, and the future. His mighty frame shook as with a tempest. An angel from Heaven was passing. Satan called him, and entreated an interview with Christ. This was granted. He then related to Him that he repented of his rebellion, and wished again to enjoy the favor of God. He was willing to take the place which had been assigned him, and be under Christ's command. The Son of God wept at Satan's woe, but told him, as the mind of the Father, that this could never be. Heaven must not be placed in jeopardy. The peace of Heaven would be marred, should he be received back; for sin originated with him; the seeds of rebellion were still within him. He had no occasion for his course, and he had not only hopelessly ruined himself, but the host of angels also, who would still have been happy in Heaven had he remained steadfast. The law of God could condemn, but could not pardon." *The Signs of the Times*, January 16, 1879.

“
Satan stood in amazement at his new condition. He shuddered, and feared to face the future, and to contemplate the end.”

Here we see a picture of Lucifer, once the covering cherub, in rank next to the Son of God Himself, contemplating the results of his pride and rebellion, “his mighty frame” trembling as with a tempest. Lucifer regretted his work, his rebellion, his pride, his choices. He wishes again to enjoy the favor of God. He is willing to take the place God had assigned to him. He is willing to be under Christ’s command. Many people, and maybe even most people, would look upon these thoughts, feelings and emotions as tokens of genuine repentance; a genuine desire to return to a pure and holy state, but were they?

Let’s revisit the response from Christ, remembering who this Christ is—the compassionate, loving, forgiving God; the very same Divine Being who, because of love for His fallen creation [that is, man] left His own high position as the Majesty of heaven to come to this earth, clothed in the garb of man; willing to suffer the scorn and rebuke of sinners, to die the cruelest of deaths that the sinner might be rescued from the penalty of sin and once more be reconciled

to a perfect, pure, and holy God. How does this Christ respond to the repenting Lucifer, once the covering cherub, the one closest to Himself in the ranks of heaven?

“The Son of God wept at Satan’s woe.” Friends, Christ is in grief. Christ is sorrowing over this fallen creation. But does He forgive? Does He accept Lucifer’s sorrow over his condition? Does He reinstate Lucifer in his position? Does He allow Him back into heaven? “The Son of God wept at Satan’s woe, but told him, as the mind of the Father, that this could never be. Heaven must not be placed in jeopardy. The peace of Heaven would be marred, should he be received back, for sin originated with

him; the seeds of rebellion were still within him. He had no occasion for his course, and he had not only hopelessly ruined himself, but the host of angels also, who would still have been happy in Heaven had he remained steadfast. The law of God could condemn, but could not pardon.”

Why could Lucifer’s “repentance” not be accepted? This is where we can learn eternal life and death lessons from Lucifer. The inspired word of our God records the reasons why Lucifer’s “repentance” was not accepted. These things are recorded for our instruction, our protection, our own salvation.

“Satan did not repent of his rebellion because he saw the goodness of God which he had abused. The wretchedness he realized in losing the sweet light of Heaven, the sense of guilt which forced itself upon him, and the disappointment he experienced in not finding his expectations realized, were the cause of his grief. To be commander out of Heaven, was vastly different from being thus honored in Heaven. The loss of all the privileges of Heaven seemed too much to be borne. He wished to regain these.” Ibid., January 16, 1879.

Let’s look at the reasons for which Satan did or did not repent. Obviously the reasons for his repentance were not the right reasons. So we can learn what type of repentance is not acceptable. In this way we are able to learn what kind of repentance is necessary in order to be accepted.

“Satan did not repent of his rebellion because he saw the goodness of God which he had abused.” Did Lucifer repent because he saw the goodness, the love of God, which he had abused? No, it says that was not one of the reasons for his “repentance.” Acceptable repentance is repentance triggered by an understanding of the goodness of God, God’s love, we could say, and by our acknowledgment that we have abused that goodness. This is one example of an acceptable reason for repentance.

Another acceptable reason for repentance is found in the book *Steps to Christ*. Though this is stated in the negative—what is lacking is stated—we understand that repentance was not granted because something was missing,

“

The law of God could condemn, but could not pardon.

something that is required for genuine repentance. “There was no deep, heart-breaking grief in his soul, [that is, Judas’] that he had betrayed the spotless Son of God and denied the Holy One of Israel.” *Steps to Christ*, 24. What Judas lacked was deep, heartbreaking grief for betraying and denying Christ. We must have a deep heartbreaking grief for betraying and denying Christ. Remember friends, every time we sin, if we claim the name Christian, we betray and deny Christ.

“The sinner has a sense of the righteousness of Jehovah and feels the terror of appearing, in his own guilt and uncleanness, before the Searcher of hearts. He sees the love of God, the beauty of holiness, the joy of purity; he longs to be cleansed and to be restored to communion with Heaven.” Ibid.

The following are acceptable reasons for repentance:

- 1) An understanding of the goodness of God, and that we have abused that goodness.
- 2) There is a sense of the righteousness of Jehovah and feel the terror of appearing, in our own guilt and uncleanness, before the Searcher of hearts.
- 3) We see the love of God, the beauty of holiness, the joy of purity.
- 4) We long to be cleansed.
- 5) We long to be restored to communion with heaven.

What are unacceptable reasons for repentance? We return to the story of Lucifer. “The wretchedness he realized in losing the sweet light of Heaven, the sense of guilt which forced itself upon him, and the disappointment he experienced in not finding his expectations realized, were the cause of his grief. To be commander out of Heaven, was vastly different from being thus honored in Heaven. The loss of all the privileges of Heaven seemed too much to be borne. He wished to regain these.” *The Signs of the Times*, January 16, 1879.



Have you examined your own repentance? Is it the Godly sort, or is it the sort of repentance first exhibited and practiced by Lucifer?

- 1) He realized his wretchedness
- 2) He had a sense of guilt
- 3) He was disappointed in not finding his expectations realized
- 4) He realized the loss of privilege, even the privilege of heaven
- 5) He had a desire to regain the privilege of heaven

Friends, what is the difference between these manifestations of repentance, that which is acceptable, and that which is not? One centers around our Saviour and how our rebellion, our pride, our evil, affects God, how it betrays the spotless Son of God, denies the Holy One of Israel, and abuses the goodness of God. The other manifestation of repentance, unacceptable repentance, centers around a loss for self, feeling pity for ourselves in our wretchedness, feeling discomfort over our guilt, having disappointment in our expectations not being met, loss of privilege for self, wanting to regain privilege for self. One kind of repentance is self-centered; the other is pain, sorrow, grief for injuring another, even God Himself.

Have you examined your own repentance? Is it the Godly sort, or is it the sort of repentance first exhibited and practiced by the instigator of evil and

sin, the very epitome of selfishness and self-absorption and pride?

The reality is that if we have not prayed for true repentance, it will be the repentance of Lucifer, for Inspiration tells us that even repentance must be given us of God (Acts 5:31). *Steps to Christ* explains it in these words: “A repentance such as this [that is, such as David’s true repentance], is beyond the reach of our own power to accomplish; it is obtained only from Christ, who ascended up on high and has given gifts unto men.” *Steps to Christ*, 25.

Oh, friends, if you have not recognized the different reasons for repentance, those that are acceptable and those that are not, if you have not prayed for true repentance, the repentance which Christ alone can give, bow your heads and pray for God to give you His repentance that we may be saved; that we may be accepted into the courts of the heavenly kingdom where sin will never, never be allowed again to enter.

All quotes NKJV unless otherwise noted. **LM**

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

Habakkuk Talks with God

Clues – Habakkuk KJV

Across:

B3	What God provided for His people	3:13
C12	We should rejoice even when these are not in stalls	3:17, 18
C17	Woe to you if you build with this	2:12
D8	God's _____ seemingly overlook evil	1:13
E2	Habakkuk didn't like to _____ grievance	1:3
E16	God doesn't want people to weary themselves for this	2:13
F11	This kind of man lives by faith	2:4
G3	Saw God and trembled (singular)	3:10
G14	Chaldeans' _____ are swifter than leopards	1:8
I2	Habakkuk complains that he sees this	1:3
I15	Habakkuk complains that this is "slacked"	1:4
J18	God states the folly in making _____ idols	2:18
K11	God said to do this for the vision	2:3
L1	God threshed the heathen in _____	3:12
L16	God states the folly in a molten _____	2:18
M10	Woe to you if you make your neighbor this	2:15
N1	God did this in indignation	3:12
N18	Habakkuk complains that justice _____ goes forth	1:4
O7	God will use a people that are this	1:6, 7
Q2	Habakkuk acknowledges hearing God's _____	3:2
Q14	We should rejoice even when these fail	3:17, 18
Q20	Habakkuk complains the wicked catch men in this	1:15
R11	God promised to work this during Habakkuk's life	1:5
S4	God did this to the earth with rivers	3:9
S17	After God's responses Habakkuk had this	3:1

Down:

A10	God: the Chaldeans will say this is from their god	1:11
A18	We should keep this before God	2:20
B3	Habakkuk complains: God seemingly doesn't do this	1:2
B6	"Payback" will come upon the Chaldeans for their _____	2:8
B14	Manmade idols have none of this	2:19
B20	God went _____ for salvation of His people	3:13
D16	Habakkuk acknowledges God is from this	1:12
E12	Habakkuk acknowledges God made this stand still	3:11
F8	The just shall live by this	2:4
H2	God: princes shall be this unto the Chaldeans	1:10

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

- H11 What God did to Habakkuk's complaint
- H13 God promised to use a bitter, hasty _____
- I19 Habakkuk complained about wrong _____
- K4 Habakkuk asked God to remember this
- K7 The Chaldean king is this kind of man
- M21 God: you might not _____ my means of answering
- N2 Woe to one who tells an idol to do this
- N9 Unlike idols, God is alive in His _____
- O14 Habakkuk thought God did not _____ on iniquity
- P5 God seemingly ignored those who would _____ treacherously
- P16 God assured Habakkuk the vision will not _____
- Q12 Woe to you if you expect a piece of this to awake

Answer Key:

- 2:2
- 1:6
- 1:4
- 3:2
- 2:5
- 1:5
- 2:19
- 2:20
- 1:13
- 1:13
- 2:3
- 2:19

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

Coffee

As God Intended

By Martin Bernar



Antioquia, Colombia – One of my world’s favorite places. Antioquia is a province in Colombia renowned for its stunning natural beauty and coffee plantations. The country produces the world’s best coffee and Colombians are proud of their coffee culture. Coffee farms surround Antioquia’s largest city, Medellin. The *Forbes* magazine lately named Medellin as one of the world’s coolest cities to visit in 2018. The surrounding coffee farms are a part of the tourist draw – they’re picturesque. Although I’m no coffee addict, a coffee farm visit is a must in Colombia. And little did I know that I would become a coffee aficionado. But from the beginning ...

Coffee beans are harvested by hand, for the same reason that strawberries are hand-picked. The coffee berries do not all ripen at the same time; so the picker has to pick only the red ones, while leaving the green ones on the vine.

It is a slow process and the pickers get paid very little. The coffee farmer also gets paid very little. Coffee should cost several times the amount than it costs today so that growers and harvesters could receive a decent return for their efforts. The farmers often subsidize their earnings with banana or tomato production, just to survive.

Many farmers will allow you to pick some coffee berries. I thought I would be able to pick one basket full but was exhausted after picking just a third of a basket. Then my hard-picked coffee berries went for processing where a machine separates the pulp from the pit – the coffee bean. Each berry has two pits or seeds. The coffee beans are then laid on special platforms to be sundried. When I asked what is made from the delicious pulp, I was in for the shock of my life: It is discarded for compost. “But it’s a delicious fruit!” I opposed the



Image credit: www.drinkbai.com

farmer. “Yes, it is, but consumers want only the pits,” the farmer replied. His wife later shared that she uses the fruit in her home-made cakes, but there is no other commercial use, so the fruit is discarded for compost that is later used to fertilize new coffee plants.

It is as if you harvested peaches or plums, threw away the pulp, and used the pit for consumption. How upside down! But that is exactly what is happening with coffee berries. Could we pervert God’s plan any better? The coffee fruit tastes delicious and is meant to be consumed, not the pit! As I returned home, I searched the Internet and I could find very little information on coffee fruit. Very few companies have commercialized it. I found only one company that dehydrates the fruit and grinds it into powder which is used as an antioxidant to be added to other drinks. I have never seen, for example, a coffee fruit jam in any country. It would be a health food at its best and sweet enough without adding sugar.

Coffee berries are perhaps the planet’s most forgotten fruit, hiding in plain sight. While coffee is the world’s most popular beverage, most people haven’t heard of coffee fruit. People living in countries where coffee is not produced don’t even know coffee fruit exists. They think the coffee bean is the fruit. What we know as coffee beans are actually seeds of a delicious fruit. The seed is a very hard piece of wood that can only be cracked with a hammer. Its hard structure is compromised only after roasting, just as any piece of wood disintegrates when burned. Then the burned (roasted) coffee seeds are ground into powder.

Coffee drinkers then run water through the burned wood which results in a dark slush. We call the result “coffee.” The process itself tells us that this was never meant to be done. Why would a slush derived from burned woody material become the world’s most popular drink? The answer is simple: it contains the addictive substance caffeine, which God never intended to be consumed.



Picking coffee berries is a hard work. But the result of this labor is well worth it. Just not for the reason most people think. Coffee berries are a delicious fruit that very few people have tasted.

Yet the most valuable and delicious part of the plant – its fruit – is discarded. I left the coffee farm with a sense of sadness. We humans tend to twist everything that God made.

The following text came to my mind: “There is no class guilty of greater perversion and abuse of His precious gifts than are those who employ the products of the soil in the manufacture of intoxicating liquors. The nutritive grains, the healthful, delicious fruits, are converted into beverages that pervert the senses and madden the brain.” *Counsels for the Church*, 102. While coffee is no liquor, this quote’s principle applies spot on. We employ the products of soil intended for our nutrition to produce intoxicating substances.

The coffee plant has a purpose. It bears delicious fruit whose red pulp has free-radical fighting antioxidants. Antioxidants help maintain your body’s

natural protections against oxidation, a potentially damaging process. In other words, antioxidants are like your body’s bodyguard.¹ Coffee is a healthy fruit low in calories and may protect from ailments such as type 2 diabetes, Parkinson’s and liver disease.² It is a true superfood. A juicy secret full of nutrition. After my coffee farm visit, I’m a coffee fruit aficionado.

If you ever travel to areas where coffee is produced, do stop by a coffee farm. The coffee fruit grows year round. So whenever you visit you will always find ripe red berries that taste not only delicious, but that are a nutritional powerhouse. It is coffee as God intended.

¹ www.drinkbai.com/whats-inside

² www.pastemagazine.com/articles/2015/06/coffee-fruit-natures-wasted-superfood.html LM



Delusions of Progression

True knowledge has decreased with every successive generation. God is infinite, and the first people upon the earth received their instructions from that infinite God who created the world. Those who received their knowledge direct from infinite wisdom were not deficient in knowledge.

God instructed Noah how to make that immense ark, for the saving of himself and his family. He also instructed Moses how to make the tabernacle, and the embroidery, and skillful work which was to adorn the sanctuary. The women wrought, with great ingenuity the embroidery of silver and gold. Skillful men were not wanting to accomplish the work of making the ark, the tabernacle, and the vessels of solid gold.

Impressive structures were built in the ancient world without the use of construction basics such as cement. We use the ancient Greek column even today in modern court buildings.

God gave David a pattern of the temple which Solomon built. None but the most skillful men of design and art were allowed to have anything to do with the work. Every stone for the temple was prepared to exactly fill its place, before being brought to the temple. And the temple came together without the sound of an axe or a hammer. There is no such building to be found in the world for beauty, richness and splendor.

There are many inventions and improvements, and labor-saving machines now that the ancients did not have. They did not need them. The land has felt the curse, more and more heavily. Before the flood, the first leaf which fell, and was discovered decaying upon the ground, caused those who feared God great sorrow. They mourned over it as we mourn over the loss of a dead friend. In the decaying leaf they could see an evidence of the curse, and of the decay of nature.

The greater the length of time the earth has lain under the curse, the more difficult has it been for man to cultivate it, and make it productive. As the soil has become more barren, and double labor has had to be expended upon it, God has raised up men

with inventive faculties to construct implements to lighten labor on the land groaning under the curse. But God has not been in all man's inventions. Satan has controlled the minds of men to a great extent, and has hurried men to new inventions which has led them to forget God.

In strength of intellect, men who now live can bear no comparison to the ancients. There has been more ancient arts lost that the present generation now possess. For skill and art those living in this degenerate age will not compare with the knowledge possessed by strong men who lived near one thousand years.

Men before the flood lived many hundred of years, and when one hundred years old were considered but youths. Those long-lived men had sound minds in sound bodies. Their mental and physical strength was so great that the present feeble generation can bear no comparison to them. Those ancients had nearly one thousand years in which to acquire knowledge. They came upon the stage of action from the ages of sixty to one hundred years, about the time those who now live the longest have acted their part in their little short life time, and have passed off the stage. Those who are deceived, and flattered on in the delusion that the present is an age of real progress, and that the human race has been in ages past progressing in true knowledge, are under the influence of the father of lies, whose work has ever been to turn the truth of God into a lie.

Spiritual Gifts, volume 4a,
154-156. [LM](#)

Crossing the Boundary

Not too long ago, I was reading and relaxing on a Sabbath afternoon. After a short while I realized that my attention had been removed from what I was reading and focused on the clock. After several times of being redirected to the clock, I realized that the devil had found an area where he was hooking my attention and directing it to the cares of the world. He was drawing my mind to things that I had planned to do after sunset! He knew what I had planned and so now here I was watching the clock, counting down until sunset. What a shock to catch myself like that!

My mind was then directed to something I had read. “Truth that is not lived ... loses its life-giving power, its healing virtue.” *The Ministry of Healing*, 149.

I believe in keeping the Sabbath holy and thinking upon heavenly things and here I was thinking about and looking forward to this event after the Sabbath—I was clock watching! I was drifting away from doing right. Do you understand the meaning of iniquity? It is deviating from right! There was iniquity in my heart at that moment—I was deviating from the right! What a shock for me.

I caught myself transgressing the 4th commandment by crossing over the bounds of the Sabbath—not keeping it holy! Oh, my heart broke, knowing that I had broken over the bounds of the

law—knowing that I had transgressed the law. Do you see how sneaky that devil can be? I am so thankful that I had read about how the truth can lose its life-giving power if not lived. I am so thankful that the Holy Spirit brought that to my mind as a warning! I want to always live the truth!

We need to always fill our minds with Bible and Spirit of Prophecy so that the Holy Spirit can alert us to the danger we may be in. I bowed my knees and asked for forgiveness and I am thankful that God has promised, “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness” (1 John 1:9).

Remember:

- **Iniquity** = deviation from right—even if it is just a little thing, a wrongful act
- **Transgression** = to break over the bounds of the law, even a little over the boundary
- **Sin** = transgress, neglect or disregard the divine law or any requirement of right or duty

God loves us and sends all heaven to alert us of our danger! Praise God for His unrelenting love.

O Heavenly Father: I am so thankful for Your mercies to each one of us—to alerting us to the dangers on our pathway and redirecting us away from those so-called little sins and little distractions. Each of us continue to pray, “Hold up my goings in Thy paths, that my footsteps slip not” (Psalm 17:5). Amen. LM



“Thank you so much for all you do for the Lord’s work. May God bless.”
—**EN, Montana**

“I want to greet you in a special way and thank you for your captivating article I read just this morning. Though it is over a year now, it still carries new thoughts and whoever reads would get a virtue from it.

“I admire you of STL and commend you for the good work you are doing, coming out with thought provoking writings shared around the world every month. May the Lord bless you with more knowledge to get something to share with readers regularly.”
—**MN, United Kingdom**

“I love the new look of *LandMarks* magazine July issue. It just keeps on getting better. Good work *LandMarks* team!”
—**BC, California**

September Sermon of the Month

1888 for True Believers

By Marshall Grosboll

All true believers, new and old, will reflect the character of Jesus and be commandment keepers when Jesus returns.

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

September 2018

Dear friends,

In His great closing work to finish and complete the plan of redemption God has work assignments for every one of His faithful followers every day, but the problem is that sometimes we do not recognize when God is giving us a witnessing opportunity.

I just talked with a friend of mine who lost his wife a few days ago. Although he and I were both very sad we were also thankful that she was now free from pain after suffering a lot during the last few months of her life. As is the case with most of us, my friend is acquainted with many people who are ignorant of the unchangableness of God’s character and commandments, but also do not know what happens to a person when they die. In their efforts to comfort him they have said words like this—well she is in a better place. My friend has had the opportunity to tell them that she is not in heaven or hell, but is sleeping in the grave until Jesus returns. So many have been taught fables by their ministers that people go to everlasting punishment or everlasting reward when they die. This opens up the way for sharing the truth, not just about what happens when you die, but how to ensure being ready to someday inherit the everlasting kingdom promised to those who love God?

If we are open to the impressions of the Holy Spirit the Lord will give use opportunities for witnessing to the truth. You can assure the grieving ones that “the hour is coming in which all who are in the graves will hear his voice and come forth—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of damnation” (John 5:28, 29).

The way for them to make their calling and election sure is by believing (committing their soul) on Jesus as their Lord and Savior that they may believe on the name of the Son of God. (See 1 John 5).

Your brother in Christ,



John J. Grosboll

13th Sabbath *Offering*



Bolivia

Continuing Effort

By Domingo Nunez



*Church groups
in various
parts of
Bolivia*

In December of last year, the President of Bolivia, Evo Morales, made a public announcement that beginning in January, 2018, any Christian Protestant church that is not registered with the government cannot conduct any outreach meetings in public or even open their doors to the public for service. If they fail to register and do perform any services, they are going to be regarded as a terrorist organization.

President Morales' decree means that all unregistered churches are going to be subject to restrictions, persecution, and arrest. The only church not affected or restricted will be the Catholic church in Bolivia.

In response to this edict, Pastor Nunez flew to Bolivia early this year to encourage the brothers to remain firm in the faith. He also wanted to see what could be done to legalize the independent groups that we assist—the churches in the cities of La Paz, Cochabamba, Tarija, and Santa Cruz, Bolivia.

By God's grace the groups and their churches were able to be registered. It was especially important for the work in Santa Cruz, where we are going to have a training school for Bible workers, missionaries, and lay workers, agreed to by the leaders of the independent groups there.

The groups are now working diligently to establish all the protocols, find and confirm the personnel who will be running the academic classes, and complete all the lessons and necessary paperwork.

Later this year, Pastor Nunez will again go to Bolivia to ensure that all has been done to establish this vital work in South America.

Please pray for our efforts to make this operation a success and that it will result in many souls being saved.

Mark your 13th Sabbath offering *Missions*.

Preach the Word

Our brothers in Nigeria request help

By Brenda Douay

Nigeria is about 1/11th the size of the United States while its population is over half the population of the United States, and currently stands about 195,824,824 as of July 2, 2018, based on the latest United Nations estimate.

Steps to Life has active work in two areas of Nigeria. One in Benue State in the two cities of Makurdi and Gboko. The other is far south in the general area of Owerri.

Early this year, eight workers from the Makurdi/Gboko area and four workers from Imo State area requested Bibles. (See table on the opposite page.)

Also, in Nigeria there is available a zippered book which is very similar to our *The History of Redemption*. This beautiful book includes ten Spirit of Prophecy books, the Conflict of the Ages Series and five other Spirit of Prophecy books. In Nigeria the cost of this book, "Connecting with Christ" is \$5.56! Our twelve workers from the two areas requested two hundred seventy-seven copies of this treasure.

Both areas have an active medical missionary work.

In the following two stories we see how the Medical Missionary work is the right hand of the gospel and the wisdom of our God in linking this work with the gospel.

In Makurdi, on a Friday evening, one of the brothers of the church was struck down by a paralytic stroke. Daniel Terence was notified by the brother's small son. Five of our workers swung into action, beginning with prayer to the God of healing. Through intense massage, the use of enema, hot footbath, and the applying of pain salve this brother was, by the grace and mercy of God, healed. Sabbath morning found this brother in church, to the amazement of his neighbors.

Brother Daniel shares, "I really thank our Father in heaven for the health work and the miracle of restoration of the brother. The truth is they have not always responded to health reform instructions and this made the brother confess and

plead the Lord to forgive him as he has been given another chance."

In the neighboring state of Cross River State, a new convert established a branch Sabbath School. This brother was bitten by a venomous snake. In God's providence, 14 members from the Makurdi/Gboko area were there visiting to lend support by sharing tabloids and giving health counsels in his area. Through prayer and the application of activated charcoal, this brother was restored to health.

In both instances, the restorations, worked through the power of our God through consecrated workers and Medical Missionary work, resulted in opening the door for the truths of salvation to be shared with those who otherwise would not have been open to hear.

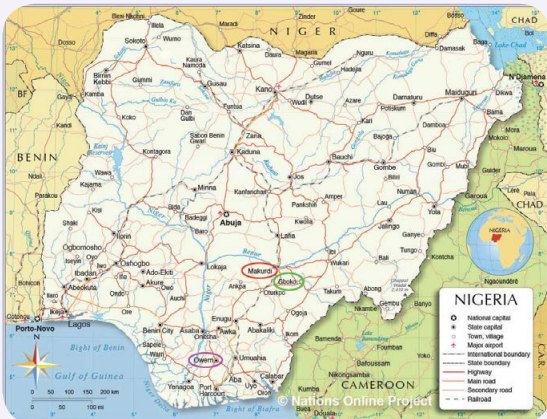
Though we are thrilled with the Bibles and books provided and these wonderful reports, truth is, this work is just a drop in the ocean of need.

Who will answer the call?

8

of our workers request the following Bibles. Will you help with the cost?

Language	Number of Bibles
English	545
Tiv	270
Hausa	70
Igbo	160
Yoruba	50
Total:	1,095



“

What the church needs in these days of peril is an army of workers who, like Paul, have educated themselves for usefulness, who have a deep experience in the things of God, and who are filled with earnestness and zeal. Sanctified, self-sacrificing men are needed; men who will not shun trial and responsibility; men who are brave and true; men in whose hearts Christ is formed "the hope of glory," and who with lips touched with holy fire will "preach the word." For want of such workers the cause of God languishes, and fatal errors, like a deadly poison, taint the morals and blight the hopes of a large part of the human race.

The Acts of the Apostles, 5:27



Africa's *Namib Desert*



One of the most unusual deserts in the world, the Namib, lies along the west coast of southern Africa. There, blowing wind piles sand into towering dunes. The largest dunes rise 1,000 feet above the dune valleys. Although the desert lies near the sea, the moist sea air does not provide the desert with rain. This is because cold ocean currents chill the sea air. Since cold air does not rise, the chilled sea air cannot form rain clouds that might blow inland. The cool air does, however, form a stable layer of thick fog which is the life-blood for plant and animal life.

In a desert so dry, so sandy, and with so few plants, it might seem unlikely that animals would be able to survive. Yet more kinds of animals live in the sand dunes of the Namib than in the

sand dunes of all other deserts of the world combined.

Although it rarely rains in the Namib, the desert does get a supply of moisture. Living things have unique ways of using this moisture for their survival.

For the fogstand beetle to get a sip of water, in the early mornings this beetle raises its back end while allowing the fog to concentrate in droplets on its bumpy back and trickle down to its mouth. The button beetle makes a narrow trench in the sand. As the fog blows across this trench, moisture collects on the raised edges. The beetle waits for the moisture to collect. Then it moves back along the edges of the trench and sucks the water from the sand.

The Gemsbok antelope can survive for weeks without drinking by ceasing to

sweat when deprived of water. At such times, its body temperature may reach as high as 113° F. and can be sustained at this level through the heat of the day by a network of fine blood vessels at the base of the brain that exchanges heat to prevent brain damage.

The Namib gerbil doesn't need to drink at all. It cannot move long distances in search of water holes or moist grasses as it would rapidly become overheated. Instead, it gathers its food near its burrow in the coolness of the night. From this food, the gerbil gets the small amount of water it needs and has a way of preserving as much of that water as possible. The gerbil's efficient kidneys concentrate its urine thus eliminating little water with its waste.

The branches and trunk of the quiver tree are filled with a soft fiber that can store large amounts of water which enables it to survive for months without rain. Living involves breathing and some water vapor is lost in that process. But this tree has a way of reducing that—self amputation. In severe drought it cuts off and seals its own branches to save moisture loss through the leaves.

“The divine Worker spends little time on worthless material. Only the precious jewels does He polish after the similitude of a palace, cutting away the rough edges. The process is severe and trying; Christ cuts away [amputates] the surplus surface, and putting the stone to the polishing wheel, presses it close, that all roughness may be worn off. Then, holding the jewel up to the light, the Master sees in it a reflection of Himself, and He pronounces it worthy of a place in His casket.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 3, 1154. [LM](#)

Q:

What constitutes character?

“

*... the thoughts and feelings combined make up the moral character.**Mind, Character, and Personality,*
vol. 2, 660

A:

“A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve. ...

“Mental ability and genius are not character, for these are often possessed by those who have the very opposite of a good character. Reputation is not character. True character is a quality of the soul, revealing itself in the conduct.

“A good character is a capital of more value than gold or silver. It is unaffected by panics or failures, and in that day when earthly possessions shall be

swept away, it will bring rich returns. Integrity, firmness, and perseverance are qualities that all should seek earnestly to cultivate; for they clothe the possessor with a power which is irresistible—a power which makes him strong to do good, strong to resist evil, strong to bear adversity.

“Strength of character consists of two things—power of will and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character; but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by his powers to subdue his feelings, not by the power of his feelings to subdue him. The strongest man is he who, while sensitive to abuse, will yet restrain passion and forgive his enemies.

“If it were considered as important that the young possess a beautiful character and amiable disposition as it is that they imitate the fashions of the world in dress and deportment, we would see hundreds where there is one today coming upon the stage of active life prepared to exert an ennobling influence upon society.” *Maranatha*, 223. [LM](#)



A character formed according to the divine likeness is the only treasure that we can take from this world to the next.

Nitrate

The Nutrient You Need but Probably Don't Know About

Nutrition and biochemistry form two sides of the same coin: our diet provides the raw materials for complex biochemicals that form the structure of the body and the myriad substances that enable it to function.

One particular biochemical is nitric oxide, not to be confused with nitrous oxide, or so-called laughing gas. Back in 1992, the journal *Science* declared nitric oxide to be the “molecule of the year.” Six years later, three scientists earned the Nobel Prize for their research on nitric oxide.

The story, like almost everything that occurs in nutritional biochemistry, follows a series of steps. Cells “talk” with each other, and nitric oxide functions as a key cell-communication molecule. It signals endothelial cells lining blood vessels to dilate, or relax. Because of this property, nitric oxide plays a key role in maintaining normal blood pressure.

Nitric oxide’s nutritional precursors are the amino acid L-arginine, and the body can make some L-arginine from L-citrulline. But an excellent and often overlooked source is dietary nitrate. The body converts nitrate to nitrite, which is then converted to nitric oxide.

Many fruits and vegetables are good sources of nitrate, and there are significant amounts of nitrate in celery, lettuce, arugula, and spinach. But the hands-down richest source is beetroot and, in particular, beetroot juice and concentrate. (The juice is extracted from the red beetroots you cook with or use in salads, not the sugar beets used for making sucrose.)

How to “Beet” Hypertension

The studies on the benefits of beetroot juice and blood pressure show remarkably consistent benefits. Amrita Ahluwalia, PhD., of Queen Mary University, London, and her colleagues asked 68 people with hypertension to drink either one cup (150 ml) of nitrate-rich beetroot juice or nitrate-free beetroot juice daily. The drinks were switched so everyone in the study eventually consumed both types of juice for two weeks.

The researchers measured the subjects’ blood pressure using three different

techniques. All three techniques found a reduction in blood pressure among people drinking the beetroot juice with naturally occurring nitrate.

A separate study by the same researchers involved giving 69 patients a cup of either nitrate-rich beetroot juice or beetroot juice without nitrate



daily for six weeks. All of the subjects had elevated cholesterol levels. Using ultrasound, researchers determined that the nitrate-rich beetroot juice led to a 24 percent improvement in blood vessel flexibility and tone, technically known as endothelial function. The subjects also had a slight decrease in blood clotting, another sign of improved cardiovascular health, and an improvement in aortic pulse wave velocity, both signs of improved cardiovascular risk. These factors worsened in the placebo group.

Reducing Glaucoma Risk

Harvard medical researchers recently reported that eating nitrate-rich vegetables can lower the risk of primary open-angle glaucoma, the most common form of the disease.

Jae H. Kang, ScD, and her colleagues analyzed health data that had been collected every two years, starting in the mid-1980s and continuing through 2012, and that included

63,893 female nurses and 41,094 male physicians as study subjects.

She reported that people with the highest daily intake of nitrate—approximately 240 mg, mostly from leafy green vegetables—had a 21 percent lower risk of open-angle glaucoma and a 44 percent lower risk of glaucoma with the early stages of vision loss.

Boosting Athletic Performance

Finally, Michael J. Berry, Ph.D. of Wake Forest University in Winston-Salem, North Carolina, and his colleagues tested the effects of beetroot juice on 15 people diagnosed with chronic obstructive pulmonary disease (COPD). The juice substantially increased blood levels of nitrate and nitrite.



Concentrated beetroot improves exercise performance and increases tolerance to high-intensity exercise.

Studies conducted in Europe show that concentrated beetroot improves exercise performance and increases tolerance to high-intensity exercise. The studies involved “recreationally fit” athletes and elite athletes training under controlled conditions, such as cycling or running on a treadmill in an exercise laboratory.

The dietary nitrate in beetroot works in a couple of different ways. First, it enables blood vessels to flex (instead of remaining stiff) under pressure. Second, the nitrate enables athletes to use less oxygen while exercising at the same intensity. This makes “exercise seem easier, and it should be possible to continue it for longer,” says Andrew M. Jones, Ph.D., a professor and exercise physiologist at the University of Exeter in the United Kingdom.

These studies have found that blood nitrate levels peak two to three hours after consuming beetroot, and that levels remain elevated for six to nine hours. That means the key is to drink beetroot juice three hours before exercising, and to have it daily to maintain higher blood

levels of nitrate, according to Jones. The juice also led to significant reductions in post-exercise and resting blood pressure.

How to Use Beetroot Juice

Most blood pressure studies have used 180 g (6.35 oz.) of beetroot juice daily, although more might be helpful to some people. (Beet juice can cause nausea and vomiting, so this amount should be spread over the course of the day in 2–3 doses.) A beneficial effect on blood pressure should be apparent within 10 days.

Please note that the juice may turn your urine pink, but this is a superficial, not harmful, side effect.

The Nutrition Reporter, Jack Challem, August 31, 2016.

God has freely given us life giving, nutrient abundant vegetables, fruits, juices for building, repairing, rejuvenating, and healing of blood and cells. Consuming a diet rich in nutrition can prevent and even reverse disease conditions. Let each eat and drink that which will offer radiant, energetic and truly optimal health. **LM**

Joy from Suffering

By Pastor John J. Grosboll

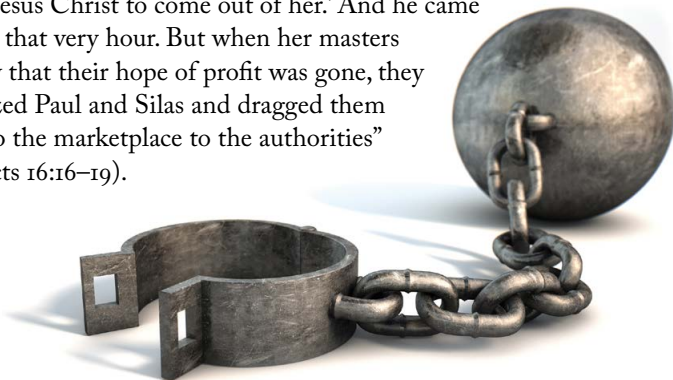
“

What must I do to be saved?

Prison guard of Paul and Silas

The entrance of the gospel for the first time into Europe occurred when the apostles Paul and Silas entered into a ship at Troas to go to Philippi. This was accompanied by great suffering. It was in regard of his own experience that the apostle Paul wrote about the purpose of suffering.

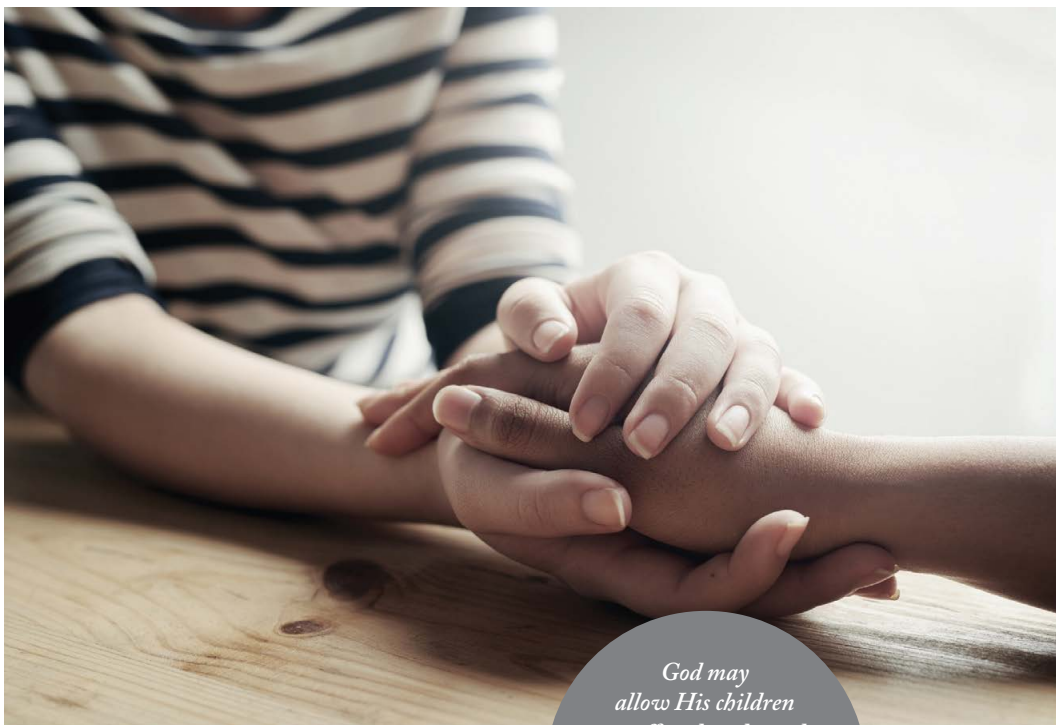
“It happened, as we (Paul and Silas) went to prayer, that a certain slave girl possessed with a spirit of divination met us, who brought her masters much profit by fortune-telling. This girl followed Paul and us, and cried out, saying, ‘These men are the servants of the Most High God, who proclaim to us the way of salvation.’ And this she did for many days. But Paul, greatly annoyed, turned and said to the spirit, ‘I command you in the name of Jesus Christ to come out of her.’ And he came out that very hour. But when her masters saw that their hope of profit was gone, they seized Paul and Silas and dragged them into the marketplace to the authorities” (Acts 16:16–19).



The girl's masters had been using her to earn money and feared that if people accepted the preaching of the apostles their source of income would cease; so they made many false charges against them: "They brought them to the magistrates, and said, 'These men, being Jews, exceedingly trouble our city; and they teach customs which are not lawful for us, being Romans, to receive or observe.' Then the multitude rose up together against them; and the magistrates tore off their clothes and commanded them to be beaten with rods. And when they had laid many stripes on them, they threw them into prison, commanding the jailer to keep them securely. Having received such a charge, he put them into the inner prison and fastened their feet in the stocks" (verses 20–24).

One of the most dangerous situations that any human being can get into is to be the victim of mob action. For Paul and Silas there had been no trial, no justice, no opportunity to have council or to defend themselves in a court. Their clothes were stripped off them, they were beaten until bruised and bloody before being taken into prison where their feet were put in the stocks. There they were chained to prevent them from escaping.

By night, with their feet in stocks unable to move and in great pain and with no refreshment, the Bible says, "At midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed. And the keeper of the prison, awaking from sleep and seeing the prison doors open, supposing the prisoners had fled, drew his sword and was about to kill himself. But Paul called with a loud voice, saying, 'Do yourself no harm, for we are all here'" (verses 25–28). Through the influence of the apostle Paul, when all the chains were loosed and the doors were opened, the prisoners did not flee. "Then



God may allow His children to suffer, that through their suffering others may find salvation, creating friendships that will last throughout eternity.

he (the jailer) called for a light, ran in, and fell down trembling before Paul and Silas. And He brought them out and said, 'Sirs, what must I do to be saved'" (verses 29, 30)?

This jailer had been impressed by the conduct of his new prisoners. They acted differently from any prisoners he had ever held before. He realized that God had delivered them from prison, but they had not run away having regard for the jailer's life. He realized that he owed his life to Paul and Silas and a desire rose in his heart to know their God. He had heard something about what they were teaching, about the gospel, and now he wanted to know about the God that they served. Who was this God they prayed and sang to? He wanted to know what he must do to be saved. The most important question that any hu-

man being can ask is that same question, "What must I do to be saved?"

Immediately the answer came. "So they said, 'Believe on the Lord Jesus Christ, and you will be saved, you and your household'" (verse 31). It was not complicated, just believe!

The Greek word translated *believe* means much more than just a mental assent of believing that something is true in your mind. It means to believe something enough that you make a commitment to that belief. John 2:24 says, "Jesus did not commit Himself to them, because He knew all men."

That word *commit* is the same word that is translated *believe*, or *to have faith*. To believe means to make a commitment. To whom was the jailer to commit? He was to make a commitment to the Lord Jesus Christ. Such a phrase

was very significant, for people in those days knew exactly what a lord was.

Today, we who live in free countries are ignorant of the position of a lord because we are all free. But in the Roman Empire where approximately 2/3 of the people were slaves and only about 1/3 were free, they knew exactly what a lord was. A lord was somebody who had total authority or sovereignty over your life.

If you want to be saved you must believe in Jesus as your Lord. "Believe in the Lord." If He is the Lord of your life you will follow Him and you will do what He says.

Believe on the Lord Jesus, the most wonderful name in the English language that comes from the Hebrew word which means *Saviour, Deliverer*. Believe on Him as your Saviour, as the Lord of your life and if you do, you will be saved. It is not complicated. Anyone, at any time of their life, can choose to make that decision. But friends, it is not by just giving a mental assent that the gospel is true, or that Christianity is true, not at all. It is by making a commitment to follow Jesus in holy living. Sadly, that is what keeps people from following Christ.

John says, "He who says he abides in Him must walk as He walked" (1 John 2:6, literal translation). The Philippian jailor accepted the call. He believed in Him as his Lord and Saviour from sin. He had seen evidence of what the gospel could do in the lives of Paul and Silas. He wanted the same thing, he wanted the same Lord and Master. Acts chapter 16:32-34 says, "Then they spoke the word

of the Lord to him and to all who were in his house. And he took them the same hour of the night and washed their stripes. And immediately he and all his family were baptized. Now when he had brought them into his house, he set food before them; and he rejoiced, having believed in God with all his household."

God brought beauty out of ashes; a wonderful thing happened because of the way Paul and Silas reacted to their suffering. One of the reasons that God allows suffering among His children is so that other people can see what the religion of Christ does in a person's life. It changes the way they react, even to bad situations. The apostle Paul and Silas sang songs in the prison after they had been beaten and tortured, with their feet in the stocks, chained and in agony. As a result of their reaction to their suffering, others saw that they were different from the other criminals in the prison. Though they were looked upon as criminals, they did not manifest criminal behavior. Their demeanor as they sang and prayed had such an effect on the jailor that his whole household became Christians.

God may allow His children to suffer, that through their suffering others may find salvation, creating friendships that will last throughout eternity.

With all that had happened overnight, the magistrates had second thoughts about the night's events. They had found out what had happened to the girl who had been possessed of an evil spirit and been freed, and wondered if they had done the right thing. They decided that they should let Paul and Silas go free. The Bible says, "The magistrates sent the officers, saying, 'Let those men go.' So the keeper of the prison reported these words to Paul, saying, 'The magistrates have sent to let you go. Now therefore depart, and go in peace.' But Paul said to them, 'They have beaten us openly, uncondemned Romans, and have thrown us into prison. And now do they put us out secretly?'" (verses 35-37)?



One of the most dangerous situations that any human being can get into is to be the victim of mob action.

Paul and Silas did not want to be looked at as criminals by slinking away. While they insisted on their innocence and that they had been treated illegally, being Roman citizens, the magistrates were afraid they would be relieved of their jobs if an appeal were made to the Roman emperor.

“... the magistrates ... were afraid when they heard that they were Romans. Then they came and pleaded with them and brought them out, and asked them to depart from the city” (verses 38, 39). Before they left the city, the Bible says, “They went out of the prison and entered the house of Lydia; and when they had seen the brethren, they encouraged them and departed” (verse 40).

After they left the city the whole story spread throughout that region. As a result, a large number of people became Christians and the church in Philippi was organized. Later, when Paul was in prison again, he wrote to the church. You can read his letter to the Philippian church in the New Testament.

Paul understood that many would suffer persecution for Christ’s sake. He said, “To you it has been given on behalf of Christ, not only to believe in His name, but also to suffer for His sake, having the same conflict which you saw in me and now hear is in me” (Philippians 1:29, 30, literal translation).

There is a reason that we go through suffering in this world. Peter described it this way: “This is commendable, if because of conscience toward God one endures grief, suffering wrongfully. For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: ‘Who committed no sin, nor was deceit found in His mouth’; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who

judges righteously; who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed” (1 Peter 2:19–24).

Later, the apostle Peter, who was told by Jesus Himself, that at the end of his life he would be crucified (John 21), wrote to the Christians: “Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy. If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you. On their part He is blasphemed, but on your part He is glorified.

But let none of you suffer as a murderer, a thief, an evildoer, or as a busy-body in other people’s matters. Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in this matter. For the time has come for judgment to begin at the house of God; and if it begins with us first, what will be the end of those who do not obey the gospel of God? ... Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator” (1 Peter 4:12–17, 19).

Some people have wondered how they could endure the suffering that they find themselves in. The Bible is full of many

wonderful and precious promises to those who suffer for righteousness’ sake. Here are two. “Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it” (1 Corinthians 10:12, 13).

Paul tells of the thorn in his flesh, referring to the bodily trouble he suffered that he wanted to be relieved of. He wrote, “He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Christ

may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong” (2 Corinthians 12:9, 10).

These Bible promises are not just for the apostle Paul; they are promises for every person who is suffering.

(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.

“
God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

1 Corinthians 10:13

Too Little to Come In

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

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

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

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

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

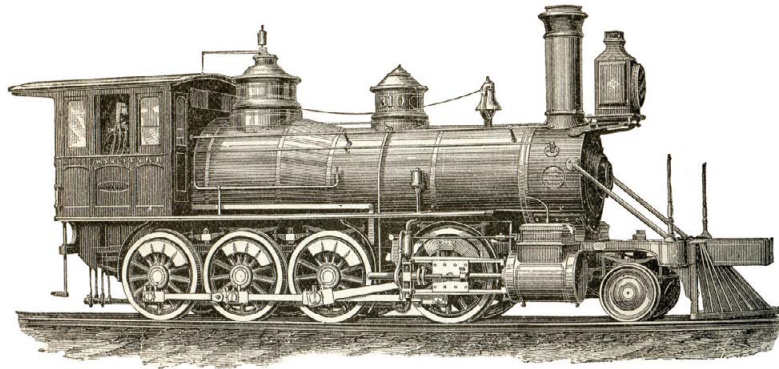
And when, all drenched and bleeding,
He reached again that door,
Safe in His tender bosom
The weakest lamb He bore.

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

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

Ferns, True Education Series, Anonymous, 7, 8.





When God Controlled a Railroad Train

Many years ago an engineer brought his train to a stop at a little village in Massachusetts where the passengers had only five minutes to get off the train and stretch their legs a bit before the train pulled out again.

“The conductor tells me that the train to Bedford leaves the junction ahead fifteen minutes before we get there,” said a sad-looking lady on the platform to the engineer. “That is the last train tonight to Bedford, and I’m trying to get home with a very sick child. I have no money for a hotel. I simply *must* reach that train on time and get home tonight.”

“It can’t be done,” replied the engineer.

“Would it be possible for you to hurry a little?” asked the anxious, tearful mother.

“No, Ma’am. I have a schedule, and the rules say I must follow it exactly.”

The woman turned away sorrowfully. But a moment later, she was back. “Are you a Christian?” she asked the engineer.

He looked puzzled. “Yes, I am,” he answered. “Why do you ask?”

“Will you pray with me that the Lord may in some way delay that train at the junction?”

“Well ... Yes, I’ll pray with you, but I don’t have much faith that the train will be delayed long enough for you to make your connection.”

Just then the conductor called out, “All aboard!”

The poor woman hurried to get back into the train and take care of her sick child. The engineer quickly climbed to his spot in the engine, and soon the train was puffing its way down the track, climbing the grade. In her seat on the train, the woman prayed for God to help her to reach the Bedford train in time. Up in his seat at the throttle, the engineer also prayed. “Lord,” he said, “delay that Bedford train only ten minutes, and I’ll make up the extra five minutes!”

“Somehow,” the engineer later recalled, “everything seemed to go according to some plan. After I prayed, I couldn’t help increasing my speed just a little! We hardly paused at the first stop. People got on and off more quickly than I’ve ever seen before. In half a minute, the conductor was waving his lantern, and we were off once more. I began to have more faith that we would reach the junction before that other train left.

“Once over the summit of the mountain, it was easy to give the engine a little more steam, and then a little more. I prayed, and the train seemed to shoot down the rails like an arrow. I sensed something was push-

ing us forward, and I couldn’t hold her back! We came rushing into the junction six minutes ahead of schedule. And there stood the Bedford train! Its conductor was still standing on the platform, his lantern resting at his side.”

Now, these trains never connected with each other. They weren’t intended to; the schedule didn’t allow for it. No message had been sent ahead to hold the Bedford train. There was no reason it should not have left the station several minutes earlier. Yet, there it stood—waiting.

The conductor of the Bedford train approached the engineer of the train that had just pulled into the junction. “Well,” he inquired, “will you tell me what we’re waiting for? Somehow I felt that I needed to wait until you arrived at the station tonight. But I don’t know why.”

“I can tell you,” replied the engineer. “I have a woman on board my train who has a sick child and who must get home tonight. She has been praying—and I have been praying—that somehow your train would still be here when we arrived. And here you are!”

Storytime, Character-building Stories for Children, Pacific Press Publishing Association, 6, 7. **LM**

September 30 – October 6

Luther: The Man for His Time

Key Text

“Behold, his soul which is lifted up is not upright in him: but the just shall live by his faith” (Habakkuk 2:4).

Study Help: *The Great Controversy*, 120–144; 197–205.

Introduction

“Zealous, ardent, and devoted, knowing no fear but the fear of God, and acknowledging no foundation for religious faith but the Holy Scriptures, Luther was the man for his time; through him God accomplished a great work for the reformation of the church and the enlightenment of the world.” *The Great Controversy*, 120.

Sunday

LUTHER FINDS THE LIGHT

- a. What parable illustrates the experience of Martin Luther when he found the Bible for the first time? Matthew 13:44–46.

Note: “While one day examining the books in the library of the university, Luther discovered a Latin Bible. ... He had heard portions of the Gospels and Epistles, which were read to the people at public worship, and he supposed that these were the entire Bible. Now, for the first time, he looked upon the whole of God’s word. With mingled awe and wonder he turned the sacred pages; with quickened pulse and throbbing heart he read for himself the words of life.” *The Great Controversy*, 122.

- b. As Luther studied the Word more deeply, what effect did this have upon him? Psalm 119:130; Jeremiah 15:16.
-
-

Note: “He who tastes of the love of Christ will continually long for more; but he seeks for nothing else. The riches, honors, and pleasures of the world do not attract him. The constant cry of his heart is, More of Thee.” *The Desire of Ages*, 187.

Monday

LIGHT PIERCES THE DARKNESS

- a. As Luther studied his Bible further, what conviction did he feel concerning his own life? Isaiah 6:5.
-
-

Note: “Angels of heaven were by his [Luther’s] side, and rays of light from the throne of God revealed the treasures of truth to his understanding. He had ever feared to offend God, but now the deep conviction of his condition as a sinner took hold upon him as never before.

“An earnest desire to be free from sin and to find peace with God led him at last to enter a cloister and devote himself to a monastic life.” *The Great Controversy*, 122, 123.

- b. As Luther sought to find pardon and peace through painful acts of penance, what was God trying to teach him? 1 Timothy 1:15.
-
-

Note: “The pious Staupitz opened the word of God to Luther’s mind and bade him look away from himself, cease the contemplation of infinite punishment for the violation of God’s law, and look to Jesus, his sin-pardoning Saviour. ‘Instead of torturing yourself on account of your sins, throw yourself into the Redeemer’s arms. Trust in Him, in the righteousness of His life, in the atonement of His death. ... Listen to the Son of God. He became man to give you the assurance of divine favor.’ ‘Love Him who first loved you’ (D’Aubigné, b. 2, ch. 4).” *The Great Controversy*, 123, 124.

- c. As he was climbing Pilate’s staircase on his knees, what central Bible truth became clear to Luther? Romans 1:17.
-
-

Note: “By a recent decretal an indulgence had been promised by the pope to all who should ascend upon their knees ‘Pilate’s staircase,’ said to have been descended by our Saviour on leaving the Roman judgment hall and to have been miraculously conveyed from Jerusalem to Rome. Luther was one day devoutly climbing these steps, when suddenly a voice like thunder seemed to say to him: ‘The just shall live by faith’ (Romans 1:17). He sprang to his feet and hastened from the place in shame and horror. That text never lost its power upon his soul. From that time he saw more clearly than ever before the fallacy of trusting to human works for salvation, and the necessity of constant faith in the merits of Christ.” *The Great Controversy*, 125.

Tuesday

SAVED BY GRACE THROUGH FAITH

- a. When in 1517 Luther published his ninety-five theses against the power of indulgences, how did he teach that our works cannot atone for sin? Galatians 2:16; Acts 20:21.

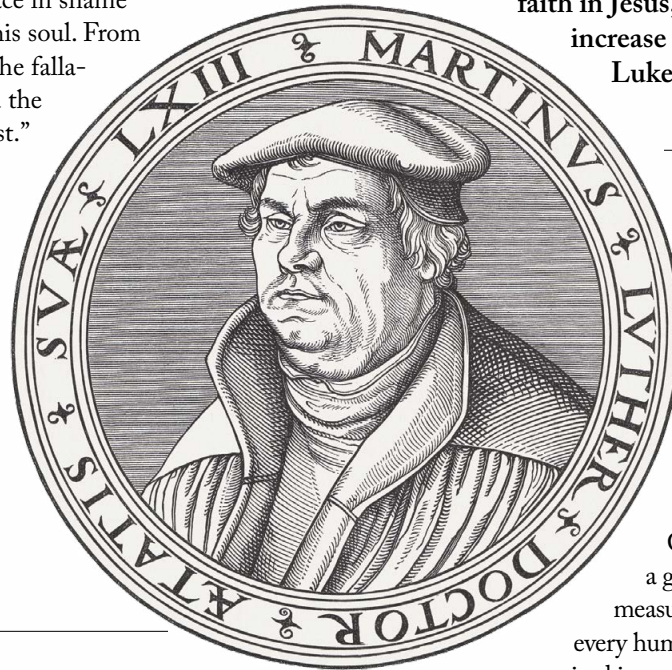
Note: “Luther ... set before the people the offensive character of sin, and taught them that it is impossible for man, by his own works, to lessen its guilt or evade its punishment. Nothing but repentance toward God and faith in Christ can save the sinner. The grace of Christ cannot be purchased; it is a free gift. He counseled the people not to buy indulgences, but to look in faith to a crucified Redeemer. He related his own painful experience in vainly seeking by humiliation and penance to secure salvation, and assured his hearers that it was by looking away from himself and believing in Christ that he found peace and joy.” *The Great Controversy*, 129.

- b. How alone are we saved from sin, and by whom? Romans 1:16; Ephesians 2:8-10.

Note: “By these [Luther’s] theses it was shown that the power to grant the pardon of sin, and to remit its penalty, had never

been committed to the pope or to any other man. ... It was also clearly shown that the gospel of Christ is the most valuable treasure of the church, and that the grace of God, therein revealed, is freely bestowed upon all who seek it by repentance and faith.” *The Great Controversy*, 130.

- c. **From whom do we obtain a saving faith in Jesus, and how may we increase it? Romans 10:9; Luke 17:5.**



Note: “Faith that enables us to receive God’s gifts is itself a gift, of which some measure is imparted to every human being. It grows as exercised in appropriating the word of God. In order to strengthen faith, we must often bring it in contact with the word.” *Education*, 253, 254.

“Now, brethren, you have educated yourselves so much in doubts and questionings that you have to educate your souls in the line of faith. You have to talk faith, you have to live faith, you have to act faith, that you may have an increase of faith.” *Faith and Works*, 78.

Wednesday

THE SCRIPTURES: THE FOUNDATION OF OUR FAITH

- a. What attitude held by Luther towards the authority of Scripture became the vital principle of the Reformation? Colossians 2:8; Isaiah 8:20.

Note: “He [Luther] firmly declared that Christians should receive no other doctrines than those which rest on the authority of the Sacred Scriptures. These words struck at the very foundation of papal supremacy. They contained the vital principle of the Reformation.” *The Great Controversy*, 126.

b. In an effort to counter the effect of Luther’s teachings, in 1529 the German Emperor prepared a Decree that would end religious freedom and restore the authority of the Roman Catholic Church. What two principles contained in the Protest of the Princes of Germany against this decree constitute the essence of Protestantism? Acts 4:18–20; 5:28, 29; Matthew 15:8, 9.

Note: “The principles contained in this celebrated Protest ... constitute the very essence of Protestantism. Now this Protest opposes two abuses of man in matters of faith: the first is the intrusion of the civil magistrate, and the second the arbitrary authority of the church. Instead of these abuses, Protestantism sets the power of conscience above the magistrate, and the authority of the word of God above the visible church. In the first place, it rejects the civil power in divine things, and says with the prophets and apostles, ‘We must obey God rather than man.’ In presence of the crown of Charles the Fifth, it uplifts the crown of Jesus Christ. But it goes farther: it lays down the principle that all human teaching should be subordinate to the oracles of God’ (D’Aubigné, b. 13, ch. 6). The protesters had moreover affirmed their right to utter freely their convictions of truth. They would not only believe and obey, but teach what the word of God presents, and they denied the right of priest or magistrate to interfere. The Protest of Spires was a solemn witness against religious intolerance, and an assertion of the right of all men to worship God according to the dictates of their own consciences. ...

“Satan’s manner of working against God and His word has not changed; he is still as much opposed to the Scriptures being made the guide of life as in the sixteenth century. In our time there is a wide departure from their doctrines and precepts, and there is need of a return to the great Protestant principle—the Bible, and the Bible only, as the rule of faith and duty.” [Emphasis author’s.] *The Great Controversy*, 203–205.

Thursday

THE WORD BRINGS LIFE TO THE SOUL

a. What does the word of God do for those who hear or read it? Psalm 119:103, 104.

b. How did Luther’s teaching of the word of God affect those he taught? Romans 10:17; Hebrews 4:12.

Note: “The word of God, by which Luther tested every doctrine and every claim, was like a two-edged sword, cutting its way to the hearts of the people. Everywhere there was awakening a desire for spiritual progress. Everywhere was such a hungering and thirsting after righteousness as had not been known for ages. The eyes of the people, so long directed to human rites and earthly mediators, were now turning in penitence and faith to Christ and Him crucified.” *The Great Controversy*, 133.

c. What will happen as we study and obey the word of God? John 17:17.

Note: “The Scriptures are the great agency in the transformation of character. ... If studied and obeyed, the word of God works in the heart, subduing every unholy attribute. The Holy Spirit comes to convict of sin, and the faith that springs up in the heart works by love to Christ, conforming us in body, soul, and spirit to His own image. Then God can use us to do His will. The power given us works from within outwardly, leading us to communicate to others the truth that has been communicated to us.” *Christ’s Object Lessons*, 100.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What was Luther’s reaction to finding a Bible for the first time?
- 2 What fallacy became clear to Luther as he climbed Pilate’s staircase?
- 3 In what way alone can a sinner be saved?
- 4 How can we continue to uphold the essence of Protestantism today?
- 5 What role do the Scriptures have in transforming character?

October 7 – 13

The Sin Problem

Key Text

“For all have sinned, and come short of the glory of God” (Romans 3:23).

Study Help: *Patriarchs and Prophets*, 48–62.

Introduction

“The human family have all transgressed the law of God, and as transgressors of the law, man is hopelessly ruined; for he is the enemy of God, without strength to do any good thing.” *Selected Messages*, Book 1, 321.

Sunday

GOD’S PURPOSE FOR HUMANITY

- a. In whose image were Adam and Eve created, and for what purpose? Genesis 1:26, 27, 31; Isaiah 43:7.

Note: “When Adam came from the Creator’s hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. ‘God created man in His own image’ (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image—the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigor were continually to increase.” *Education*, 15.

- b. Though our first parents wore no artificial garments, what enshrouded them as a symbol of their purity? Psalm 104:1, 2. Compare Exodus 34:29.

Note: “The sinless pair wore no artificial garments; they were clothed with a covering of light and glory, such as the angels wear.” *Patriarchs and Prophets*, 45.

“The white robe of innocence was worn by our first parents when they were placed by God in holy Eden. They lived in perfect conformity to the will of God. All the strength of their affections was given to their heavenly Father. A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God it would ever have continued to enshroud them.” *Christ’s Object Lessons*, 310, 311.

Monday

A TEST OF LOVE

- a. In what sense were our first parents free to fulfill their divine purpose? Deuteronomy 30:19.

Note: “Our first parents, though created innocent and holy, were not placed beyond the possibility of wrongdoing. God made them free moral agents, capable of appreciating the wisdom and benevolence of His character and the justice of His requirements, and with full liberty to yield or to withhold obedience. . . .

“God might have created man without the power to transgress His law; He might have withheld the hand of Adam from touching the forbidden fruit; but in that case man would have been, not a free moral agent, but a mere automaton. Without freedom of choice, his obedience would not have been voluntary, but forced. There could have been no development of character.” *Patriarchs and Prophets*, 48, 49.

- b. What test of loyalty was given to our first parents? Genesis 2:16, 17.

Note: “When Adam and Eve were placed in the beautiful garden they had everything for their happiness which they could desire. But God chose, in His all-wise arrangements, to test their loyalty before they could be rendered eternally secure. They were to have His favor, and He was to converse with them and they with Him. Yet He did not place evil out of their reach. Satan was permitted to tempt them. If they endured the trial they were to be in perpetual favor with God and the heavenly angels.” *The Story of Redemption*, 24.

- c. Describe how our first parents became disloyal to God. 2 Corinthians 11:3; Genesis 3:1–6.

Note: “Satan represented to the holy pair that they would be gainers by breaking the law of God. Do we not today hear similar reasoning? Many talk of the narrowness of those who obey God’s commandments, while they themselves claim to have broader ideas and to enjoy greater liberty. What is this but an echo of the voice from Eden, ‘In the day ye eat thereof’—transgress the divine requirement—‘ye shall be as gods’ (Genesis 3:5)?” *Patriarchs and Prophets*, 55.

Tuesday

SIN AND ITS CONSEQUENCES

- a. How is sin defined in the Bible? 1 John 3:4.

Note: “Our only definition of sin is that given in the word of God; it is ‘the transgression of the law;’ it is the outworking of a principle at war with the great law of love which is the foundation of the divine government.” *The Great Controversy*, 493.

- b. What tragic consequence came upon humanity because of their sin? Genesis 3:19, 23; Romans 5:12.

Note: “It was not the will of God that the sinless pair should know aught of evil. He had freely given them the good, and had withheld the evil. But, contrary to His command, they had eaten of the forbidden tree, and now they would continue to eat of it—they would have the knowledge of evil—all the days of their life. From that time the race would be afflicted by Satan’s temptations. Instead of the happy labor heretofore appointed them, anxiety and toil were to be their lot. They would be subject to disappointment, grief, and pain, and finally to death.” *Patriarchs and Prophets*, 59.

- c. What additional consequence did the Fall have on the nature of every human being? Romans 3:12; 7:14, 18; 8:7.

Note: “After their sin Adam and Eve ... were told that their nature had become depraved by sin; they had lessened their strength to resist evil and had opened the way for Satan to gain more ready access to them. In their innocence they had yielded to temptation; and now, in a state of conscious guilt, they would have less power to maintain their integrity.” *Patriarchs and Prophets*, 61.

“The result of the eating of the tree of knowledge of good and evil is manifest in every man’s experience. There is in his nature a bent to evil, a force which, unaided, he cannot resist.” *Education*, 29.

“Of himself he is incapable of sensing sin, incapable of appreciating and appropriating the divine nature. Were it brought within his reach there is nothing in it that his natural heart would desire it.” *Selected Messages*, vol. 1, 340.

Wednesday

4 FIG-LEAF GARMENTS

- a. After realizing their loss of innocence, and the light given to symbolize it, what did Adam and Eve do to try and cover their nakedness? Was their covering acceptable? Genesis 3:7, 8 (compare Revelation 3:17).

Note: “When sin entered, they [our first parents] severed their connection with God, and the light that had encircled them departed. Naked and ashamed, they tried to supply the place of the heavenly garments by sewing together fig leaves for a covering.” *Christ’s Object Lessons*, 311.

- b. In what spiritual sense have sinners been making fig-leaf garments for themselves ever since the Fall? Romans 10:3.

Note: “This is what the transgressors of God’s law have done ever since the day of Adam and Eve’s disobedience. They have sewed together fig leaves to cover the nakedness caused by transgression. They have worn the garments of their own devising, by works of their own they have tried to cover their sins, and make themselves acceptable with God.” *Christ’s Object Lessons*, 311.

- c. What deception leads us to think that we can make ourselves acceptable to God? Jeremiah 17:9; Isaiah 64:6.

Note: “Many are deceived concerning the condition of their hearts. They do not realize that the natural heart is deceitful above all things, and desperately wicked. They wrap themselves about with their own righteousness, and are satisfied in reaching their own human standard of character; but how fatally they fail when they do not reach the divine standard, and of themselves they cannot meet the requirements of God. ...

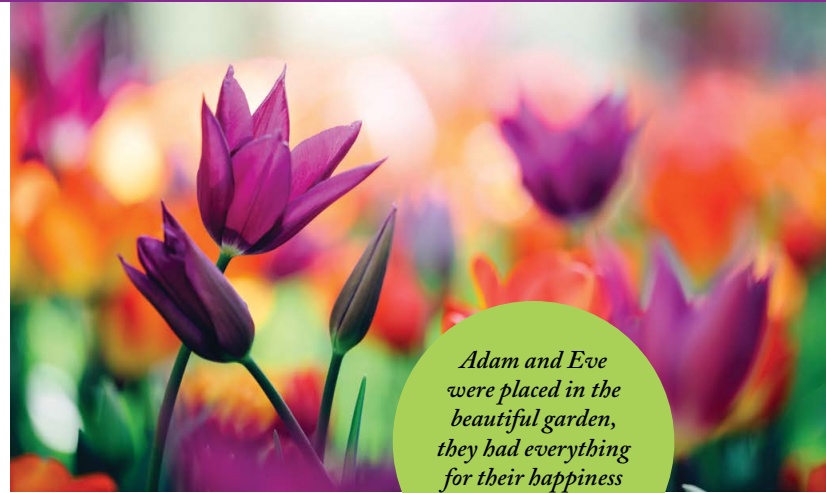
“The human family have all transgressed the law of God, and as transgressors of the law, man is hopelessly ruined; for he is the enemy of God, without strength to do any good thing. ‘The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be’ (Romans 8:7).” *Selected Messages*, Book 1, 320, 321.

Thursday

THE WHOLE WORLD GUILTY BEFORE GOD

- a. How has all humanity failed to fulfill God’s original purpose? Romans 3:23.

- b. As the standard of righteousness, what purpose does the law of God serve? Romans 3:19, 20; Galatians 3:24.



Adam and Eve were placed in the beautiful garden, they had everything for their happiness which they could desire.

Note: “The law stands firm, and justice sternly points the sinner to its holy precepts. It is not the province of the law to save the sinner, but to condemn, not to pardon, but to convict. It can not be changed to meet man in his fallen condition. Then how is God’s justice to be satisfied and His favor obtained? Not by works; ‘for by the deeds of the law there shall no flesh be justified in His sight.’ In his own strength the sinner can not meet the demands of God.” *The Signs of the Times*, July 31, 1901.

- c. What question has been asked by sinners ever since the Fall, and what is the only answer? Job 9:2; 25:4–6; John 1:29.

Note: “In every congregation there are souls who are unsatisfied. Every Sabbath they should hear something that will help them in the way of salvation and teach them how to become better Christians. The important thing for them to know is, How can a sinner be justified before God? Let the way of salvation be presented before them in simplicity. Lift up Jesus as the sinner’s only hope.” *The Review and Herald*, October 7, 1909.

Friday

PERSONAL REVIEW QUESTIONS

- 1 For what purpose did God create human beings?
- 2 Why was it important to allow humanity freedom of choice to serve God?
- 3 What sinful condition are we all subject to apart from God?
- 4 How can I be guilty of making fig-leaf garments for myself?
- 5 In whom only can I find hope for my sinful condition?

October 14 – 20

God's Plan to Save Us

Key Text

“And almost all things are by the law purged with blood; and without shedding of blood is no remission” (Hebrews 9:22).

Study Help: *Patriarchs and Prophets*, 63–79.

Introduction

“Through Christ, restoration as well as reconciliation is provided for man. The gulf that was made by sin has been spanned by the cross of Calvary.” *Selected Messages*, Book 1, 363.

Sunday

THE PLAN OF REDEMPTION REVEALED

- a. What promise of redemption did God give to Adam and Eve? **Genesis 3:15; Galatians 3:16.**

Note: “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.” *Patriarchs and Prophets*, 66.

- b. What converting grace does the promise of redemption include, and why is it necessary? **Galatians 3:14; John 3:5.**

Note: “It is the grace that Christ implants in the soul which creates in man enmity against Satan. Without this converting grace and renewing power, man would continue the captive of Satan, a servant ever ready to do his bidding. But the new

principle in the soul creates conflict where hitherto had been peace. The power which Christ imparts enables man to resist the tyrant and usurper. Whoever is seen to abhor sin instead of loving it, whoever resists and conquers those passions that have held sway within, displays the operation of a principle wholly from above.” *The Great Controversy*, 506.

Monday

ONLY ONE APPROVED PLAN

- a. What is the essential element in the plan of redemption, and what does it signify? **Hebrews 9:22; Leviticus 17:11.**

Note: “Christ was the Lamb slain from the foundation of the world. To many it has been a mystery why so many sacrificial offerings were required in the old dispensation, why so many bleeding victims were led to the altar. But the great truth that was to be kept before men, and imprinted upon mind and heart, was this, ‘Without shedding of blood is no remission’ (Hebrews 9:22). In every bleeding sacrifice was typified ‘the Lamb of God, which taketh away the sin of the world’ (John 1:29).” *Our High Calling*, 47.

- b. What shows that Cain did not wholeheartedly accept the divine plan? **Genesis 4:3–5.**

Note: “They [Cain and Abel] knew that in these [sacrificial] 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. Besides this, the first fruits of the earth were to be presented before the Lord as a thank offering.” *Patriarchs and Prophets*, 71.

c. What did God tell Cain about the divine plan, and what did Cain’s response reveal about himself? Genesis 4:6–8.

Note: “He [Cain] thought that his own plans were best, and that the Lord would come to his terms. Cain in his offering did not acknowledge his dependence upon Christ. He thought that his father Adam had been treated harshly in being expelled from Eden. The idea of keeping that sin ever before the mind, and offering the blood of the slain lamb as a confession of entire dependence upon a power outside of himself, was torture to the high spirit of Cain.” *Testimonies to Ministers and Gospel Workers*, 77, 78.

Tuesday

SELF-RIGHTEOUSNESS FRUSTRATES GOD’S PLAN

a. What parable of Jesus illustrates the error of trusting in yourself for righteousness? Luke 18:9–14.

Note: “The Pharisee goes up to the temple to worship, not because he feels that he is a sinner in need of pardon, but because he thinks himself righteous and hopes to win commendation. His worship he regards as an act of merit that will recommend him to God.” *Christ’s Object Lessons*, 150.

b. How does this attitude frustrate God’s grace, and why? Galatians 2:21.

Note: “The Pharisee and the publican represent two great classes into which those who come to worship God are divided. Their first two representatives are found in the first two children that were born into the world. Cain thought himself righteous, and he came to God with a thank offering only.



In every bleeding sacrifice was typified "the Lamb of God, which taketh away the sin of the world."

He made no confession of sin, and acknowledged no need of mercy. But Abel came with the blood that pointed to the Lamb of God. He came as a sinner, confessing himself lost; his only hope was the unmerited love of God. ... The sense of need, the recognition of our poverty and sin, is the very first condition of acceptance with God.” *Christ’s Object Lessons*, 152.

c. How is this general attitude displayed in nearly every false religion? Romans 10:2, 3.

Note: “The class of worshipers who follow the example of Cain includes by far the greater portion of the world; for nearly every false religion has been based on the same principle—that man can depend upon his own efforts for salvation. It is claimed by some that the human race is in need, not of redemption, but of development—that it can refine, elevate, and regenerate itself. As Cain thought to secure the divine favor by an offering that lacked the blood of a sacrifice, so do these expect to exalt humanity to the divine standard, independent of the atonement. The history of Cain shows what must be the results. It shows what man will become apart from Christ. Humanity has no power to regenerate itself. It does not tend upward, toward the divine, but downward, toward the satanic.” *Patriarchs and Prophets*, 73.

Wednesday

THE DIVINE ORIGIN OF THE PLAN

- a. What shows that the plan of redemption originated with God and not with man? 1 John 4:19.
-
-

- b. In what simple terms does the apostle Paul describe the gift of redemption? Ephesians 2:8.
-
-

Note: “The Lord saw our fallen condition; He saw our need of grace, and because He loved our souls, He has given us grace and peace. Grace means favor to one who is undeserving, to one who is lost. The fact that we are sinners, instead of shutting us away from the mercy and love of God, makes the exercise of His love to us a positive necessity in order that we may be saved.” *Selected Messages*, Book 1, 347.

- c. What do the coats of skins provided by God to our first parents teach us about the promise of redemption? Genesis 3:21; Isaiah 61:10.
-
-

Note: “It is God’s glory to encircle sinful, repentant human beings in the arms of His love, to bind up their wounds, to cleanse them from sin, and to clothe them with the garments of salvation.” *Prophets and Kings*, 668.

“No fig-leaf garment, no worldly citizen dress, can be worn by those who sit down with Christ and angels at the marriage supper of the Lamb.

“Only the covering which Christ Himself has provided can make us meet to appear in God’s presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul.” *Christ’s Object Lessons*, 311.

“Desponding soul, take courage, even though you have done wickedly. Do not think that *perhaps* God will pardon your transgressions and permit you to come into His presence. God has made the first advance. While you were in rebellion against Him, He went forth to seek you. With the tender heart of the shepherd He left the ninety and nine and went out into the wilderness to find that which was lost. The soul, bruised and wounded and ready to perish, He encircles in His arms of love and joyfully bears it to the fold of safety.” *Ibid.*, 188, 189. [Emphasis author’s.]

Thursday

THE EXTENT OF GOD’S LOVE

- a. How far does the reconciliation promised by God through Christ extend? John 3:16; 2 Corinthians 5:19.
-

Note: “Only as we contemplate the great plan of redemption can we have a just appreciation of the character of God. The work of creation was a manifestation of His love; but the gift of God to save the guilty and ruined race, alone reveals the infinite depths of divine tenderness and compassion. ‘God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life’ (John 3:16). While the law of God is maintained, and its justice vindicated, the sinner can be pardoned. The dearest gift that heaven itself had to bestow has been poured out that God ‘might be just, and the justifier of him which believeth in Jesus’ (Romans 3:26). By that gift men are uplifted from the ruin and degradation of sin to become children of God. Says Paul: ‘Ye have received the Spirit of adoption, whereby we cry, Abba, Father’ (Romans 8:15).” *Testimonies*, vol. 5, 739. [Emphasis author’s.]

- b. How did Jesus impressively illustrate the love and concern of God for every single person? Matthew 18:11–14.
-

Note: “Jesus knows us individually, and is touched with the feeling of our infirmities. He knows us all by name. He knows the very house in which we live, the name of each occupant. He has at times given directions to His servants to go to a certain street in a certain city, to such a house, to find one of His sheep.

“Every soul is as fully known to Jesus as if he were the only one for whom the Saviour died. The distress of every one touches His heart.” *The Desire of Ages*, 479, 480.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What would have happened if there was no promise of redemption?
- 2 How was the plan of redemption illustrated in the offering of sacrifices?
- 3 How does self-righteousness frustrate the plan of redemption?
- 4 How does God make the first advance in restoring us to His favor?
- 5 How intimately does God know each of us?

October 21 – 27

Jesus Christ Our Only Hope

Key Text

“Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved” (Acts 4:12).

Study Help: *Selected Messages*, Book 1, 226–228.

Introduction

“Christ alone is exalted to be ‘a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins.’ ‘Neither is there salvation in any other’ (Acts 5:31; 4:12).” *Christ’s Object Lessons*, 264.

Sunday

THE DIVINE SUBSTITUTE

- a. What promise of salvation was given to Adam and Eve after they sinned? Genesis 3:15.
-
-

Note: “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. A star of hope illumined the dark and terrible future and relieved it of utter desolation.” *Patriarchs and Prophets*, 68.

- b. How does the prophet Isaiah explain this substitution? Isaiah 53:4, 5.
-
-

Note: “Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His.” *The Desire of Ages*, 25.

Monday

THE CONDITION OF ETERNAL LIFE

- a. What is the condition of eternal life? Matthew 19:16, 17.
-
-

Note: “The condition of eternal life is now just what it always has been—just what it was in Paradise before the fall of our first parents—perfect obedience to the law of God, perfect righteousness. If eternal life were granted on any condition short of this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.” *Steps to Christ*, 62.

“Christ does not lessen the claims of the law. In unmistakable language He presents obedience to it as the condition of eternal life—the same condition that was required of Adam before his fall. The Lord expects no less of the soul now than He expected of man in Paradise, perfect obedience, unblemished righteousness. The requirement under the covenant of grace is just as broad as the requirement made in Eden—harmony with God’s law, which is holy, just, and good.” *Christ’s Object Lessons*, 391.

“As the Bible presents two laws, one changeless and eternal, the other provisional and temporary, so there are two covenants. The covenant of grace was first made with man in Eden, when after the Fall there was given a divine promise that the seed of the woman should bruise the serpent’s head. To all men this covenant offered pardon and the assisting grace of God for future obedience through faith in Christ. It also promised them eternal life on condition of fidelity to God’s law. Thus the patriarchs received the hope of salvation.” *Patriarchs and Prophets*, 370.

- b. Since perfect obedience to the law of God is the condition of eternal life and all human beings have sinned, how can the descendants of Adam have eternal life? Roman 3:23–26; Romans 8:1–4?
-
-
-

Note: “It was possible for Adam, before the fall, to form a righteous character by obedience to God’s law. But he failed to do this, and because of his sin our natures are fallen and we cannot make ourselves righteous. Since we are sinful, unholy, we cannot perfectly obey the holy law. We have no righteousness of our own with which to meet the claims of the law of God. But Christ has made a way of escape for us. He lived on earth amid trials and temptations such as we have to meet. He lived a sinless life. He died for us, and now He offers to take our sins and give us His righteousness.” *Steps to Christ*, 62.

Tuesday

PERFECT OBEDIENCE THROUGH CHRIST

- a. What assurance do we have through the merits of Christ? Romans 5:1–11; Philippians 3:7–11; Ephesians 1:4–11.

Note: “The world’s Redeemer, the only begotten Son of God, by His perfect obedience to the law, by His life and character, redeemed that which was lost in the fall, and made it possible for man to obey that holy law of righteousness which Adam transgressed. Christ did not exchange His divinity for humanity, but combined humanity with divinity; and in humanity He lived the law in behalf of the human family. The sins of every one who will receive Christ were set to His account, and He has fully satisfied the justice of God.” *Special Testimonies on Education*, 21.

“Because man fallen could not overcome Satan with his human strength, Christ came from the royal courts of Heaven to help him with His human and divine strength combined. Christ knew that Adam in Eden, with his superior advantages, might have withstood the temptations of Satan, and conquered him. He also knew that it was not possible for man, out of Eden, separated from the light and love of God since the fall, to resist the temptations of Satan in his own strength. In order to bring hope to man, and save him from complete ruin, He humbled Himself to take man’s nature, that, with His divine power combined with the human, He might reach man where he is. He obtains for the fallen sons and daughters of Adam that strength which it is impossible for them to gain for themselves, that in His name they might overcome the temptations of Satan.” *The Review and Herald*, August 18, 1874.

- b. What was prophesied by Daniel in regard to the righteousness of Christ? Daniel 9:24.
-

Note: “In the prophecy of Daniel it was recorded of Christ that He shall ‘make reconciliation for iniquity, and ... bring in everlasting righteousness’ (Daniel 9:24). Every soul may say: ‘By His perfect obedience He has satisfied the claims of the law, and my only hope is found in looking to Him as my substitute and surety, who obeyed the law perfectly for me. By faith in His merits I am free from the condemnation of the law. He clothes me with His righteousness, which answers all the demands of the law. I am complete in Him who brings in everlasting righteousness.’” *Selected Messages*, Book 1, 396.

Wednesday

THE LAMB WITHOUT BLEMISH

- a. Under what symbol did John the Baptist introduce Christ to the people? John 1:29.
-

Note: “John had been deeply moved as he saw Jesus bowed as a suppliant, pleading with tears for the approval of the Father. As the glory of God encircled Him, and the voice from heaven was heard, John recognized the token which God had promised. He knew that it was the world’s Redeemer whom he had baptized. The Holy Spirit rested upon him, and with outstretched hand pointing to Jesus, he cried, ‘Behold the Lamb of God, which taketh away the sin of the world’ (John 1:29).” *The Desire of Ages*, 112.

- b. What does the apostle Peter say about Jesus Christ as the redemptive sacrifice for sin? 1 Peter 1:18, 19.
-

Note: “‘In Him [Christ] dwelleth all the fulness of the Godhead bodily’ (Colossians 2:9). Men need to understand that Deity suffered and sank under the agonies of Calvary. Yet Jesus Christ whom God gave for the ransom of the world purchased the church with His own blood. The Majesty of heaven was made to suffer at the hands of religious zealots, who claimed to be the most enlightened people upon the face of the earth.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 7, 907.

“As the sinner looks upon the Saviour dying on Calvary, and realizes that the Sufferer is divine, he asks why, this great sacrifice was made; and the cross points to the holy law of God, which has been transgressed. The death of Christ is an answerable argument to the immutability and righteousness of the law. In prophesying of Christ, Isaiah says, ‘He will magnify

Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share.



the law, and make it honourable' (Isaiah 42:21). The law has no power to pardon the evil-doer. Its office is to point out his defects, that he may realize his need of One who is mighty to save, realize his need of One who will become his substitute, his surety, his righteousness. Jesus meets the need of the sinner; for He has taken upon Him the sins of the transgressor. '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). The Lord could have cut off the sinner, and utterly destroyed him; but the more costly plan was chosen. In His great love He provides hope for the hopeless, giving His only begotten Son to bear the sins of the world." *The Bible Echo*, March 15, 1893.

Thursday

THE DIVINE CHALLENGE

- a. What unanswerable question did Christ put to His enemies? John 8:46.

Note: "In His life on earth, Christ developed a perfect character, He rendered perfect obedience to His Father's commandments. In coming to the world in human form, in becoming subject to the law, in revealing to men that He bore their sickness, their sorrow, their guilt, He did not become a sinner. Before the Pharisees He could say, 'Which of you convinceth me of sin?' (John 8:46). Not one stain of sin was found upon Him. He stood before the world the spotless Lamb of God." *The Youth's Instructor*, December 29, 1898.

- b. How can we be saved? John 3:16–18.

Note: "How, then, are we to be saved? 'As Moses lifted up the serpent in the wilderness,' so the Son of man has been lifted up, and everyone who has been deceived and bitten by the serpent may look and live. 'Behold the Lamb of God, which taketh away the sin of the world' (John 1:29). The light shining from the cross reveals the love of God. His love is drawing us to Himself. If we do not resist this drawing, we shall be led to the foot of the cross in repentance for the sins that have crucified the Saviour. Then the Spirit of God through faith produces a new life in the soul. The thoughts and desires are brought into obedience to the will of Christ. The heart, the mind, are created anew in the image of Him who works in us to subdue all things to Himself. Then the law of God is written in the mind and heart, and we can say with Christ, 'I delight to do Thy will, O my God' (Psalm 40:8)." *The Desire of Ages*, 175, 176.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Explain Isaiah 53:4, 5.
- 2 How does the Bible clarify human righteousness? Isaiah 64:6.
- 3 How can we present perfect obedience to the law of God?
- 4 What does the death of Christ on Calvary prove?
- 5 What challenge did Christ direct to His enemies?

© 2017 Reformation Herald Publishing Association, 5240 Hollins Road, Roanoke, Virginia. Reprinted by permission.



Steps to Life

Camp Meeting 2018 CDs/DVDs Available Now

For easy ordering, indicate the quantity of each CD or DVD that you wish to order.

CD	DVD	Speaker	Day/Time	Title
		John Grosboll	Wed, 7:20pm	The Prescription
		John Grosboll	Thur, 7:15pm	The Warning
		John Grosboll	Fri, 7:15pm	The Fractured Remnant, Part 1
		John Grosboll	Sab, 7:15pm	The Fractured Remnant, Part 2
		Henry Mwesa	Sab, 4:00pm	On Eagle's Wings
		Henry Mwesa	Fri, 6:40pm	Mission Report
		Domingo Nunez	Thur, 9:45am	The End Time Message
		Domingo Nunez	Fri, 9:45am	The Time of Trouble
		Domingo Nunez	Sab, 9:45am	The Early Rain Conversion
		Domingo Nunez	Thur, 6:40pm	Mission Report
		Joel Panganiban	Thur, 4:00pm	T-R-U-T-H
		Joel Panganiban	Sab, 6:40pm	Mission Report
		Ivan Plummer	Wed 6:00pm	Divine Understanding, Part 4b*
		Ivan Plummer	Thur, 11:30am	Divine Understanding, Part 5
		Ivan Plummer	Fri, 11:30am	Divine Understanding, Part 6
		Ivan Plummer	Sab, 11:30am	Practical Godliness
		Michael Snyder	Thur, 8:00am	Lessons on Health from the Exodus
		Michael Snyder	Thur, 2:30pm	The Biblical Lifestyle Addresses Nutrition
		Michael Snyder	Fri, 8:00am	All Food Is Good
		Michael Snyder	Sab, 8:00am	Those Who Hurt the Earth
		Music Program	Sab, 2:30pm	Music Program
		Camp Speakers	Sun, 8:00am	Round Table Discussion
		↩ Total Number Ordered	*Parts 1, 2, 3 and 4a of Pastor Plummer's messages were presented at the 2016 camp meeting. If you do not have a copy, you may order them from us at the number below.	
x\$5.00	x\$10.00			
		↩ Subtotals		Purchase Entire Camp Meeting Set of CDs or DVDs: CDs \$85.00 DVDs \$85.00 <small>Shipping and handling included for US orders only.</small>
		↩ 7.5% sales tax for Kansas addresses		
		↩ Shipping and Handling (foreign addresses only - 20%) \$5.00 minimum		
		↩ Total (All payments must be in US dollars.)		



To order, call:

1-800-843-8788

Carob

Carob, a healthy alternative to chocolate or cocoa powder, is also known as St. John's bread. It grows on Fabaceae trees in pods much like peas and is considered a legume. Many cultures regularly use carob like other nuts and seeds. Carob powder is a healthy alternative to cocoa powder.

"Carob powder contains virtually no fat. If you're on a low-fat diet, carob powder is a good option. Just keep in mind that it is higher in sugar and carbs than cocoa powder. Just 2 tablespoons of carob powder have 6 grams of sugar, about 1.5 teaspoons. Since most baking recipes call for up to 1 cup of carob powder, the sugar grams can add up fast. Still, if you sub-

stitute carob powder for chocolate chips, you'll save on fat and calories.

"According to the Mayo Clinic, the average American gets 3,400 mg of sodium daily. This is much more than the recommended dietary allowance (RDA) of 2,300 mg. The American Heart Association recommends even less, just 1,500 mg daily. Carob powder contains no sodium.

"Calcium is a mineral. It's important for bone health. It also helps your heart, nerves, and muscles function well. Two tablespoons of carob powder have 42 mg of calcium, or 4 percent of the RDA.

"Carob powder is gluten-free. Carob powder contains no caffeine. Try these ways to add carob powder to your diet:

- add carob powder to smoothies
- sprinkle carob powder on yogurt or ice cream
- add carob powder to your favorite bread dough or pancake batter
- make a hot carob drink instead of hot chocolate

"Carob powder is Fido-friendly. It doesn't contain high levels of theobromine, a compound that is toxic to dogs and cats in large quantities. Many dog treats are made with carob powder. There's no need to panic if your dog or cat gets into your stash." www.healthline.com/health/food-nutrition/carob-powder **LM**

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



NUTTY CAROB CANDIES

Ingredients

½ – ¾ cup coconut oil
¾ cup dates, pitted (8-10)
¼ cup honey
3 Tbsp. carob powder
Pinch of salt
¾ cup chopped walnuts

Process

Set nuts aside and place all other ingredients into food processor and mix until fully combined. Then add nuts and mix. Spoon into 8 x 8" dish or pan, flatten out and put into refrigerator to set for a few hours. Cut into bite sized squares and enjoy!



Change Service Requested

*A fruit diet for a few days
has often brought great
relief to brain workers.
Many times a short period
of entire abstinence from
food, followed by simple,
moderate eating, has led to
recovery through nature's
own recuperative effort.*

Ellen White



Carob pods