

HISTORIC
LANDMARKS
OF ADVENTISM

*Are You Really
a Christian?*

p. 2

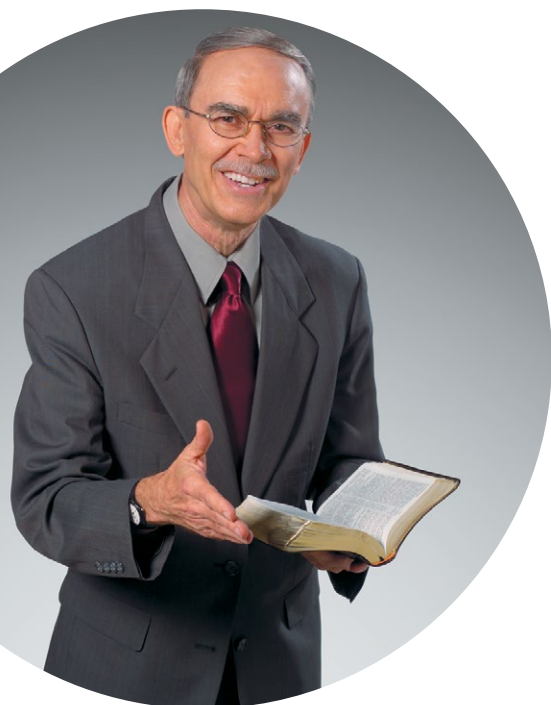


p. 28

*Heaven
and Earth
Reunited*

p. 8





From the Editor

John J. Grosboll

Deprived of Your Bible

Many years ago, Ellen White wrote, “The time will come when many will be deprived of the written Word. But if this Word is printed in the memory, no one can take it from us.

“Study the word of God. Commit its precious promises to memory so that, when we shall be deprived of our Bibles, we may still be in possession of the word of God.” *Last Day Events*, 67, 68.

A large percentage of the world’s population has already experienced this deprivation.

Perhaps you have read the miraculous stories of Brother Andrew whom the Lord used to smuggle large numbers of Bibles into Communist countries prior to Communism’s collapse in Eastern Europe and Russia in 1989. He also organized a large transport of Bibles into China and into Islamic countries.

Today Christian organizations are working to bring Bibles into areas of the world where it is against the civil law for people to possess them. This includes large parts of the Middle East and Far East. Until a few years ago it included Russia and Eastern Europe. People have never suspected

that in Western Europe and the United States this would happen, but it is being attempted in the United States right now.

As David Horowitz describes in his book *Dark Agenda, The War to Destroy Christian America*, there are global radicals, high ranking leftist politicians, entertainers in Hollywood, and financial powers on Wall Street who are engaged in an attack on Christianity. If they are successful, freedoms that Americans have taken for granted for over 200 years will suddenly vanish.

It is high time for you and me to memorize what is in the Bible.

“Several times each day precious, golden moments should be consecrated to prayer and the study of the Scriptures, if it is only to commit a text to memory, that spiritual life may exist in the soul.” *Testimonies*, vol. 4, 459.

“Hang in memory’s hall the precious words of Christ. They are to be valued far above silver or gold.” *Testimonies*, vol. 6, 81.

“Keep a pocket Bible with you as you work, and improve every opportunity to commit to memory its precious promises.” *The Review and Herald*, April 27, 1905. **LM**

HISTORIC

LANDMARKS

OF ADVENTISM

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LANDMARKS is a magazine of Steps to Life, a ministry established in 1988 by Seventh-day Adventists. It is dedicated to the publication of the historic doctrines held by God’s true people in all ages. Its special emphasis is to present truth (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



[Are You Really a Christian?](#)

If your heart, your thoughts, and your emotions are right, the words that you speak will be pure and holy. Your speech will be in alignment with heavenly beings.

By John J. Grosboll



[Heaven and Earth Reunited](#)

Christ's ascension with His risen saints gives us full assurance of a final resurrection soon to take place. Pentecost assures us that we are now the family of God.

By Lawrence Nelson

More in this Issue

16 [Bible Puzzle](#)

Deborah and Barak

18 [Pen of Inspiration](#)

Preparation for the Final Crisis

20 [Story Time](#)

Little Corners

21 [Keys to the Storehouse](#)

The Bindery

23 [13th Sabbath Offering](#)

Nigeria

24 [From the Mission Fields](#)

Helping Others in Colombia

26 [Nature](#)

Marvels of Cross-Pollination

27 [Question & Answer](#)

Why Didn't God Just Destroy Satan?

28 [Health Nugget](#)

100 Years Ahead of Her Time

32 [Life Sketches](#)

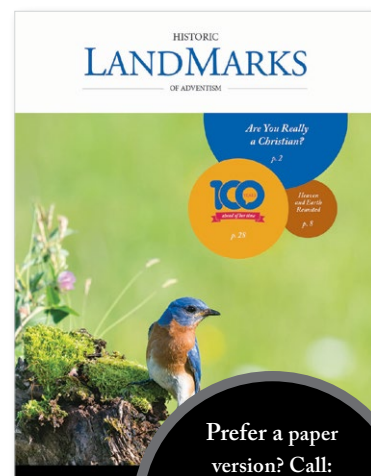
Love – The Best Gift

36 [Bible Study Guide](#)

Parables from the Master Teacher

49 [Recipe](#)

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Are You Really a Christian?

By John J. Grosboll



Jesus emphasized in His teaching that there would be people who were deceived into believing they were going to heaven as part of God's chosen people.

In Capernaum, a centurion came to Him requesting healing for his paralyzed servant. In His response to the centurion, Jesus addressed this common deception. When Jesus told him He would come, the centurion said, “‘Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.’ . . . When Jesus heard it, He marveled, and said to those who followed, ‘Assuredly, I say to you, I have not found such great faith, not even in Israel! And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven. But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth’” (Matthew 8:8, 10–12).

Here Jesus predicted that there will be people who will be weeping and gnashing their teeth when He returns. Many pious ones would only then be aware of their true condition and see that they were lost.

One of the primary reasons that those who think that they are part of God's chosen people will be "weeping and gnashing" their teeth is because of their un-Christlike speech.

We are admonished to “Strive to overcome harshness of expression, and cultivate soft tones.” *The Signs of the Times*, November 14, 1911. Jesus taught that out of the abundance of the heart come our words and actions. He said, “But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned” (Matthew 12:36, 37).

We sin against the Holy Spirit when we are not in control of the way we speak. Our speech is an indicator of whether we are saved or not.

“We should accustom ourselves to speak in pleasant tones, to use pure,

correct language, and words that are kind and courteous. Sweet, kindly words are as dew and gentle showers to the soul." *The Signs of the Times*, February 22, 1905.

The Bible says, “Do not hasten in your spirit to be angry, for anger rests in the bosom of fools” (Ecclesiastes 7:9).

In writing to a person who had this very problem Ellen White said, “You do not speak wisely and judiciously to your wife and children. You should cultivate kindness and gentleness.” *Testimonies*, vol. 2, 78.

“When about to speak passionately, close your mouth. Don’t utter a word. Pray before you speak, and heavenly angels will come to your assistance and drive back the evil angels, who would lead you to dishonor God, reproach His cause, and weaken your own soul.” *Ibid.*, 82.

“No harsh, passionate word is ever spoken without grieving the Lord Jesus, and hurting the heart of speaker and of hearer. From the Christian home all angry or trifling speeches will be excluded; for in the home above nothing of this character finds place.” *The Signs of the Times*, February 17, 1904.

In the heavenly home above there are no “angry or trifling speeches.” Children and young people in our homes need help in learning how to speak and conduct themselves to be prepared to live in heaven.

In the same article it says, "Parents, be sure to spend some time each day in private prayer, asking the Lord for wisdom, lest self-importance take possession of

you, and you give the talent of speech into the control of the enemy.”

“Live lives that will help them to prepare for translation into the courts above when the last trump shall sound, and Christ shall come to gather His faithful ones to Himself.

Do not neglect your children.

They are your first care. The home is to be their first school. And in this school you yourselves are to learn lessons that will prepare you better to work for their salvation and for the salvation of others. These lessons will be of the highest value to you in your religious experience.

“As you labor success-
for your children, you are
your own salvation, and
ing in you, to will and to
od pleasure.

“Kindly but firmly correct every inclination to wrong that may appear in the lives of your children. When you are obliged to correct a child, do not raise the voice to a high key ...” Ibid.

The more angry or upset a person gets, the pitch of the voice goes up, and the volume increases. When that happens, a child recognizes the emotion being communicated. A very young child who is not yet able to speak, recognizes the pitch of the voice immediately. The admonition to parents is to be sure to spend some time each day in private prayer. Pray to the Lord and say, Lord, I want to learn to speak the way the angels speak in heaven. Help me. I want to learn to speak in the right way.

Throughout their association with Jesus the disciples never heard Him speak a passionate word or a word spoken unadvisedly.

“
When about to speak passionately, close your mouth. Don't utter a word. Pray before you speak, and heavenly angels will come to your assistance.”



Children and young people in our homes need help in learning how to speak and conduct themselves to be prepared to live in heaven.

The intelligences of heaven have pure speech and we need to learn to speak as they do. When Jesus returns, the redeemed will be given new bodies but their characters will not be changed. Their habits will be those they have developed during this life and will be the same on that first day in heaven as it was their last day on earth. That being the case, if pure habits in actions and speech have not been learned, they will not fit in a pure atmosphere. “The chief requisite of language is that it be pure and kind and true—the outward expression of an inward grace.”

Education, 235.

Gossip originated in heaven with Lucifer among the angels and gossip is one of the main problems in the church today.

“Un-Christlike speech lies at the foundation of nine-tenths of all the difficulties that exist in the church. Satan’s agents are industriously trying to get professed Christians to speak unadvisedly. When they succeed, Satan exults, because God’s followers have hurt their influence.” *The Voice in Speech and Song*, 56.

Problems in our homes and churches would improve mightily with correct speech. Ellen White says to parents: “Scolding and passionate reproof will never work reforms. Fathers and mothers commit a grievous sin when they educate their children to give way to temper by giving way themselves, and by training them according to wrong methods. ...

“Mothers, deal gently with your little ones. ... They are God’s property; He loves them, and calls upon you to co-operate with Him in helping them to form perfect characters. The Lord requires perfection from His redeemed family. He calls for perfection in character-building.” *The Signs of the Times*, August 23, 1899.

“Every defect in character, every fault in the disposition, needs to be cut away, for if allowed to remain, these will mar the beauty of the character.” Ibid.

When we consider the condition of this world today, it is hard to imagine a place where the inhabitants are perfectly happy all the time. Heaven is such a place. If we could just get one glimpse of that place, we would never want anything in this world again.

A big part of getting ready to live in heaven is learning how to speak like the angels speak. It may be surprising to know that one of the principle reasons for dietary and health reform is to help us exercise patience in our speech. The wrong type of diet can result in passionate speech and behavior, a character trait that must be conquered through self-control.

“God looks into every secret thing of life. By some a constant battle is maintained for self-control. Daily they strive silently and prayerfully against harshness of speech and temper. These strivings may never be appreciated by human beings. They may get no praise from human lips for keeping back the hasty words which sought for utterance. The world will never see these conquests, and if it could, it would only despise the conquerors. But in heaven’s record they are registered as overcomers. There is One who witnesses every secret combat and every silent victory, and He says, ‘He that is slow to anger is better than the mighty, and he that ruleth his spirit than he that taketh a city’ (Proverbs 16:32).” Ibid.

Much prayer is needed to gain control over the tongue. James 3:8 says that no man can tame the tongue; it is an unruly evil, full of deadly poison. It is only by the power of the Holy Spirit that the tongue can be tamed. Think how unhappiness, sorrow, and trouble could be avoided when control of speech is exercised as well as the blessing to others that can result if we learn to speak the way they speak in heaven. Every defect in the character can be overcome. Pray for opportunities to do that tender act or speak that tender word to somebody each day. Ask for a calm spirit before speaking when upset.

You may find yourself in a situation where you can't quietly absent yourself and have to deal with it right then. Nehemiah found himself in a situation like that.

"I [Nehemiah] took the wine and gave it to the king. Now I had never been sad in his presence before. Therefore the king said to me, 'Why is your face sad, since you are not sick? This is nothing but sorrow of heart'" (Nehemiah 2:1, 2).

Nehemiah found himself in a dangerous situation. Being cup bearer to the king, he was never to appear sad. The king was apprehensive for his own safety, for his life was dependent on his cup bearer who was responsible to see that he did not get poisoned. Often the cup bearer was to pour what was offered to the king into a glass and drink first to test for poison.

When Nehemiah was questioned by the king over his sadness, he didn't know what to say. The Bible says, "So I [Nehemiah] prayed to the God of heaven" (verse 4). Here he was, standing right before the king. He could not absent himself for a private prayer. He needed help right away; so in his mind he said, Lord, help me.

We all get in situations where we have to speak, but don't know what to say. Like Nehemiah, we can call on God and He will answer our prayer and give us clarity of thought and words. You can read how the Lord led Nehemiah in his situation in the later part of that chapter.

It is common for these situations to arise in the home, when we are with those around whom we should guard our speech most carefully.

We are admonished, "Allow in the home nothing that savors of cheapness or commonness. You are preparing your children for entrance into the City of God, and nothing that defiles can enter there.

"Be pleasant and cheerful. Remember that love is the power that binds your children to you. Keep your words and actions free from anger. Do nothing



Do not neglect your children. They are your first care. The home is to be their first school. And in this school you yourselves are to learn lessons that will prepare you better to work for their salvation and for the salvation of others.

that will destroy the harmony of the home. Let the sharp words that you are tempted to speak die unspoken. Such words wound and bruise the hearts of the hearers." *The Signs of the Times*, September 16, 1903.

"It rests with you to decide whether good or evil thoughts shall occupy the minds of your children. ... To prepare them to inherit eternal life requires patient, untiring effort. Let not your perseverance fail. Study with your children. Remember that you yourselves are God's little children, and that you must first learn of Him before you can teach your children aright." Ibid.

It is imperative to teach our children and our young people that nothing can enter heaven that defiles. In Revelation 21:27, we read, "There shall by no means enter it anything that defiles, or causes an abomination or a lie, but only those who are written in the Lamb's Book of Life."

"Never treat your children harshly, for harshness arouses stubbornness and resistance. You will find that they are most easily and successfully governed by kindness and gentleness. Love breaks down all barriers, and gentleness subdues the most stubborn will. Treat your children as you would wish to be treated were you in their place. Let there be no scolding, no loud-voiced, angry commands. ...

"Disobedience and rebellion must be punished; but remember that the punishment is to be given in the spirit of Christ. ...

"All Heaven is interested in your home. God and Christ and the heavenly angels are intensely desirous that you shall so train your children that they shall be prepared to enter the family of the redeemed. Teach them to be loyal to Christ. Bring into the home the transforming power of the grace

“

Parents, be sure to spend some time each day in private prayer, asking the Lord for wisdom.

of Christ. ... Teach your children to live Christlike lives.” Ibid., November 11, 1903.

Everything that we do has an influence. This is true for parents, grandparents, uncles and aunts, any children you are around. The way that you speak, not just the words, but the tone, the volume, and the pitch will have an effect on the young people.

All these principles about correct speech are actually found in the book of Proverbs. Each table of the law also addresses speech. The second commandment in the first table of the law is about speech. The ninth commandment, in the last table of the law, directly deals with the honesty of our speech and whether we tell the truth.

“Parents should set their children an example of strict truthfulness. They should never utter one word that is not true.” *The Review and Herald*, April 13, 1897.

Most people think that many of the things that they tell their children are harmless, such as the lie about Santa Claus who reportedly brings gifts at Christmas. Many children are raised on fictitious stories and fairy tales like this. When the children later find out that these things are not true, it weakens their trust in those who have propagated the lies.

“We are to be in earnest for our efforts for gaining eternal life. The blessed Saviour has a crown waiting for us. It is to be decided by us whether or not we shall have that crown.” *The Review and Herald*, April 21, 1891. It is our daily choice whether we are to have that crown or not. We often subconsciously make that choice by our speech.

“Christ must be revealed in your daily life. There must be no angry words spoken in the home, no seeds of coarse, common talk sown in your children’s hearts, or they will have no confidence in you when you speak in meeting. ... We may have a little heaven to go to heaven in, if Christ breathes upon us His Holy Spirit.” Ibid.

This means that when people come into your home, they sense it is like heaven because there is a heavenly spirit there. The home is pleasurable and enjoyable to be there. Your words are tender, thoughtful, true, and pure and never angry or passionate. Imagine how an atmosphere like that would affect people.

Beginning in Luke 13:24, Jesus says, “Strive to enter through the narrow gate, for many, I say to you, will seek to enter and will not be able. When once the Master of the house has risen up and shut the door, and you begin to stand outside and knock at the door, saying, ‘Lord, Lord, open for us,’ and He will answer and say to you, ‘I do not know you, where you are from,’ then you will begin to say, ‘We ate and drank in Your presence, and You taught in our streets.’ But He will say, ‘I tell you I do not know you, where you are from. Depart from Me, all you workers of iniquity.’ There will be weeping and gnashing of teeth, when you see Abraham, and Isaac and Jacob and all the prophets in the kingdom of God, and yourselves thrust out” (verses 24–28).

Here Jesus was talking to people who expected that they would be saved, but we read in the Scriptures that some will not be ready. And that’s the same thing He talks about in Matthew 25 in the story of the ten virgins. All ten virgins believed they were going to go to the marriage supper, but not all of them got to go because some did not have sufficient oil.

“In the parable of the virgins, five were found wise, and five foolish. Can it be possible that half of us will be found without the oil of grace in our lamps? Shall we come to the marriage feast too late? We have slept too long; shall we sleep on, and be lost at last?” *The Review and Herald*, April 21, 1891.

There are many places in the Bible that talk about a sleeping church and the need to awake. “We have slept too long; shall we sleep on, and be lost at last? Are there those here who have been sinning and repenting, sinning and repenting, and will they continue to do so till Christ shall come?” Ibid. That is a question you need to ask yourself.

If you look at the context, this passage is referring to people who lose their temper and

talk passionately, but then they are sorry, so they repent. Then, they do it again and then they have to repent again. “Are there those here who have been sinning and repenting, sinning and repenting, and will they continue to do so till Christ shall come?” Ibid.

Here is the problem with that. When Michael stands up in heaven, probation is closed. This event occurs before Christ returns to this earth. We need to have victory over our unruly tongues now. Remember, no man can control it. Only the Holy Spirit can give us the victory.

“No unpleasant words are spoken in heaven. There no unkind thoughts are cherished. There envy, evil surmising, hatred, and strife find no place. Perfect harmony pervades the heavenly courts.” *The Upward Look*, page 163.

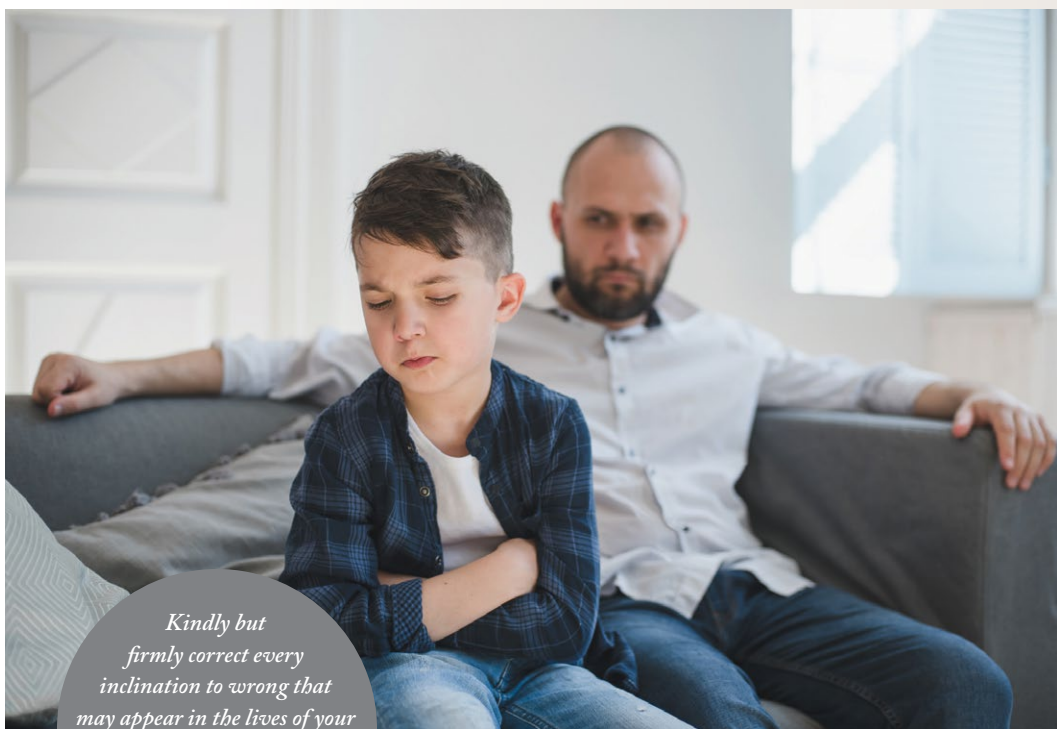
Heaven is a good place. It is a place we all need to go. But notice what is written about the devil. “Well does Satan know what heaven is, and what the influence of the angels is. His work is to bring into every family the cruel elements of self-will, harshness, selfishness. Thus he seeks to destroy the happiness of the family. He knows that the spirit governing in the home will be brought into the church.” Ibid.

So, what shall we do to counteract his plan?

“Let the father and mother always be guarded in their words and actions. The husband is to treat his wife, the mother of his children, with due respect, and the wife is to love and reverence her husband. How can she do this if he treats her like a servant, to be dictated to, ordered about, scolded, found fault with before the children? He is forcing her to dislike him and even to hate him. ...

“Fathers and mothers, bring sweetness and brightness and hopefulness into the lives of your children. Kindness and love will work wonders. Never punish a child in anger. ...

“Be sure, before correcting your child, to talk with your heavenly Father.



Kindly but firmly correct every inclination to wrong that may appear in the lives of your children. When you are obliged to correct a child, do not raise the voice to a high key.

When your own heart is so softened by sympathy, talk with the erring one. If the matter can be adjusted without the use of the rod, so much the better.” Ibid.

Ellen White wrote, “Unless we control our words and temper, we are slaves to Satan.” *The Signs of the Times*, April 17, 1884.

“There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health” (Proverbs 12:18).

Remember, if your heart, thoughts, and emotions are right, the words you speak will also be right. But for that to happen, you must receive the Holy Spirit. While ever alive in this world, a battle is taking place in the human heart between the carnal, sinful nature, and the new spirit. Paul calls it the battle between the spirit and the flesh.

If you are looking at what is happening on the Internet or on television, you

will notice that the speech of the people in this world has deteriorated to an all-time low. But praise God. At the same time that is happening, there are some people allowing the Holy Spirit to refine their speech. These are the ones who are preparing and longing to go to a different place where all is pure and holy.

And that place, friends, is heaven. Learn now the language of heaven so that you will not be among those “weeping and gnashing” their teeth when Christ returns to gather the faithful.

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

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Heaven and Earth Reunited

The Family of God

By Lawrence Nelson



Pentecost is usually thought of as the time when the power of God was poured out and those present spoke in tongues, but in this article, a most heartwarming, emotional and stimulating text will be highlighted that hopefully will be riveted in your minds forever.

John 20:17 reveals what happened when Mary discovered that Jesus was alive after His crucifixion, death and burial. “Jesus saith unto her, Touch Me not; for I am not yet ascended to My Father: but go to My brethren, and say unto them, I ascend unto My Father, and your Father; and to My God, and your God.”

The hope is that somehow this text will have a new and tremendous meaning, and that we may experience and exclaim with the Apostle Paul, “I bow my knees unto the Father of our Lord Jesus Christ. Of whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God” (Ephesians 3:14–19).

In the typical sanctuary service of ancient Israel it was customary for the high priest to lay aside pontifical robes and to officiate in the white linen dress of an ordinary priest. So likewise the Son of God came down to this earth from heaven and He laid aside His royal robes, clothing Himself with humanity to offer Himself as a ransom for humanity. Paul, speaking of this in 1 Corinthians 5:7, *last part*, says, “Christ our Passover is sacrificed for us.” He did this to fulfill the requirements of the Passover, for as the word of God reveals, Christ Himself became the priest and Christ Himself became the victim. Thus



“
*The Son of God
came down to this earth
from heaven and He laid
aside His royal robes,
clothing Himself with
humanity.*”

He made an atonement for our sins, but in God's blueprint for complete salvation He foresaw the need for yet some additional steps in order to restore man to his rightful place.

The atonement provided only for the forgiveness of sins, but sin had separated humanity from God so something more needed to be done to reunite man with his Creator; therefore God devised additional plans so that this could be accomplished. If these details were followed precisely this would make it possible for finite man to comprehend how heaven and earth, which were now separated, could be reunited in oneness, making it possible for you and me to actually become part of the family of God.

Immediately after the Passover Sabbath on the first day of the week, we read in Leviticus 23 verses 5, 9–11, “In the fourteenth day of the first month at even is the LORD's Passover.” “The LORD spake unto Moses, saying, Speak

unto the children of Israel, and say unto them, When ye be come into the land which I give unto you, and shall reap the harvest thereof, then

ye shall bring a sheaf of the firstfruits of your harvest unto the priest: And he shall wave the sheaf before the LORD, to be accepted for you: on the morrow after the sabbath the priest shall wave it.”

It was on the first day of the week that the sheaf was to be waved before God by the priest. Jesus fulfilled this in person since He was the wave sheaf.

You remember that the Passover lamb was slain on Friday at the ninth hour, which was 3 o'clock in the afternoon as we reckon time today and that great curtain in the sanctuary separating the holy from the most holy which was some 60 to 70 feet in height was ripped from top to bottom by none other than God Himself. At that precise moment the priest was about to kill the sacrificial lamb, but because of this terrifying experience the lamb slipped away, and,

in its place, Jesus was crucified at the exact moment that the lamb was to be slain.

During the Sabbath hours after His crucifixion, Jesus lay in a sleep of death in the tomb, but on the first day He is to awake and present the wave sheaf offering. Divine prediction must be fulfilled, for Christ

was the wave sheaf. He became the firstfruits by His own resurrection.

Thus He was able to comply with the stipulation which was laid down by God a thousand years before.

Let's see how He did this. This first sheaf of grain was to be presented on the first day following the Passover Sabbath.

Consider what actually took place. It is still dark. The gravestone covering the tomb's entrance is still in place. The Ro-

man seal is unbroken and around the tomb stand the Roman guards. If you look by Divine perception you will see a host of evil angels but looking more closely you will see a heavenly host immediately surrounding the sepulcher. Matthew tells us what took place. "And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it" (Matthew 28:2). This was the same angel that took the place of Lucifer. Instantly, when this angel arrived all of the evil angels fled and the soldiers fell as dead men. This mighty angel rolled that great stone, which was at least 6 feet in diameter, as if it were a pebble. And then he cried out, "Son of God, come forth; Thy Father calls Thee." Immediately Christ comes forth from the tomb as the angelic host sings with great joy, "Thou hast vanquished Satan and the powers of darkness; Thou hast swallowed up death in victory!" *The Desire of Ages*, 780.

But something else has taken place as Jesus arose. It's a startling event, for an earthquake has opened a multitude of other graves. Individuals arose from their graves who had given their lives as a testimony to God's truth. These resurrected saints are the

Savior's trophies of victory over the power of death. No longer are they captives of Satan. They are now redeemed, brought forth from the grave, the firstfruits of the end time resurrection. Christ had raised many others from death when He was here on this earth. For example, there was the son of the widow of Nain. There was the ruler's little daughter, and there was Lazarus who had died and had been buried for three days. Each of these had to die again. But these resurrected saints who arose when Christ arose would never die. They were raised to everlasting life.

Shortly after these saints had arisen out of their graves, Mary Magdalene came to the tomb. Imagine her amazement as she discovers that the tomb is empty. She fears that someone has stolen the body of Jesus. "And they [two angels] say unto her, Woman, why weepest thou? She saith unto them, Because they have taken away my Lord, and I know not where they have laid Him. And when she had thus said, she turned herself back, and saw Jesus standing, and knew not that it was Jesus. Jesus saith unto her, Woman, why weepest thou? whom seekest thou? She supposing him to be the gardener, saith unto Him, Sir, if Thou have borne Him hence, tell me where Thou hast laid Him, and I will take Him away." You see, her eyes were so filled with tears that she could not see clearly. Continuing, "Jesus saith unto her, Mary. She turned herself, and saith unto Him, Rabboni; which is to say, Master. Jesus saith unto her, Touch Me not; for I am not yet ascended to My Father: but go to My brethren, and say unto them, I ascend unto My Father, and your Father; and to My God, and your God" (John 20:13-17).

There is something about this that we have in common. We are now the family of God and God is our Father. Something is about to occur that makes this possible, something that will reunite heaven with earth. What is this wonder? Christ is about to ascend to heaven where He will present Himself to the Father as the wave sheaf, the symbol of the first resurrected life of the great harvest to come.

Immediately, Jesus leaves this earth, He leaves Mary and goes to heaven where He is

“

Christ ascended to the heavenly courts, and from God Himself heard the assurance that His atonement for the sins of men had been ample.

to approach His Father for the express purpose of presenting Himself as the wave sheaf. Apparently travel in space is no problem for Deity. One moment He is talking to Mary and the next moment He is billions of miles away standing before His Father. There He presents Himself as the firstfruits of the resurrection. It is a private meeting and it is not open to the universe. Here the assurance is given that Christ's sacrifice has been accepted.

"He [Christ] ascended to the heavenly courts, and from God Himself heard the assurance that His atonement for the sins of men had been ample, that through His blood all might gain eternal life. The Father ratified the covenant made with Christ, that He would receive repentant and obedient men," and please mark these words: The Father said "that He would receive repentant and obedient men, and would love them *even* as He loves His Son." *The Desire of Ages*, 790. [Emphasis supplied.]

Amazing! Can you comprehend that? Naturally the Father loves His Son, but we who have been sinners, we who have damned Him, we who have done all kinds of evil things, can it be that God still loves us? Oh yes, we have always believed that but, loved us as much as He loved His Son? That's what a family is all about, isn't it? To be in the family of God and to be loved individually as much as God loves His Son, it boggles the mind.

No sooner had this short visit been accomplished with the Father then He immediately returns to this earth. During His absence, other women have arrived at the tomb. *The Desire of Ages*, 793: "After He had ascended to the Father, Jesus appeared to the other women, saying, 'All hail. And they came and held Him by the feet, and worshiped Him' (Matthew 28:9)." He wouldn't let Mary touch Him as He first had to go to heaven to present the wave sheaf. "Then said Jesus unto them, 'Be not afraid: go tell My brethren that they



We must study continually. God's word never leaves an honest soul in doubt.

go into Galilee, and there shall they see Me' (verse 10)." Ibid. The time has now arrived that He can assure the disciples that He has fulfilled His pledge. Isaiah 13:12: "I will make a man more precious than fine gold." No question about it. We can become sons and daughters of the family of God, each loved as much as God loves His Son who died for us. Praise His holy name! Oh, what God has planned for us!

Now He says to these women, Tell the disciples, Go into Galilee where I am going to instruct them for the next 40 days. In Acts the first chapter, verse 3, we read, "To whom also He showed Himself alive after His passion by many infallible proofs." There they handled Him, they slept with Him, they ate with Him, they talked with Him, they were with Him 40 days. No question about it, Jesus was alive. But there must be 50 days, not 40, that must take place before the next great event which is called Pentecost. It will be at this coming celebration when the covenant will be ratified with His church. It was ratified with God when Christ presented Himself as the wave

sheaf, but at Pentecost it is to be ratified to the church.

Why is this? Had not Christ already died for the atonement? Christ had already arisen in victory over death and already presented the wave sheaf to His Father in heaven. Then why must there be a Pentecost? Because something else is needed to unite heaven with earth. The church of God must be given divine power to give the gospel to the entire world and this cannot take place until additional firstfruits are presented to God the Father in heaven before the universe.

Every divine stipulation that you find in the Scripture must be fulfilled; nothing fails. Leviticus 23:15-17: "And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; seven sabbaths shall be complete [that is, 49 days]: Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the LORD. Ye shall bring out of your habitations two wave loaves of two tenth deals; they shall be of fine

flour; they shall be baked with leaven; they are the firstfruits unto the LORD.”

These verses draw our attention once again to this special group that were resurrected when Jesus arose. They arose with Him on the resurrection day. They represent the

family of God on this earth. They are the pledge of assurance that the resurrection of all the righteous will take place when Christ comes the second time. “For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with Him” (1 Thessalonians 4:14).

So it was in this divine plan that when Christ, after His resurrection had presented the wave sheaf to His Father, that He would go back to earth and return again to heaven, this time bringing a great multitude of His trophies to present them as the family of earth, to be united with the family of God.

But before this takes place a multitude of captives from the grave must first perform a special work. They are to go into the city of Jerusalem and to declare to the honest in heart that Christ had indeed risen from the dead. They were to be living proof that He had risen. This was necessary for several reasons. The priests had paid the soldiers to lie by commanding them to say that His disciples came by night and stole Jesus away while they slept. That in itself was quite a deception because any soldier knew that if he went to sleep at his post he would be killed.

Furthermore, the Sadducees who were supposed to be God’s ministers in His temple during the day of Christ had for centuries taught the people to disbelieve in the resurrection. For a hundred years they had preached the devil’s doctrine that there was no resurrection. So God is going to make sure there is no misunderstanding. Imagine, when these risen saints came to a person’s home and knocked at the door and said, “Look at me; I just arose from the grave with Jesus of Nazareth.” There could be no question about it. Here was living proof, for

they declared that when Jesus arose, they arose with Him. Can you imagine the impact that this made?

Here is a lesson for us. In those days the ministers were teaching Satan’s lies to the people so that they would not accept Jesus when He came. We are told that the same evil power today will have his men preaching from the hellish torch of Satan. (See *Last Day Events*, 179.) They will again be teaching false doctrines and if you believe them you will not be ready to go home with Jesus when He comes. We must study continually. God’s word never leaves an honest soul in doubt.

For 40 days these risen saints went from house to house and from person to person telling the good news. The Spirit of God led them to honest souls, proving beyond a doubt that Jesus had indeed risen. “These went into the city, and appeared unto many, declaring, Christ has risen from the dead, and we be risen with Him.” *The Desire of Ages*, 786.

In Isaiah 26:19 prophecy had predicted this: “Thy dead men shall live, together with my dead body shall they arise ... and the earth shall cast out the dead.”

Every prophecy in the Bible is always fulfilled to the exact letter. But more than this, these risen saints were to give assurance to us who are alive today that God always keeps His promise, for we soon shall witness a coming resurrection ourselves. “For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first” (1 Thessalonians 4:16). What a day that is going to be!

“The voice that cried from the cross, ‘It is finished,’ was heard among the dead. It pierced the wall of sepulchers, and summoned the sleepers to arise. Thus will it be when the voice of Christ shall be heard from heaven. That voice will penetrate the graves and unbar the tombs, and the dead in Christ shall arise. At the Saviour’s resurrection a few graves were opened, but at His second coming all the precious dead shall hear His voice, and shall come forth to glorious, immortal life.

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Words cannot adequately express the joy that the family on earth is now united with the family of heaven.

“The same power that raised Christ from the dead will raise His church, and glorify it with Him, above all principalities, above all powers, above every name that is named, not only in this world, but also in the world to come.” *The Desire of Ages*, 787.

Oh beloved, there are some mighty wonderful things to happen soon.

Now back to the 40 days Christ spent with His disciples before returning to heaven with His trophies. He knows that there is needed time in heaven to prepare for a glorious homecoming. Besides this, His disciples will need time to prepare for heaven’s overflow of that great celebration at which time heaven will bestow the Holy Spirit in its fullness, ratifying the covenant with His church.

Now let us follow this step by step. Jesus the risen Saviour is about to return victoriously to heaven bringing with Him His trophies. For 40 days Jesus has authenticated to His disciples that He is the living Saviour. No longer must He be associated with the tomb. Now they must think of Him as being alive, a glorified being, indeed, our Great High Priest who is in heaven’s sanctuary now for us.

Next, Jesus chooses a spot for His ascension. It will be the Mount of Olives upon which His feet will again rest at the close of the millennium when Jesus brings the New Jerusalem to this earth. As Jesus bids His disciples goodbye, they watch as He slowly ascends from among His disciples and they hear clearly the very last words that He ever spoke on this earth: “I am with you alway, even unto the end of the world” (Matthew 28:20).

As the disciples watched, a cloud of glory hides Jesus from their sight. As the chariots of angels receive the Savior, the air is filled with the sweetest music as the angelic host sings. It is now that two angels reveal themselves and speak. “Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which



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is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven” (Acts 1:11). These are the same two angels who were His personal body guards while He was here on earth throughout His mission. They longed to go with Jesus to heaven but in love for the disciples they linger behind to remind His faithful disciples that Jesus would come again.

In the meanwhile, the multitude of captives who arose with Christ had joined the Savior in the clouds. They are on their way to heaven with Jesus as He returns to the Father. These risen saints are of the first fruits. This is what Paul meant when he said, “When He [Christ] ascended up on high, He led captivity captive” (Ephesians 4:8).

As Jesus ascended with His trophies, all heaven is astir in preparation to welcome the Savior. Jesus leads the way and the multitude of His captives follow as the escorting angels begin to cry, “Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in” (Psalm 24:7). Then those angels who were on the walls of Jerusalem cry back,

“Who is this King of glory” (verse 8, *first part*)? Not that they didn’t know, but they loved to hear it. Back came the words, “The LORD strong and mighty, the LORD mighty in battle” (verse 8, *last part*). Again, “Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in” (verse 9). “Who is this King of glory” (verse 10, *first part*)? Back comes the words, “The LORD of hosts, He is the King of glory” (verse 10, *last part*).

Now look closely as this mighty reception takes place at the walls of the New Jerusalem. The gates are opened as Jesus and the redeemed that arose with Him sweep through the gate into the city itself. There they go to the center of that great city where that throne encircled by a rainbow is found. Here the countless sons of God, the representatives of unfallen worlds, and the billions of unfallen angels also assemble to celebrate Christ’s triumphant return. This is the same heavenly council before which Lucifer had accused God and His Son. Here are the representatives of the sinless worlds over which Satan has sought to establish his dominion. They

are all eager to celebrate the triumph of their king. But wait ... Christ raises His hand and “He waves them back. Not yet; He cannot now receive the coronet of glory and the royal robe. He enters into the presence of His Father. He points to His wounded head, the pierced side, the marred feet; He lifts His hands, bearing the print of the nails. He points to the tokens of His triumph; He presents to God the wave sheaf, those raised with Him as representatives of that great multitude who shall come forth from the grave at His second coming.” *The Desire of Ages*, 834.

Now watch as Christ approaches closer to the Father. Imagine the joy as God beholds the family of earth that are now before Him who are resurrected with Christ, the trophies of the Saviour. Recall the pledge that the Father and His Son made before sin entered. Recall the covenant promise to redeem sinners. Listen once again to that cry on the cross when Christ cried, “It is finished” (John 19:30). Watch as Christ now presents the trophies to the Father with these words, “Father, I will that they also, whom Thou hast given Me, be with Me where I am” (John 17:24). Listen as the Pentecostal celebration takes place, when you hear the words of God that justice is satisfied. Satan is forever vanquished. At last Christ’s struggling children are now accepted by God, for where Christ is, there His church shall be. “Mercy and truth are met together; righteousness and peace have kissed each other” (Psalm 85:10). Behold the Father’s arms as He encircles His Son.

“With joy unutterable, rulers and principalities and powers acknowledge the supremacy of the Prince of life. The angel host prostrate themselves before Him, while the glad shout fills all the courts of heaven, ‘Worthy, worthy, worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing’ (Revelation 5:12).” *The Desire of Ages*, 834.



Now the words of Christ have full assurance. My God is your God. My Father is your Father. Oh if we could only comprehend this when troubles come—that we have a Father we can go to. Never forget He has told us that He loves us as much as He loves our Savior, Jesus Christ. What kind of life would we live in this world if we really realize that we are now sons and daughters of the Almighty, for the family of earth is reunited with the family of God. This is why Revelation 5 states, “Every creature which is in heaven, and on the earth, ... heard I saying, Blessing, and honour, and glory, and power, be unto Him that sitteth upon the throne, and unto the Lamb for ever and ever” (verse 13). Words cannot adequately express the joy that the family on earth is now united with the family of heaven. This Pentecost celebration should ring a bell every day in our lives. We belong to Jesus.

We are His. We were bought. We were redeemed. We are sons and daughters of Divinity. God is our Father, for Pentecost had finally arrived.

“And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance” (Acts 2:1–4).

This earthly celebration is important for us because the Savior’s sacrifice is now accepted by the universe. The gospel story is beyond question. Now the Holy Spirit fills the heart of each disciple on this earth with a spirit that leads God’s church to victory. When we speak of Pentecost our memories should recall Calvary’s atonement that was accepted, that the enemy of death itself has been defeated, that Christ has ascended with His risen saints giving us full assurance of a final resurrection soon to take place. Pentecost assures us that we are now the family of God. This, the joy of Pentecost, should be our daily experience. Every day let us remember the words of Jesus, “I ascend unto My Father, and your Father, to My God, and your God.” **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.

My Shepherd

Psalm 23

The Lord is my Shepherd, no want shall be mine,
Green pastures I find through His leading divine;
Still waters refresh me, restoring my soul;
In righteousness' paths I advance toward my goal.
But not for my merits He shows Himself strong—
It's just for His Name's sake He leads me along.

The Lord is my Shepherd! Yea though I should walk
Through death's darksome valley where grim shadows stalk,
Since Thou art still with me, no evil I fear;
Thy staff shall support me, Thy rod give me cheer.

In sight of my foes, Thou my table dost spread,
With blessings unnumbered anointest my head;
With goodness and mercy my cup runneth o'er—
O Lord, in Thy house let me dwell evermore!

Through the Waters, Pearl Waggoner Howard, 33.



Deborah & Barak

Clues – Judges 4, KJV

Across:

B3	Jael was to Heber the Kenite	v. 17
C7	The end result of the battle was that the Canaanites were this	v. 24
D3	Deborah's tent was under this kind of tree	v. 5
D17	Jael gave Sisera this container of milk	v. 19
E14	The Israelites apostatized again after this Judge died	v. 1
F1	Sisera wanted Jael to stand in this opening	v. 20
F8	He was the king of the Canaanites	v. 2
H7	How many soldiers did Barak take to the battle? (two words)	v. 14
I2	When Sisera came in to Jael he was this	v. 21
I8	Sisera asked Jael for a little of this	v. 19
J9	The Canaanites oppressed Israel for twenty _____	v. 3
K2	When Barak caught up to Sisera he found a nail in here	v. 22
L13	Sisera thought someone might _____ of Jael	v. 20
M7	What Jael did to Sisera with a mantle	v. 18

Down:

A9	He was the captain of the Canaanite army	v. 2
A19	How Jael approached the sleeping Sisera	v. 21
B5	What every soldier of the Canaanites did by the sword	v. 16
B12	Because of Barak's weak faith God used a _____ to kill Sisera	v. 9
B14	He gave Sisera military information about the Israelites	v. 11, 12
B17	As was His promise God did this to the Canaanites	v. 23
B21	Deborah encouraged Barak that Sisera would be _____ this day	v. 14
D3	Deborah was this	v. 4
F8	Sisera thought she was a friend who would protect him	v. 17
F10	Deborah lived between Ramah and here	v. 5
G13	Barak did this after the army and chariots of Sisera	v. 15, 16
G15	Sisera was fastened to the ground with this	v. 21
H19	This tool enabled Jael to kill Sisera as God had promised	v. 21
J7	This was between king Jabin and Heber's house	v. 17
J17	God allowed the Canaanites to oppress Israel because they did this	v. 1

"Then sang Deborah and Barak ... on that day, saying,
Praise ye the LORD for the avenging of Israel,
when the people willingly offered themselves. ...
Blessed above women shall Jael ... be,
blessed shall she be above women in the tent."

Judges 5:1, 2, 24



[illegible]



Preparation for the Final Crisis

The great crisis is just before us. To meet its trials and temptations, and to perform its duties, will require persevering faith. But we may triumph gloriously; not one watching, praying, believing soul will be ensnared by the enemy.

In the time of trial before us God's pledge of security will be placed upon those who have kept the word of His patience. Christ will say to His faithful ones: "Come, My people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast" (Isaiah 26:20). The Lion of Judah, so terrible to the rejecters of His grace, will be the Lamb of God to the obedient and faithful. The pillar of cloud which speaks wrath and terror of the transgressor of God's law is light and mercy and deliverance to those who have kept His commandments. The arm to smite the rebellious will be strong to deliver the loyal. Every faithful one will surely be gathered. "He shall send His angels with a great sound of a trumpet, and they

shall gather together His elect from the four winds, from one end of heaven to the other" (Matthew 24:31).

Brethren, to whom the truths of God's word have been opened, what part will you act in the closing scenes of this world's history? Are you awake to these solemn realities? Do you realize the grand work of preparation that is going on in heaven and on earth? Let all who have received the light, who have had the opportunity of reading and hearing the prophecy, take heed to those things that are written therein; "for the time is at hand" (Revelation 1:3). Let none now tamper with sin, the source of every misery in our world. No longer remain in lethargy and stupid indifference. Let not the destiny of your soul hang upon an uncertainty. Know that you are fully on the Lord's side. Let the inquiry go forth from sincere hearts and trembling lips, "Who shall be able to stand" (Revelation 6:17)? Have you, in these last precious hours of probation, been putting the very best material into your character building?

Have you been purifying your souls from every stain? Have you followed the light? Have you works corresponding to your profession of faith?

Is the softening, subduing influence of the grace of God working upon you? Have you hearts that can feel, eyes that can see, ears that can hear? Is it in vain that the declaration of eternal truth has been made concerning the nations of the earth? They are under condemnation, preparing for the judgments of God; and in this day which is big with eternal results, the people chosen to be the depositories of momentous truth ought to be abiding in Christ. Are you letting your light shine to illumine the nations that are perishing in their sins? Do you realize that you are to stand in defense of God's commandments before those who are treading them underfoot?

It is possible to be a partial, formal believer, and yet be found wanting and lose eternal life. It is possible to practice some of the Bible injunctions, and be regarded as a Christian, and yet perish because you lack qualifications essential

to Christian character. If you neglect or treat with indifference the warnings that God has given, if you cherish or excuse sin, you are sealing your soul's destiny. You will be weighed in the balance and found wanting. Grace, peace, and pardon will be forever withdrawn; Jesus will have passed by, never again to come within reach of your prayers and entreaties. While mercy lingers, while the Saviour is making intercession, let us make thorough work for eternity.

The return of Christ to our world will not be long delayed. Let this be the keynote of every message.

The blessed hope of the second appearing of Christ, with its solemn realities, needs to be often presented to the people. Looking for the soon appearing of our Lord will lead us to regard earthly things as emptiness and nothingness.

The battle of Armageddon is soon to be fought. He on whose vesture is written the name, King of kings, and Lord of lords, is soon to lead forth the armies of heaven.

It cannot now be said by the Lord's servants, as it was by the prophet Daniel: "The time appointed was long" (Daniel 10:1). It is now but a short time till the witnesses for God will have done their work in preparing the way of the Lord.

We are to throw aside our narrow, selfish plans, remembering that we have a work of the largest magnitude and highest importance. In doing this work we are sounding the first, second, and third angels' messages, and are thus being prepared for the coming of that other angel from heaven who is to lighten the earth with His glory.

The day of the Lord is approaching with stealthy tread; but the supposed great and wise men know not the signs of Christ's coming or of the end of the world. Iniquity abounds, and the love of many has waxed cold.

There are thousands upon thousands, millions upon millions, who are now making their decision for eternal life or eternal death. The man who is wholly

absorbed in his counting room, the man who finds pleasure at the gaming table, the man who loves to indulge perverted appetite, the amusement lover, the frequenters of the theater and the ballroom, put eternity out of their reckoning. The whole burden of their life is: What shall we eat? what shall we drink? and wherewithal shall we be clothed? They are not in the procession that is moving heavenward. They are led by the great apostate, and with him will be destroyed.

Unless we understand the importance of the movements that are swiftly passing into eternity, and make ready to stand in the great day of God, we shall be unfaithful stewards. The watchman is to know the time of night. Everything is now clothed with a solemnity that all who believe the truth for this time should realize. They should act in reference to the day of God. The judgments of God are about to fall upon the world, and we need to be preparing for that great day.

Our time is precious. We have but few, very few days of probation in which to make ready for the future, immortal life. We have no time to spend in haphazard movements. We should fear to skim the surface of the word of God.

It is as true now as when Christ was upon the earth, that every inroad made by the gospel upon the enemy's dominion is met by fierce opposition from his vast armies. The conflict that is right upon us will be the most terrible ever witnessed. But though Satan is represented as being as strong as the strong man armed, his overthrow will be complete, and every one who unites

with him in choosing apostasy rather than loyalty will perish with him.

The restraining Spirit of God is even now being withdrawn from the world. Hurricanes, storms, tempests, fire and flood, disasters by sea and land, follow each other in quick succession.

Science seeks to explain all these. The signs thickening around us, telling of the near approach of the Son of God, are attributed to any other than the true cause. Men cannot discern the sentinel angels restraining the four winds that they shall not blow until the servants of God are sealed; but when

God shall bid His angels loose the winds, there will be such a scene of strife as no pen can picture.

To those who are indifferent at this time Christ's warning is: "Because thou art lukewarm, and neither cold nor hot, I will spue thee out of My mouth" (Revelation 3:16). The figure of spewing out of His mouth means that He cannot offer up your prayers or your expressions of love to God. He cannot endorse your teaching of His word or your spiritual work in anywise. He cannot present your religious exercises with the request that grace be given you.

Could the curtain be rolled back, could you discern the purposes of God and the judgments that are about to fall upon a doomed world, could you see your own attitude, you would fear and tremble for your own souls and for the souls of your fellow men. Earnest prayers of heart-rending anguish would go up to heaven. You would weep between the porch and the altar, confessing your spiritual blindness and backsliding.

Testimony Treasures, vol. 3, 11-15. **LM**

“
*Because thou art
lukewarm, and neither cold
nor hot, I will spue thee out
of My mouth.*

Revelation 3:16

Little Corners

Georgia Willis, who helped in the kitchen, was rubbing the knives. Somebody had been careless and let one get rusty, but Georgia rubbed with all her might; rubbed, and sang softly a little song—

"In this world of darkness;

We must shine,

You in your small corner,

And I in mine." [*Jesus Bids Us Shine*, Susan B. Warner, 1868.]

"Why do you rub at those knives forever?" asked Mary. Mary was the cook.

"Because they are in my corner," Georgia said brightly.

"You in your corner, you know, and I in mine. I'll do the best I can, that is all I can do."

"I wouldn't waste my strength," said Mary. "No one will notice."

"Jesus will," said Georgia; and then she sang again—

"You in your small corner,

And I in mine."

"Cooking the dinner is in my corner, I suppose," said Mary to herself. "If that child must do what she can, I suppose I must. If Jesus knows about knives, it is likely He knows about dinners." And she took particular pains.

"Mary, the dinner was nicely cooked today," Miss Emma said.

"That's all because of Georgia," said Mary, with a pleased face; and then she told about the knives.

"No," said Emma to her friend who urged, "I really cannot go this evening.

I am going to prayer meeting; my 'corner' is there."

"Your 'corner'? What do you mean?" Then Emma told about the knives.

"Well," the friend said, "if you will not go with me, I will go with you." And they went to the prayer meeting together.

"You helped us ever so much with the singing this evening." That was what their pastor said as they were going home. "I was afraid you wouldn't be there."

"It was owing to our Georgia," said Emma; "she seemed to think she must do what she could if it were only knives." Then she told him the story.

"I believe I will go in here again," said the minister, stopping before a poor little house. "I said yesterday there was no use, but I must do what I can." In the house a sick man was lying. Again and again the minister had called, but the invalid would not listen to him; but tonight the minister said, "I have come to tell you a little story."

Then he told him about Georgia Willis, about her knives and her little corner, and her "doing what she could." The sick man wiped the tears from his eyes, and

said, "I will find my corner, too; I will try to shine for Jesus."

"I believe I won't go to walk," said Helen, hesitatingly. "I'll finish that dress of Mother's; I suppose I can if I try."

"Why, child, are you here sewing?" her mother said. "I thought you had gone to walk."

"No; this dress seemed to be in my 'corner,' so I thought I would finish it."


"In your 'corner'?" her mother repeated in surprise; and then Helen told about the knives.

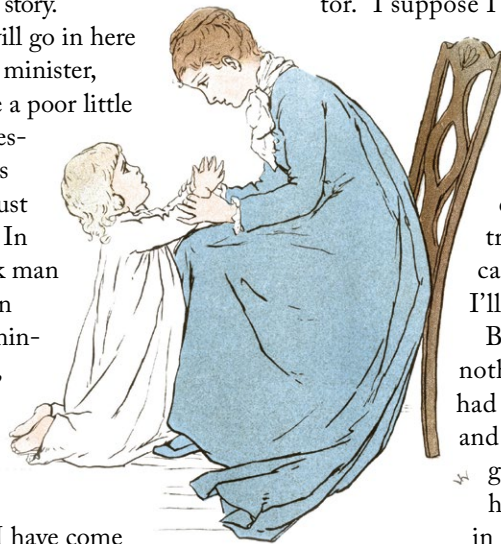
The doorbell rang, and her mother went thoughtfully to receive her pastor. "I suppose I *could* give more," she

said to herself, as she slowly took out the money she had laid aside for missions. "If that poor child in the kitchen is trying to do what she can, I wonder if I am. I'll double it."

But Georgia knew nothing about all this. She had let her light shine; and others, seeing her good works, had with her glorified the Father in heaven. Jesus, looking down at her that day, said,

"She hath done what she could"; and He gave the blessing.

Dolphins, True Education Series, 24–26. 



The Bindery

There are plenty of actions that cause either pain or pleasure, but it seems to me that many of these are the cords that Satan uses to pull us away from our Lord. In fact, Satan binds us to his snares by these cords. The Spirit of Prophecy describes it perfectly: “The pains of duty and the pleasures of sin:”

“One wrong trait of character, one sinful desire cherished, will eventually neutralize all the power of the gospel. The prevalence of a sinful desire shows the delusion of the soul. Every indulgence of that desire strengthens the soul’s aversion to God. The pains of duty and the pleasures of sin are the cords with which Satan binds men in his snares. Those who would rather die than perform a wrong act are the only ones who will be found faithful.” *Testimonies*, vol. 5, 53.

Today, many wrong acts are cherished or excused! These excused actions bind us to Satan for eternal death. One must consider, Is it worth it? We are in a real

spiritual warfare—this is dealing with our eternal life plan.

“The Christian life is a warfare. The apostle Paul speaks of wrestling against principalities and powers as he fought the good fight of faith. Again, he declares: ‘Ye have not yet resisted unto blood, striving against sin’ (Hebrews 12:4). Ah, no. Today sin is cherished and excused. The sharp sword of the Spirit, the word of God, does not cut to the soul. Has religion changed? Has Satan’s enmity to God abated? A religious life once presented difficulties and demanded self-denial. All is made very easy now. And why is this? The professed people of God have compromised with the power of darkness.” Ibid., 222.

We are living in a very compromising world! You are okay and I am okay—do as you please as long as you do not step on me. Wow, the devil has really brainwashed many people—he truly is binding many into bundles! What must happen?

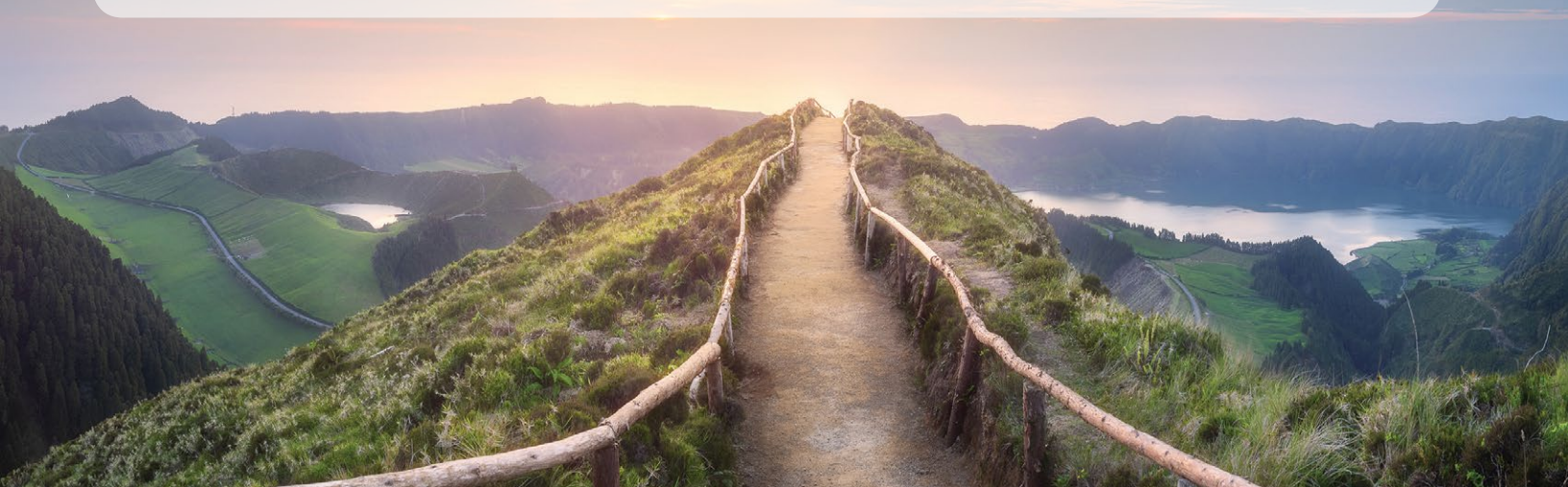
“There must be a revival of the strait testimony. The path to heaven is no smoother now than in the days of our Saviour. All our sins must be put away. Every darling indulgence that hinders our religious life must be cut off. The right eye or the right hand must be sacrificed if it cause us to offend. Are we willing to renounce our own wisdom and to receive the kingdom of heaven as a little child?” Ibid.

Are you ready to take a stand on the side of right—on the side of Jesus our Saviour? I know that I do not want to be in Satan’s bundle. I want to give up my “darling indulgences” now while there is still time to stand for my Saviour.

Remember: “The pains of duty and the pleasures of sin are the cords with which Satan binds men in his snares. Those who would rather die than perform a wrong act are the only ones who will be found faithful.” Ibid., 53.

“Choose you this day whom ye will serve ... but as for me and my house, we will serve the LORD” (Joshua 24:15). **LM**

Father: Help us to choose now the path that leads to the heavenly country. Give us the courage to give up those darling indulgences that please the devil but are so offensive to You. I choose to stand with Jesus and not with the great deceiver and his temporary, fatal pleasures. Remove the binding which Satan has placed upon me. I choose You this day. Amen.



"Thank you so much for the DVDs. We really enjoy them on Sabbath. May the Lord continue to bless you all."

—D&LF, Florida

"Thank you for all your hard work to spread the Lord's message. We love the new *LandMarks* magazine and following on Sabbath the on-line messages. May the Lord continue to bless each and every one of you. Best wishes and the Lord's blessings."

—E&SS, New York

August Sermon of the Month

A Controversial Subject

By John J. Grosboll

Throughout history, truth has been slowly revealed as people were ready to receive it.

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

August 2019

Dear Friend,

Human beings are creatures of habit. Once we develop a habit, we keep doing the same thing over and over without thinking. Many Christians use the Sabbath as a day for relaxation; however, the Sabbath was intended as a day of rest and worship—a day when we can spend more time studying our Bibles and the book of nature more than other days, but let me ask you this: Are you making any missionary outreach on the Sabbath?


The Sabbath is a day more than any other day when it is possible to make gospel visits, to give Bible studies to those who are interested, to visit the sick and those who are shut in because of some physical handicap and to share literature about the gospel, prophecy, and health.

While on earth, "The Sabbath was Christ's busiest day for healing the sick. On this day He could best reach those who were laboring during the week. Wherever He went, He was a medical missionary, an unerring physician, speaking words of comfort and love! From Him flowed a stream of healing power, and the sick were made whole. He healed men and women with unhesitating willingness and with hearty joyfulness; for He was glad to be able to restore suffering ones to health." *Manuscript Releases*, vol. 5, 84.

Often the Sabbath is the best time to reach people at home and we must not miss opportunities.

"During the week, we should keep in view the Sabbath of the Lord, and labor to the end that our children shall have some time each day to study their lessons with their parents, the parents themselves showing an interest in the lessons. This will educate the children to feel that their lessons are of consequence. If on Sabbath morning parents spend hours in sleep, they lose much. They are wasting God's time, and it cannot be recalled. If it were their own, they would not thus idle it away. If the parents arise early, they can prepare the morning meal and have family prayers without haste or confusion. Then there is time to review the lessons, and the children, with their parents, can go to the Sabbath-school without becoming hurried, and can do justice to their lessons." *The Review and Herald*, December 2, 1884

Your brother in soul winning,



John J. Grosboll

13th Sabbath Offering



Conversions in Nigeria

The truth is making great headway in Nigeria, in spite of the enemy's efforts to prevent its progress.

Pastor Domingo Nunez has made frequent trips to share the three angels' messages with a group of Pentecostal worshipers, with a marked degree of success.

The volunteer Bible workers supported through your donations continue with follow-up between Pastor Domingo's visits to strengthen and reinforce the faith of those worshipers who have accepted the truths of Adventism. It is encouraging to the brethren when the Holy Spirit works on the hearts of those contacted through their outreach efforts resulting in a wonderful harvest.

Because of the efforts of Pastor Domingo, our volunteers in Nigeria, and the workings of the Holy Spirit, there are two groups in Nigeria who are now worshipping on the Sabbath—one in the

eastern part of the country and one in the southern part.

In last month's *LandMarks* we gave details of his efforts and of the acceptance achieved through the workings of the Holy Spirit when he met with worshipers from southeastern Nigeria. Next month we will report on the success of outreach efforts in the extreme southern part of the country.

As this is being written, Pastor Domingo is holding a unified meeting in Abuja, a location that is roughly equidistant from the two groups. Your donations to our Thirteenth Sabbath fund have helped to cover the expenses of this convocation for those who have traveled from different parts of the country to worship and study together.

Please keep these brethren who are new to the faith and the workers who are encouraging them in your prayers. **LM**

Nigeria Stats:

Population

203 Million

51% **11%** **36%** **2%**
Muslim Catholic Protestant Others

from the
Mission Fields

Helping Others in Colombia

Dear Brethren and Friends:

It is only by the grace of our Loving Lord and the support of our brethren at Steps to Life and others that we have been able to continue to dedicate all our time and strength to the medical missionary work here in the area of Moniquira, Colombia. We know that it is always blessed to receive a greeting from your friends in the faith and so we share some pictures with you of some of the outreach efforts that are a regular part of life here.

In the past we have shared pictures of the medical missionary outpost and the available space for planting and raising small crops of vegetables. The planting grounds are also an avenue to teach families not only the art of growing their food, but to teach methods of good soil preparation.

Another method of outreach that we enjoy is inviting folks over to eat healthfully prepared meals with the use of our home grown vegetables. After sharing a meal with them we share the spiritual food from the Word of God and always share some printed

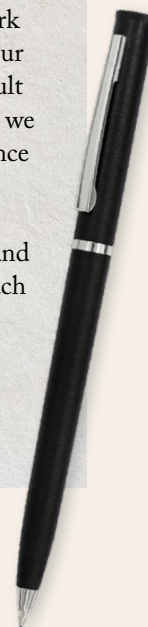
booklet with them to take home. Our printing ministry includes booklets on health topics and simple remedies as well as some gems from Spirit of Prophecy.

Every Wednesday we set up at the local farmers market to sell our vegetables along with home baked breads. And of course, we always have plenty of free literature available to hand out.

We are so thankful to our God and Father for our friends in the faith both here locally, and those far away for the supporting hand they give to the medical missionary work and spreading of the gospel. It is our prayer that a great harvest will result from the outreach efforts and that we may all rejoice in the Lord's presence together.

Thank you once again for your kindness, your faithful donations and the prayers. May the Lord bless each and every one of you.

In the Christian hope,
Benjamin and Rosana Cortes





1 Rosana is working on pamphlets:

The printed pages are assembled into booklets for distribution on a donation basis.

2 Benjamin is glueing pamphlets:

All are hand-made.

3 Literature at farmers' market:

Present truth literature is offered along with produce from the garden and homemade bakery products.

4 Printed booklets:

Printed pages are ready for assembly into booklets for distribution.

5 Crops planted:

The garden produces enough for us to share on Sabbath and to sell in the local farmers' market.

6 Sharing hospitality:

Sharing healthfully prepared meals with vegetables from the garden.

7 Steps to Christ:

Finished product, ready for distribution.

The Marvels of Cross-Pollination

As you look across a field on a summer day, you see bees buzzing here and there or butterflies flapping, as seemingly aimless as tossed leaves. Yet this apparently capricious activity is part of a routine of scientific precision—the miracle of nature known as cross-pollination.

To the last detail a flower is designed for one great purpose—reproducing its kind. Color, fragrance, form, the length and shape of each part—all fit with perfection into that purpose. When a flower reaches the climax of its size and beauty, little undeveloped seeds called ovules are to be found in a swelling at the base of the pistil. Tiny grains of matter called pollen are held in a little box at the end of the stamen.

By themselves ovule and pollen have no future. Only when the two unite can the cycle be completed and a seed formed. To fulfill its purpose, the pollen must somehow find its way to another flower of the same species, adhere there to the stigma and then, after a brief time, travel down and fuse with the ovules.

Consider the problem. A target the size of a pinhead (the stigma) must be hit by a microscopic grain of pollen of the right kind at exactly the right time. The brief life of most kinds of pollen requires that it be launched, transported and at work in the new flower within an hour or two. A fraction of an inch or several miles may have to be traversed. The way insects and flowers combine to accomplish this almost surpasses belief. . . .

The insect must impregnate the stigma with pollen from another plant, and then pick up more pollen. To do this, his proboscis must slide in at exactly the right angle, the curve of his belly

or back must be just right to pick up or deposit pollen, or his legs are to be so planted that they do the trick. All this is controlled with amazing accuracy.

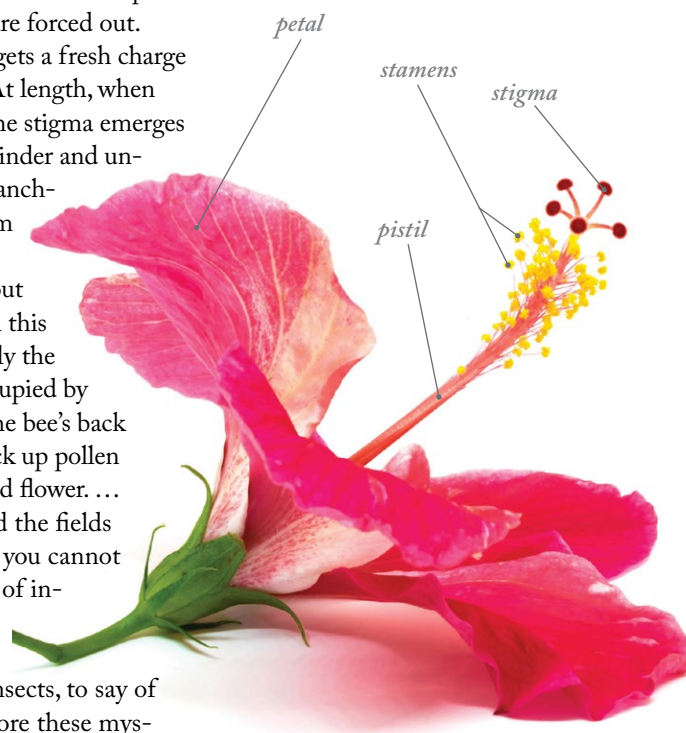
The great blue lobelia offers one of the most vivid demonstrations of this event. Find a patch in late August or early September; you won't have to wait five minutes for a bumblebee's arrival. As the bee pushes in headfirst, the whole flower stiffens and widens, and the top two petals fly apart. Between them a long, curving, cylindrical arm nods up and down at just the right angle to touch the bee's back at the proper spot. From the tip of the arm pollen grains are forced out.

Each successive bee gets a fresh charge of pollen on his back. At length, when all the pollen is gone, the stigma emerges from the end of the cylinder and unfurls two fine, sticky branches to receive pollen from another flower. There is nothing hit or miss about this plan: The stigma in this second stage is in exactly the same spot formerly occupied by the pollen; it touches the bee's back exactly where it will pick up pollen from a previously visited flower. . . .

Go to the woods and the fields and as you study them you cannot help feeling that sense of incredulous awe which prompted Jean Henri Fabre, the Homer of insects, to say of cross-pollination: "Before these mysteries of life, reason bows and abandons itself to adoration of the Author of these miracles."

Excerpts from *Our Amazing World of Nature*, Reader's Digest Association, ©1969, 100–104. **LM**

Hibiscus flower



Q:

*Why didn't God
just destroy
Satan?*

A:

God is bound by justice. If God had destroyed the one who accused Him, Lucifer's argument against Him could have been strengthened. The angels could have been suspicious thinking Lucifer may know something that God was trying to cover up. Fairness would dictate all of God's actions.

"Even when it was decided that he could no longer remain in heaven, Infinite Wisdom did not destroy Satan. Since the service of love can alone be acceptable to God, the allegiance of His creatures must rest upon a conviction of His justice and benevolence. The inhabitants of heaven and of other worlds, being unprepared to comprehend the nature or consequences of sin, could not then have seen the justice and mercy of God in the destruction of Satan. Had he been immediately blotted from exis-

tence, they would have served God from fear rather than from love. The influence of the deceiver would not have been fully destroyed, nor would the spirit of rebellion have been utterly eradicated. Evil must be permitted to come to maturity. For the good of the entire universe through ceaseless ages Satan must more fully develop his principles, that his charges against the divine government might be seen in their true light by all created beings, that the justice and mercy of God and the immutability of His law might forever be placed beyond all question.

"Satan's rebellion was to be a lesson to the universe through all coming ages, a perpetual testimony to the nature and terrible results of sin. The working out of Satan's rule, its effects upon both men and angels, would show what must

be the fruit of setting aside the divine authority. It would testify that with the existence of God's government and His law is bound up the well-being of all the creatures He has made. Thus the history of this terrible experiment of rebellion was to be a perpetual safeguard to all holy intelligences, to prevent them from being deceived as to the nature of transgression, to save them from committing sin and suffering its punishments." *The Great Controversy*, 498, 499.

"In the contest between Christ and Satan, during the Saviour's earthly ministry, the character of the great deceiver was unmasked. Nothing could so effectually have uprooted Satan from the affections of the heavenly angels and the whole loyal universe as did his cruel warfare upon the world's Redeemer." *Ibid.*, 501. [LM](#)





It was early in the morning at Elmshaven, Ellen White's residence in northern California. As usual, she was up before sunrise, writing and working on her manuscripts. Although she was seventy-seven years of age, her pen was still busy sending messages and writing books and articles, just as she had been shown. This year, 1905, climaxing more than forty years as a popular speaker on health and temperance subjects, Mrs. White was putting the final details into her monument on health. Called *The Ministry of Healing*, this 500-page book was destined to reach around the world with translations into several major languages, a medical and health book that would never really go out-of-date.

The early experiences of Ellen White and her family in the use of natural remedies were born of necessity. Many common infectious diseases were taking their toll. Persons in the prime of life succumbed to what today would be called "minor illnesses." Vaccinations were not yet available. Antibiotics were decades in the future. Antisepsis and skilled hospital care were in their infancy. And so diphtheria, pneumonia, typhoid, tuberculosis, and many other devastating diseases ripped into families, snuffing out lives of babies and children, as well as of parents.

It was fortunate for the struggling group of pioneer Seventh-day Adventists that light was given in regard to healthful living. One of Ellen White's earliest published health series comprised six articles, one for each of a series of pamphlets compiled from various writers and called *How to Live*. In light of today's modern science, it is amazing how accurate each observation was, down to minute clinical details. In that Victorian age, antedating modern scientific discoveries, the use of toxic drugs was widespread. Physicians understood little of physiology, let alone nutrition. Their scientific training was often confined to a few weeks of formal study, plus a short apprenticeship. A popular misconception prevailed that their drugs cured disease.

From this unusually gifted woman, writing in the prime of motherhood and a happy marriage, there came as a medical bombshell the words, "Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself." *Selected Messages*, Book 2, 451. Her statement challenged the entire medical profession to come up with better answers. Fortunately, some solutions were found.

In upstate New York, even before the Civil War, Dr. James C. Jackson was receiving publicity for his unusual cures in "Our Home on the Hillside." One of the leading water-cure institutions in America, this center at Dansville, New York, developed hydrotherapy (the treatment of disease by the external use of water) to a science, and in combination with natural foods and rest, achieved amazing results. Patients from all over the East came in search of health and restoration. Shortly after the close of the Civil War, Seventh-day Adventists would have their own institution, located in Battle Creek, Michigan. Originally the "Western Health Reform Institute," the name was changed after ten years to

the "Battle Creek Sanitarium." Under Dr. John Harvey Kellogg's dynamic and enthusiastic leadership, it became the pacesetter of the world in hydrotherapy and natural healing.

But it is to Ellen White that this natural-healing movement is primarily indebted for insights on health with a balance seldom manifested by fledgling idealists.

Drugs such as mercury, calomel, opium, and *nux vomica* (the source of strychnine) were commonly used for all manner of diseases.

It was thought that the hand of "Providence" and "Divine Grace" permitted the sufferer to go finally to his rest. But in Ellen White's articles the curtain was pulled aside, and the finger of guilt clearly pointed to such toxic and destructive drugs as the culprit in too many premature deaths.

Charcoal

Then there was her experience with charcoal. On one occasion powdered charcoal was put into water and given to a man sick with dysentery. Upon drinking this mixture, the patient improved within a half hour. Poultices of powdered charcoal mixed with flaxseed were successfully used on painful swellings, bruises and boils. Writing to Dr. Kellogg, Ellen White shared this advice: "One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet with smartweed, boiled, it is still better." [Smartweed is a summertime plant commonly found in open fields. It induces dilation of blood capillaries in the skin and makes the

treatment even more effective.] *Selected Messages*, Book 2, 294. Also, "The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm." *The Place of Herbs in Rational Therapy*, 144. And with a bit of

humor, always understanding as to the prejudices of her audience, she added, "I will expect you will laugh at this; but if I could give this remedy some outlandish name that no one knew but myself, it would have greater influence." *Ibid*.

The list of simple remedies used by Ellen White goes on and on. We cite them only to observe that these remedies, though a legacy from a former generation, are being rediscovered by medical science today. Emergency rooms a decade ago were stocked with the "universal antidote" for the treatment of poisoning. Now all contain activated charcoal.

Balanced Counsels

In her emphasis on the simple, readily available remedies Ellen White was not against the progress in scientific medicine. On one occasion she even wrote to Dr. D. H. Kress, "There is one thing that has saved life—an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it." *Selected Messages*, Book 2, 303. How interesting to find such a modern lifesaving measure suggested to a physician even before blood typing and crossmatching had been conceived!

Ellen White also took some X-ray treatments for a skin cancer and was

“
Disease is an effort of
nature to free the system
from conditions that result
from a violation of the
laws of health.”

“

Walking is not only safer, but even more healthful than marathons, triathlons, and competitive body building.



grateful for the successful results. However, the therapeutic use of radiation was still in its infancy and she cautioned physicians to be careful about X-rays, for she had been shown their dangers.

The climax of Ellen White's counsels on healthful living, mentioned earlier, was *The Ministry of Healing* published in 1905.

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” *The Ministry of Healing*, 127.

Ellen White always offered “something better,” and some of the natural remedies recommended, often summarized as “nature’s eight doctors,” are as follows:

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.” *Ibid.* [Emphasis supplied.]

Perspective

In the last few years scientific research has demonstrated much value in each of these remedies. Physical exercise is definitely a lifesaver, with today’s trend toward moderation. Walking is not only safer, but even more healthful than marathons, triathlons, and competitive body building. And Ellen White’s concerns about the influence of coffee on the heart have been validated. Injurious addictive properties in opiates are unquestioned. Tobacco is under attack by major health organizations, even the AMA (American Medical Association). And smoking is even recognized as a potential cause of the sudden-infant-death syndrome. In 1864 Ellen White said:

“The infant lungs suffer, and become diseased by inhaling the atmosphere of a room poisoned by the tobacco-user’s tainted breath. Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. By inhaling the poisonous tobacco effluvia, which is thrown from the lungs and the pores of the skin, the system of the infant is filled with the poison. While it acts upon some as a slow poison, it affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others it has a more direct influence, causing spasms, fits, paralysis, palsy, and sudden death.” *Selected Messages*, Book 2, 467.

Yes, second-hand smoke, side-stream smoke, even the body odor of smokeless tobacco users is hazardous to your health.

Scientists and public health authorities all vote for fresh air, adequate ventilation, vaccinations (see *Selected Messages*, Book 2, 303), and regular bathing—measures that were little understood or appreciated in her day, but which Ellen White was promoting a century ago.

Nutritionists agree that reducing the amount of fat in the diet, cutting down on salt, and using less sugar are sensible preventive measures against heart disease and cancer. Growing numbers

of vegetarians are evidence of concern regarding inadequate animal-inspection standards and burgeoning diseases. What Ellen White has written is as current as tomorrow in the area of diet.

“Again and again I have been shown that God is trying to lead us back, step by step, to His original design—that man should subsist upon the natural products of the earth.” *Counsels on Diet and Foods*, 380.

“From the light God has given me, the prevalence of cancers and tumors is largely due to gross living on dead flesh.” Ibid., 388.

How could she consistently be on the right side of issues that were largely unknown, not only to her, but also to the medical and scientific community of her day? One of her oft-used expressions, “The Lord has shown me,” reveals the source of her remarkable insights.

For this reason her books are enthusiastically sought and read, inspiring health professionals and instructing everyone, while increasing our confidence in the spiritual gift possessed by this remarkable American woman. It is one thing to be a pioneer; it is another to be a pacesetter. In Ellen White you will find the best of both combined.



Recommendations to Reduce Cancer Risk

Summarized from American Cancer Society and National Academy of Science Publications	Information provided more than a century ago through the writings of Ellen G. White
1. Eat plenty of high fiber foods such as whole grains, beans, fruits, and vegetables.	1896: “Cancers, tumors, and all inflammatory diseases are largely caused by meat eating. From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.” <i>Counsels on Diet and Foods</i> , 388.
2. Eat plenty of foods that are high in vitamins A and C, such as dark green and deep yellow vegetables, citrus fruits, and yellow/orange fruits.	1896: “Both the blood and the fat of animals are consumed as a luxury. But the Lord gave special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system. The disregard for the Lord’s special directions has brought a variety of difficulties and diseases upon human beings.” Ibid., 393, 394.
3. Eat more cruciferous vegetables (broccoli, Brussels sprouts, cabbage, and cauliflower).	1905: “Fine-flour bread is lacking in nutritive elements to be found in bread made from whole wheat.” <i>The Ministry of Healing</i> , 300.
4. Maintain proper body weight.	1890: “Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet.” <i>Counsels on Diet and Foods</i> , 314.
5. Reduce dietary fat intake to no more than 30 per cent of total calories.	1871: “Alcohol and tobacco pollute the blood of men, and thousands of lives are yearly sacrificed to these poisons.” <i>Temperance</i> , 57.
6. Avoid salt-cured, smoked and nitrite-cured meats.	1905: “Tobacco is a slow, insidious, but most malignant poison.” <i>The Ministry of Healing</i> , 327. *Later, Mrs White wrote: “Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men.” <i>Counsels on Diet and Foods</i> , 346.
7. Don’t smoke.	
8. Alcohol is not recommended, but if it is used, go easy on consumption, especially if you also smoke or chew tobacco.	
9. Guard against overexposure to sunlight.	

Health for Today, Hope International, 1991, Richard A. Hansen, M.D., 18–20. [LM](#)

Dr. Richard Hansen is a family medicine doctor in Creswell, Oregon. He received his medical degree from Loma Linda University School of Medicine and has been in practice for more than 20 years. He was formerly the Medical Director of Wildwood Lifestyle Center and Hospital.



The Best Gift

By John J. Grosboll

Everyone enjoys receiving a free gift and the Bible says that God is the source of every good gift. However, God gives to some people more valuable gifts than to others because those people, desire, value, and appreciate more valuable gifts that He has to give.

Talking to the Corinthian church concerning their former life, Paul reminded them that they were once Gentiles led by senseless idols, believing they received special power and wisdom from them. However, in worshiping idols they were not worshiping the one true God and what they thought they had received was not from Him.

He said, “I say ... that the things which the Gentiles sacrifice they sacrifice to demons and not to God, and I do not want you to have fellowship with demons. You cannot drink the cup of the Lord and the cup of demons; you cannot partake of the Lord’s table and of the table of demons” (1 Corinthians 10:19–21).

Paul was clear in saying the Gentiles were not really receiving any special wisdom from God. They were receiving wisdom or power from demons—evil spirits. The Bible is very clear that there are many evil spirits in our world seeking to gain control of our minds. They are all working under the one master evil spirit called the devil and Satan.

These evil spirits were formerly angels of God in heaven, but they fell through sin. (See 2 Peter 2; Revelation 12; Jude.) After the rebellion in heaven, one third of the angels who were deceived by Satan lost their first estate and were cast out into this earth. Since the creation of man they are seeking to gain control of the world and we have been warned that in the last days, these evil spirits will succeed in deceiving almost the entire world. (See Revelation 12:9; Revelation 13; Revelation 16; Revelation 18.)

The only protection available to man to avoid being deceived is to receive the Holy Spirit into your life. Paul said, “Now concerning spiritual gifts, brethren, I do not want you to be ignorant” (1 Corinthians 12:1). “There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all” (verses 4–6).

“But the manifestation of the Spirit is given to each one for the profit of all” (verse 7) if you have been baptized into Christ. Then it says that you are to receive in your life the manifestation of the Spirit and it is to result in the profit of every other Christian. The manifestation of the spirit is given to each one for the profit of all.

You and I do not get to choose what spiritual gift we will receive, for it is the Holy Spirit who decides that. “For to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of mir-

acles, to another prophecy, to another discerning of spirits, to another different kinds of tongues [languages], to another the translation of languages” (verses 8–10, literal translation).

Notice, Paul has specified nine different gifts that the Spirit gives to different people – wisdom, knowledge, faith, healings, miracles, prophecy, discerning of spirits, different languages, and translation of languages.

“But one and the same Spirit works all these things, distributing to each one individually as He wills” (verse 11). The Holy Spirit decides what gift each person receives. No one is going to receive all the gifts. They are distributed as the Spirit sees fit.

Then Paul explains how this works and how there is unity in diversity. “For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit. For in fact the body is not one member but many. If the foot should say, ‘Because I am not a hand, I am not of the body,’ is it therefore not of the body? And if the ear should say, ‘Because I am not an eye, I am not of the body,’ is it therefore not of the body? If the whole body were an eye, where would be the hearing? If the whole were hearing, where would be the smelling? But now God has set the members, each one of them, in the body just as he pleased. And if they were all one member, where would the body be” (verses 12–19)?

What would it be if all you had for your body were eyes and no hands, or feet, or ears, or tongue, or the other things that you need to function as a human being? Eyes are wonderful, but you need more than eyes to have a body. You need ears, and you need hands, and you need feet, and you need a mind, and you need a tongue.

Without a nose you could not smell, and you need a digestive system and organs to circulate the blood around your body. Without these additional parts you would not have a body.

However, Paul said,

“Now indeed there are many members, yet one body.

And the eye cannot say to the hand, ‘I have no need of you’; nor again the head to the feet, ‘I have no need of you.’ No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honorable, on these we bestow greater honor; and our un-presentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it, that there should be no schism (division) in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it” (verses 20–26).

Referring now to the church, all members are part of the same body. We are not to look on any other Christian as somebody separate from ourselves. We are to have care and regard for every other person that is part of the body of Christ. If you get up in the night,

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We are to have care and regard for every other person that is part of the body of Christ.

“
*Love does not seek
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patience.*

and you stub your toe, the rest of your body doesn't say to the toe, "Well, that's just too bad you got hurt. It's all right with us." No, no! The whole body sympathizes with the toe that got hurt. It is the same way with any other part of the body. The whole body works together and every part of it is in sympathy with every other part.

That is the way Paul says the church is to be. Every member is to be in sympathy with every other member.

Paul said, "Now you are the body of Christ, and members individually" (verse 27). You are individual members with different offices, but all are to cooperate with each other and have sympathy for each other.

"God has appointed these in the church: first apostles, second prophets, third teachers, after that miracles, then gifts of healings, helps, administrations, varieties of tongues [languages]" (verse 28). Then he asks, "Are all apostles? Are all prophets? Are all teachers? Are all workers of miracles? Do all have gifts of healings? Do all speak with languages [foreign languages]" (verse 29)? No, not everybody does. "Do all interpret, [that is, do all interpret foreign languages]" (verse 30)? No, not everybody does but imagine the impact when all of those gifts are available in the church in one body.

While in Ephesus, Paul found some disciples of Jesus and asked them if they had received the Holy Spirit when they believed. They answered him, "We have not so much as heard whether there is a Holy Spirit" (Acts 19:2). They informed him that they had been baptized into John's [the Baptist] baptism. Paul then explained to them what Jesus had said to His disciples before He ascended to heaven. He said, "John truly baptized with water, but you shall be baptized with the Holy Spirit not many days from now" (Acts 1:5).

It was God's will from that time on that every person who professed to be a Christian and was baptized would receive the gift of the Holy Spirit. "When they [the disciples in Ephesus] heard this, they were baptized in the name of the Lord Jesus. And when

Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied" (Acts 19:5, 6).

O, friend, God wants to give gifts to His people. He wants to give gifts to everyone who has taken the name of Christ, to everyone who has chosen to be a disciple of the Christian religion. The Holy Spirit wants to give you a gift.

Paul said there is a gift that every member is to receive. Jesus made that very clear that this gift is more important, it is of greater value, than any other gift that the Holy Spirit could give to you.

Many people think that it is wonderful if they can speak in other languages, and that is truly a gift of the Holy Spirit. When the apostles at Pentecost received the Holy Spirit, they miraculously received the ability to speak in foreign languages, a gift which lasted for the rest of their life.

However, Paul says, "Though I speak with the tongues [languages] of men and of angels, but have not love, I have become sounding brass or a clanging cymbal" (1 Corinthians 13:1). It does not matter how many languages you could speak, if you can speak in both the languages of earth and the languages of heaven, it is valueless if you have not received the love of Jesus into your heart.

Paul goes on to say, "And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing" (verse 2).

Notice friends, the Christian religion is the most spiritual of all religions because it deals with the most inner part of one's mind and conscience. It is not just about intellectual things but goes right to the heart of a human being. The religion of Christ says if you have all these other things, all these intellectual accomplishments, so that you can speak all the different languages, if you have the power to prophesy, and if you have faith and if you have all knowledge, but all these gifts are devoid of love in your heart, Paul says, it is not worth anything. It's nothing.

"Though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits

me nothing” (verse 3). It matters not what achievements you make or what acquisitions you acquire or talents you have, even if you are filled with the Holy Spirit, if that gift of the Holy Spirit has not led you to have love in your heart, it is worthless. It profits you nothing, and you are nothing. You are like a sounding brass or a clanging cymbal.

The most valuable of all gifts is so valuable that Jesus said that this would be the sign that you were a Christian. It is not so much whether you have absolutely the right doctrines, or theology, or understanding. Notice what Jesus said in John 13, verses 34 and 35: “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

Paul then goes through a list of 16 different things showing what love is like. If I have love in my heart, I will also have these characteristics. 1 Corinthians 13:4–8, *first part*:

“Love is long suffering.” It exhibits patience. It is long suffering. Everybody wants somebody to be patient with them when they make a mistake.

“Love is kind.” O, friend, it’s not enough to be the right kind of a person, unless you’re kind in what you do and how you deal with others.

- **Love does not envy.** Be content with what you have and happy for those who may have more than you.
- **Love does not boast.** It doesn’t brag about its own accomplishments.
- **Love is not conceited.** It is not puffed up.
- **Love does not act in an indecent or a shameful way.** It has a sense of propriety.
- **Love does not seek its own.** It does not try to get its own advantage over others.
- **Love does not become irritated.** This may be the hardest one of all.



- **Love does not dwell on evil.** Today we are surrounded by evil. If you dwell on it, you will become like it, even if you abhor it. That of course is going to affect what we look at and what we think about.
- **Love does not rejoice in injustice.** It does not rejoice in unrighteousness. This is another hard one for our generation.

“Rather it rejoices with the truth.” Do you love the truth? A person who has love in their heart will rejoice with the truth. The Bible predicts that in the last days there will be many people who will have a form of godliness who will still be lost because they never learned to love the truth. (See 2 Thessalonians 2:8–10.)

**Love bears all things.
It believes all things.
It hopes all things.
It endures all things.
It never fails.**

O, friend, love is the gift that God wants to give to everyone who follows

Him. The gift of the Holy Spirit and the first fruit of the Holy Spirit is love.

Paul goes on to say that “Where there are prophecies, they will fail; where there are languages, they will cease; where there is knowledge, it will vanish away. For we know in part and we prophesy in part. But when that which is perfect is come, then that which is in part will be done away” (verses 8, *last part*–10, literal translation).

O, friend, have you received the most perfect of all gifts that God wants to give to everyone who chooses to follow Him? Do you have all 16 characteristics of love in your heart? Unless you have love in your heart, Paul says all the other profession of religion, all the languages, all the knowledge, all the faith, everything else you might do, is worthless unless you have love.

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

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September 1 – 7

The Good Samaritan

Key Text

“Blessed are the merciful: for they shall obtain mercy” (Matthew 5:7).

Study Help: *Christ’s Object Lessons*, 376–389; *Thoughts from the Mount of Blessing*, 21–24.

Introduction

“In the story of the good Samaritan, Christ illustrates the nature of true religion. He shows that it consists not in systems, creeds, or rites, but in the performance of loving deeds, in bringing the greatest good to others, in genuine goodness.” *The Desire of Ages*, 497.

Sunday

CONDITIONS TO RECEIVING ETERNAL LIFE

- a. How did Jesus answer the lawyer’s question regarding how to inherit eternal life? Luke 10:25, 26.

Note: “The conditions of salvation are ever the same. Life, eternal life, is for all who will obey God’s law. Perfect obedience, revealed in thought, word, and deed, is as essential now as when the lawyer asked Christ, ‘What shall I do to inherit eternal life’ (Luke 10:25)?” *That I May Know Him*, 299.

- b. Which law did the lawyer mention, and how did Jesus reply? Luke 10:27, 28.

Note: “The lawyer was not satisfied with the position and works of the Pharisees. He had been studying the scriptures with a desire to learn their real meaning. He had a vital interest in the matter, and he asked in sincerity, ‘What shall I do?’ (Luke 10:25). In his answer as to the requirements of the law,

he passed by all the mass of ceremonial and ritualistic precepts. For these he claimed no value, but presented the two great principles on which hang all the law and the prophets.” *Christ’s Object Lessons*, 377.

Monday

NEGLECTING OUR NEIGHBOR

- a. What question was later asked by the lawyer, which prompted Jesus to tell a parable? Luke 10:29. Who is our neighbor today?

Note: “Our neighbor is every person who needs our help. Our neighbor is every soul who is wounded and bruised by the adversary. Our neighbor is every one who is the property of God. ...

“Our neighbors are not merely our associates and special friends; they are not simply those who belong to our church, or who think as we do. Our neighbors are the whole human family. We are to do good to all men, and especially to those who are of the household of faith. We are to give to the world an exhibition of what it means to carry out the law of God. We are to love God supremely and our neighbor as ourselves.” *My Life Today*, 232.

- b. What attitude do many have today, which shows that they do not love their neighbors? Whom are they copying? Genesis 4:9.

Note: “There has been too much of a spirit to ask, ‘Am I my brother’s keeper’ (Genesis 4:9)? Said the angel: ‘Yea, *thou art* thy brother’s keeper. Thou shouldest have a watchful care for thy brother, be interested for his welfare, and cherish a kind, loving spirit toward him. Press together, press together.’ God designed that man should be openhearted and honest, without affectation, meek, humble, with simplicity. This is the principle of heaven; God ordered it so. But poor, frail man has sought out something different—to follow his own way, and carefully attend to his own self-interest.” *Testimonies*, vol. 1, 113, 114. [Emphasis author’s.]

- c. How do we know that this is not a godly attitude?
Romans 14:7.
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Note: “Every act of our lives affects others for good or evil. Our influence is tending upward or downward; it is felt, acted upon, and to a greater or less degree reproduced by others.” *Testimonies*, vol. 2, 133.

“By our unconscious influence others may be encouraged and strengthened, or they may be discouraged, and repelled from Christ and the truth.” *Steps to Christ*, 120.

Tuesday

THE TRUE NEIGHBOR REVEALED

- a. Where did the man in the parable fall among thieves? Who passed by on the side of the road and left him half dead? Luke 10:30–32.
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Note: “In journeying from Jerusalem to Jericho, the traveler had to pass through a portion of the wilderness of Judea. The road led down a wild, rocky ravine, which was infested with robbers, and was often the scene of violence. It was here that the traveler was attacked, stripped of all that was valuable, and left half dead by the wayside. As he lay thus, a priest came that way; he saw the man lying wounded and bruised, weltering in his own blood; but he left him without rendering any assistance. He ‘passed by on the other side’ (Luke 10:31). Then a Levite appeared. Curious to know what had happened, he stopped and looked at the sufferer. He was convicted of what he ought to do, but it was not an agreeable duty. He wished that he had not come that way so that he would not have seen the wounded man. He persuaded himself that the case was no concern of his, and he too ‘passed by on the other side’ (verse 32).” *Christ’s Object Lessons*, 379.

- b. Who had mercy on the wounded man, and what did he do for him? Luke 10:33–35.
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Note: “The priest and the Levite both professed piety, but the Samaritan showed that he was truly converted. It was no

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more agreeable for him to do the work than for the priest and the Levite, but in spirit and works he proved himself to be in harmony with God. ...

“The priest and Levite neglected the very work the Lord had enjoined on them, leaving a hated and despised Samaritan to minister to one of their own countrymen.” *Christ’s Object Lessons*, 380, 381.

- c. Whom did the lawyer acknowledge to be the true neighbor? How did he answer? Luke 10:36, 37.
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Note: “The lawyer found in the lesson nothing that he could criticize. His prejudice in regard to Christ was removed. But he had not overcome his national dislike sufficiently to give credit to the Samaritan by name.” *Christ’s Object Lessons*, 380.

Wednesday

OVERCOMING PREJUDICE

- a. Why did the lawyer answer the way he did? What attitude did the Jews have toward the Samaritans? John 4:9; 8:48, 49.
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Note: “The great difference between the Jews and the Samaritans was a difference in religious belief, a question as to what constitutes true worship. The Pharisees would say nothing good of the Samaritans, but poured their bitterest curses upon them. So strong was the antipathy between the Jews and the Samaritans that to the Samaritan woman it seemed a strange thing for Christ to ask her for a drink.” *Christ’s Object Lessons*, 380.

- b. What was Jesus’ example in ministering to those who were from different nationalities? Acts 10:38. What can we learn from this teaching? Matthew 23:8, *last part*.

Note: “During His earthly ministry Christ began to break down the partition wall between Jew and Gentile, and to preach salvation to all mankind. Though He was a Jew, He mingled freely with the Samaritans, setting at nought the Pharisaic customs of the Jews with regard to this despised people. He slept under their roofs, ate at their tables, and taught in their streets.” *The Acts of the Apostles*, 19.

“No distinction on account of nationality, race, or caste, is recognized by God. He is the Maker of all mankind. All men are of one family by creation, and all are one through redemption.” *Christ’s Object Lessons*, 386.

- c. How did the disciples later show that they had overcome their prejudice against other nations? Acts 8:25; 17:24–27.

Note: “Christ sought to teach the disciples the truth that in God’s kingdom there are no territorial lines, no caste, no aristocracy; that they must go to all nations, bearing to them the message of a Saviour’s love. But not until later did they realize in all its fullness that God ‘hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation; that they should seek the Lord, if haply they might feel after Him, and find Him, though He be not far from every one of us’ (Acts 17:26, 27).” *The Acts of the Apostles*, 20.

Thursday

REACHING OUT TO THOSE IN NEED

- a. What does Jesus want us to learn from the parable of the good Samaritan? Luke 10:36, 37; Romans 12:20, 21.

Note: “We may claim to be followers of Christ, we may claim to believe every truth in the word of God; but this will do our neighbor no good unless our belief is carried into our daily life. Our profession may be as high as heaven, but it will save neither ourselves nor our fellow men unless we are Christians. A right example will do more to benefit the world than all our profession.” *Christ’s Object Lessons*, 383.

- b. How does He want us to help those around us? Matthew 7:12; 10:8.

Note: “We should anticipate the sorrows, the difficulties, the troubles of others. We should enter into the joys and cares of both high and low, rich and poor. ‘Freely ye have received,’ Christ says, ‘freely give’ (Matthew 10:8). All around us are poor, tried souls that need sympathizing words and helpful deeds.” *Christ’s Object Lessons*, 386.

“Never should we pass by one suffering soul without seeking to impart to him the comfort wherewith we are comforted of God. ...

“Upon your faithfulness in this work not only the well-being of others but your own eternal destiny depends.” *Ibid.*, 388.

Friday

PERSONAL REVIEW QUESTIONS

- 1 How far-reaching should our obedience to God’s law be?
- 2 Who is our neighbor? What is our obligation to him or her?
- 3 The priest and the Levite made a high profession of their faith. What did the Samaritan have which the priest and the Levite failed to have?
- 4 How did Jesus begin to break down the walls of prejudice in His day?
- 5 If we are true Christians, how will we seek to help our fellowmen?

September 8 – 14

When to Forgive

Key Text

“But if ye forgive not men their trespasses, neither will your Father forgive your trespasses” (Matthew 6:15).

Study Help: *Christ's Object Lessons*, 243–251.

Introduction

“Nothing can justify an unforgiving spirit. He who is unmerciful toward others shows that he himself is not a partaker of God's pardoning grace. In God's forgiveness the heart of the erring one is drawn close to the great heart of Infinite Love. The tide of divine compassion flows into the sinner's soul, and from him to the souls of others.” *Christ's Object Lessons*, 251.

Sunday

WE MUST BE LONG-SUFFERING

- a. What lesson was Jesus trying to teach Peter regarding his view of forgiveness? Matthew 18:21, 22.

Note: “The rabbis limited the exercise of forgiveness to three offenses. Peter, carrying out, as he supposed, the teaching of Christ, thought to extend it to seven, the number signifying perfection. But Christ taught that we are never to become weary of forgiving.” *Christ's Object Lessons*, 243.

- b. How should we treat those who injure us? Why? Luke 17:3; Galatians 6:1.

Note: “Too often when wrongs are committed again and again, and the wrongdoer confesses his fault, the injured one becomes weary, and thinks he has forgiven quite enough. ...

“If your brethren err, you are to forgive them. ... You should not say ... I do not think they feel their confession. What right

have you to judge them, as if you could read the heart? ... And not only seven times, but seventy times seven—just as often as God forgives you.” *Christ's Object Lessons*, 249, 250.

Monday

A GREAT DEBT FORGIVEN

- a. In the parable of the debtors, what fate was about to befall a servant who owed a great debt to his king? Matthew 18:23–25.

- b. How did the king respond to the servant's plea for mercy? Matthew 18:26, 27.

Note: “The pardon granted by this king represents a divine forgiveness of all sin. Christ is represented by the king, who, moved with compassion, forgave the debt of his servant. Man was under the condemnation of the broken law. He could not save himself, and for this reason Christ came to this world, clothed His divinity with humanity, and gave His life, the just for the unjust. He gave Himself for our sins, and to every soul He freely offers the blood-bought pardon. ‘With the Lord there is mercy, and with Him is plenteous redemption’ (Psalm 130:7).” *Christ's Object Lessons*, 244, 245.

- c. As we have received abundant forgiveness from Christ for our own sins, what obligation does this pardon place us under? 1 John 4:11; Matthew 10:8.

Note: “There are no sins He [God] will not forgive in and through the Lord Jesus Christ. This is the sinner's only hope, and if he rests here in sincere faith, he is sure of pardon and that full and free. There is only one channel and that is accessible to all, and through that channel a rich and abundant forgiveness awaits the penitent, contrite soul and the darkest sins are forgiven.” *The Faith I Live By*, 102.

“We ourselves owe everything to God’s free grace. Grace in the covenant ordained our adoption. Grace in the Saviour effected our redemption, our regeneration, and our exaltation to heirship with Christ. Let this grace be revealed to others.” *Christ’s Object Lessons*, 250.

“Nothing can justify an unforgiving spirit. He who is unmerciful toward others shows that he himself is not a partaker of God’s pardoning grace. In God’s forgiveness the heart of the erring one is drawn close to the great heart of Infinite Love. The tide of divine compassion flows into the sinner’s soul, and from him to the souls of others. The tenderness and mercy that Christ has revealed in His own precious life will be seen in those who become sharers of His grace.” *Ibid.*, 251.

Tuesday

CHERISHING AN UNFORGIVING SPIRIT

- a. How did the servant who had been forgiven a very large debt treat one of his fellow servants who owed him but a small sum? Matthew 18:28–30.

Note: “In the parable, when the debtor pleaded for delay, with the promise, ‘Have patience with me, and I will pay thee all’ (Matthew 18:29, *last part*), the sentence was revoked. The whole debt was canceled. And he was soon given an opportunity to follow the example of the master who had forgiven him. Going out, he met a fellow servant who owed him a small sum. He had been forgiven ten thousand talents; the debtor owed him a hundred pence. But he who had been so mercifully treated, dealt with his fellow laborer in an altogether different manner. His debtor made an appeal similar to that which he himself had made to the king, but without a similar result. He who had so recently been forgiven was not tenderhearted and pitiful. The mercy shown him he did not exercise in dealing with his fellowservant.” *Christ’s Object Lessons*, 245.

- b. What did the king do when he heard about this merciless action? Matthew 18:31–34. What lesson does this parable teach us?

Note: “He who refuses to forgive is thereby casting away his own hope of pardon.” *Christ’s Object Lessons*, 247.

- c. What pattern of forgiveness did Jesus leave us in His own life? 1 Peter 2:23; Luke 23:34. How do we often fail in this regard?

Note: “We shall need to have the love of Christ, that we may not cherish an unforgiving spirit. Let us not think that unless those who have injured us confess their wrongs, we are justified in withholding from them our forgiveness. We should not accumulate our grievances, holding them to our hearts until the one we think guilty has humbled his heart by repentance and confession. ... However sorely they may have wounded us, we are not to cherish our grievances and sympathize with ourselves over our injuries, but as we hope to be pardoned for our offenses against God, so must we pardon those who have done evil to us.” *Sons and Daughters of God*, 144.

Wednesday

THE CONDITION OF RECEIVING FORGIVENESS

- a. What principle of forgiveness does Jesus present in the prayer He taught His disciples? Matthew 6:12, 14, 15. How only can we truthfully pray this prayer?

Note: “A great blessing is here asked upon conditions. We ourselves state these conditions. We ask that the mercy of God toward us may be measured by the mercy which we extend to others. Christ declares that this is the rule by which the Lord will deal with us: ‘If ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses’ (Matthew 6:14, 15). Wonderful terms! but how little are they understood or heeded. One of the most common sins, and one that is attended with most pernicious results, is the indulgence of an unforgiving spirit. How many will cherish animosity or revenge and then bow before God and ask to be forgiven as they forgive. Surely they can have no true sense of the import of this prayer or they would not dare take it upon their lips. We are dependent upon the pardoning mercy of God every day and every hour; how then can we cherish bitterness and malice toward our fellow sinners!” *God’s Amazing Grace*, 328.

- b. What can we expect if we manifest an unforgiving spirit toward others, and why? Matthew 6:15; 18:34, 35.

Note: “We are not forgiven *because* we forgive, but *as* we forgive. The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others we show whether we have made that love our own. Wherefore Christ says, ‘With what judgment ye judge, ye shall be judged; and with what measure ye mete, it shall be measured to you again’ (Matthew 7:2).” *Christ’s Object Lessons*, 251. [Emphasis author’s.]

- c. How can we show others true forgiveness? Ephesians 4:32.

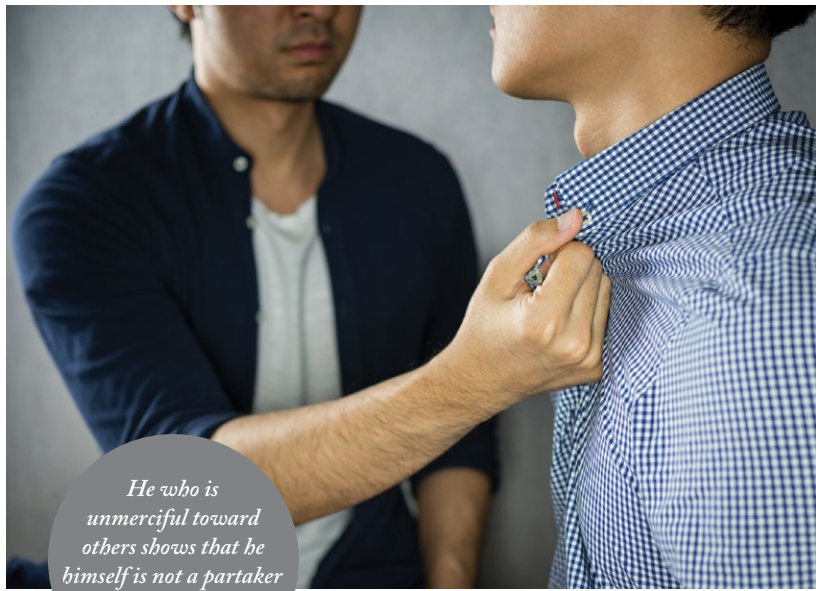
Note: “Let the tenderness and mercy that Jesus has revealed in His own precious life be an example to us of the manner in which we should treat our fellow beings.” *My Life Today*, 235.

Thursday

LOVE INSPIRES FORGIVENESS

- a. What exchange did Christ make in our behalf? 1 Peter 3:18.

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. ‘With His stripes we are healed’ (Isaiah 53:5, *last part*).” *The Desire of Ages*, 25.



He who is unmerciful toward others shows that he himself is not a partaker of God's pardoning grace.

- b. What does He ask us to give in return? John 13:34.

Note: “Often have you needed the forgiveness of Jesus. You have been constantly dependent upon His compassion and love. Yet have you not failed to manifest toward others the spirit which Christ has exercised toward you? Have you felt a burden for the one whom you saw venturing into forbidden paths? Have you kindly admonished him? Have you wept for him and prayed with him and for him? Have you shown by words of tenderness and kindly acts that you love him and desire to save him?” *Testimonies*, vol. 5, 610.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What should be our attitude when our brother or sister injures us several times and then says he or she is sorry? Why?
- 2 What must we learn to bear with in others? If we fail to bear with our brothers and sisters, what does this say about ourselves?
- 3 If those who have injured us do not confess what they have done, what should we do? Why?
- 4 What do we lack when we fail to forgive others?
- 5 How can we show the compassion and forgiveness of Christ toward those who have gone astray?

September 15 – 21

Actions Speak Louder Than Words

Key Text

“Better is it that thou shouldst not vow, than that thou shouldst vow and not pay” (Ecclesiastes 5:5).

Study Help: *Christ’s Object Lessons*, 272–283.

Introduction

“When the call comes, ‘Go work today in My vineyard’ (Matthew 21:28), do not refuse the invitation. ‘Today if ye will hear His voice, harden not your hearts’ (Hebrews 4:7). It is unsafe to delay obedience. You may never hear the invitation again.” *Christ’s Object Lessons*, 281.

Sunday

A QUESTION OF AUTHORITY

- a. What question did the chief priests and elders ask Christ? Matthew 21:23.

Note: “The rulers [of Israel] had before them the evidences of His [Jesus] Messiahship. They now decided to demand no sign of His authority, but to draw out some admission or declaration by which He might be condemned. ...

“They expected Him to claim that His authority was from God. Such an assertion they intended to deny.” *The Desire of Ages*, 593.

- b. In return, what question did Christ put before them, and what answer did He receive? Matthew 21:24–27.

Note: “In His contest with the rabbis, it was not Christ’s purpose to humiliate His opponents. He was not glad to see them in a hard place. He had an important lesson to teach. He had mortified His enemies by allowing them to be entangled in the

net they had spread for Him. Their acknowledged ignorance in regard to the character of John’s baptism gave Him an opportunity to speak, and He improved the opportunity by presenting before them their real position, adding another warning to the many already given.” *The Desire of Ages*, 594, 595.

Monday

THE PARABLE OF THE TWO SONS

- a. Through what parable did Christ reveal the secrets of the hearts of the chief priests and elders? Matthew 21:28–31, *first part*.

- b. Who was closer to the kingdom of God than the rulers among the Jews? Matthew 21:31, *last part*, 32.

Note: “Whatsoever is done out of pure love, be it ever so little or contemptible in the sight of men, is wholly fruitful; for God regards more with how much love one worketh than the amount he doeth.” *Testimonies*, vol. 2, 135.

“It is not the great results we attain, but the motives from which we act, that weigh with God. He prizes goodness and faithfulness more than the greatness of the work accomplished.” *Ibid.*, 510, 511.

- c. How can we be like the older son in the parable of the two sons? 1 John 3:7; James 4:17.

Note: “Many today claim to obey the commandments of God, but they have not the love of God in their hearts to flow forth to others. Christ calls them to unite with Him in His work for the saving of the world, but they content themselves with saying, ‘I go, sir.’ They do not go. They do not co-operate with those who are doing God’s service. They are idlers. Like the unfaithful son, they make false promises to God. ... In profes-



Some who claim to love Jesus are deceivers and all their religion is lip service. It does not transform the character.

sion they claim to be sons of God, but in life and character they deny the relationship. They do not surrender the will to God. They are living a lie.

“The promise of obedience they appear to fulfill when this involves no sacrifice; but when self-denial and self-sacrifice are required, when they see the cross to be lifted, they draw back. Thus the conviction of duty wears away, and known transgression of God’s commandments becomes habit. The ear may hear God’s word, but the spiritual perceptive powers have departed. The heart is hardened, the conscience seared.

“Do not think that because you do not manifest decided hostility to Christ you are doing Him service. We thus deceive our own souls. By withholding that which God has given us to use in His service, be it time or means or any other of His entrusted gifts, we work against Him.” *Christ’s Object Lessons*, 279, 280.

Tuesday

HAVE WE ACCEPTED THE INVITATION?

- a. By what invitation of the Saviour will many be tested? Matthew 21:28.

Note: “In the command, ‘Go work today in My vineyard’ (Matthew 21:28), the test of sincerity is brought to every soul. Will there be deeds as well as words? Will the one called put to use all the knowledge he has, working faithfully, disinterestedly, for the Owner of the vineyard?” *Christ’s Object Lessons*, 281.

- b. What work does the Lord have for each of us to do? What does this work include? 2 Peter 1:2–7.

Note: “If you cultivate faithfully the vineyard of your soul, God is making you a laborer together with Himself. And you will have a work to do not only for yourself, but for others. In representing the church as the vineyard, Christ does not teach that we are to restrict our sympathies and labors to our own numbers. The Lord’s vineyard is to be enlarged. In all parts of the earth He desires it to be extended. As we receive the instruction and grace of God, we should impart to others a knowledge of how to care for the precious plants. Thus we may extend the vineyard of the Lord. God is watching for evidence of our faith, love, and patience.” *Christ’s Object Lessons*, 282.

- c. Who is our great example in doing this work? Psalm 40:8.

Note: “Consider the life of Christ. Standing at the head of humanity, serving His Father, He is an example of what every son should and may be. The obedience that Christ rendered God requires from human beings today. He served His Father with love, in willingness and freedom. ‘I delight to do Thy will, O My God,’ He declared; ‘yea, Thy law is within My heart’ (Psalm 40:8). Christ counted no sacrifice too great, no toil too hard, in order to accomplish the work which He came to do. At the age of twelve He said, ‘Wist ye not that I must be about My Father’s business?’ (Luke 2:49). He had heard the call, and had taken up the work. ‘My meat,’ He said, ‘is to do the will of Him that sent Me, and to finish His work’ (John 4:34).” *Christ’s Object Lessons*, 282, 283.

Wednesday

PUTTING OUR UTMOST INTO HIS SERVICE

- a. As we work for Him, to what degree does the Lord want us to surrender ourselves to Him? 1 Thessalonians 5:23.

Note: “In all our service a full surrender of self is demanded. The smallest duty done in sincerity and self-forgetfulness is more pleasing to God than the greatest work when marred with self-seeking. He looks to see how much of the spirit of Christ we cherish, and how much of the likeness of Christ our work reveals. He regards more the love and faithfulness with which we work than the amount we do.” *Christ’s Object Lessons*, 402.

“He who truly loves and fears God, striving with a singleness of purpose to do His will, will place his body, his mind, his heart, his soul, his strength, under service to God. ... Those who are determined to make the will of God their own must serve and please God in everything.” *In Heavenly Places*, 190.

- b. When is the Lord well pleased? Mark 1:11; John 8:29; 14:21; 15:10.

Note: “We should not obey the commandments merely to secure heaven, but to please Him who died to save sinners from the penalty of the transgression of the Father’s law. ... It is a sad resolve to follow Christ as far off as possible, venturing as near the verge of perdition as possible without falling in.” *Christ Triumphant*, 77.

“In every phase of your character building you are to please God. This you may do; for Enoch pleased Him though living in a degenerate age. And there are Enochs in this our day.” *Christ’s Object Lessons*, 332.

- c. What type of service is an abomination to God? Matthew 15:8, 9.

Note: “Some who claim to love Jesus are deceivers and all their religion is lip service. It does not transform the character. It does not reveal the inward working of grace. They do not show that they have ever learned in Christ’s school the lessons of meekness and lowliness of heart. They do not show by life or character that they are wearing Christ’s yoke or lifting Christ’s burdens. They are not reaching the standard given them in God’s word, but a human standard.” *This Day With God*, 299.

Thursday

THE BLESSINGS OF A FULL COMMITMENT

- a. What wonderful promises are given to those who serve the Lord in deed and in truth? John 14:23; Matthew 7:24, 25.

Note: “Of those who faithfully serve Him the Lord says, ‘They shall be Mine ... in that day when I make up My jewels; and I will spare them, as a man spareth his own son that serveth him’ (Malachi 3:17).” *Christ’s Object Lessons*, 283.

“While we trust in Christ’s saving power, all the arts and wiles of the fallen host can do nothing to harm us. Heavenly angels are constantly with us, guiding and protecting. God has ordained that we shall have His saving power with us, to enable us to do all His will. Let us grasp the promises and cherish them moment by moment. Let us believe that God means just what He says. ...

“As we lay hold of the power thus placed within our reach, we receive a hope so strong that we can rely wholly upon God’s promises; and laying hold of the possibilities there are in Christ, we become the sons and daughters of God. ...

“To man is granted the privilege of becoming an heir of God and a joint heir with Christ. To those who have been thus exalted, are unfolded the unsearchable riches of Christ, which are of a thousandfold more value than the wealth of the world. Thus, through the merits of Jesus Christ, finite man is elevated to fellowship with God and with His dear Son.” *In Heavenly Places*, 32.

Friday

PERSONAL REVIEW QUESTIONS

- 1 While Christ did not intend to humble the rabbis, what was the purpose of His answer to them?
- 2 What causes us to draw back from service for Christ, like the older son in the parable of the two sons?
- 3 How can we follow Christ’s example of obedience when He was upon this earth?
- 4 How only can we be doers of the Word and not just those who render lip service?
- 5 What is possible for us as we trust in God’s saving power?

September 22 – 28

Meeting the Bridegroom

Key Text

“Watch ye therefore: for ye know not when the master of the house cometh. ... Lest coming suddenly he find you sleeping” (Mark 13:35, 36).

Study Help: *Christ’s Object Lessons*, 405–421.

Introduction

“It is in a crisis that character is revealed. When the earnest voice proclaimed at midnight, ‘Behold, the bridegroom cometh; go ye out to meet him’ (Matthew 25:6), and the sleeping virgins were roused from their slumbers, it was seen who had made preparation for the event. Both parties were taken unawares; but one was prepared for the emergency, and the other was found without preparation.” *Christ’s Object Lessons*, 412.

Sunday

A PARABLE FOR OUR DAY

- a. With whom does the Lord compare the kingdom of heaven? Matthew 25:1, 2.

Note: “Christ with His disciples is seated upon the Mount of Olives. The sun has set behind the mountains, and the heavens are curtained with the shades of evening. In full view is a dwelling house lighted up brilliantly as if for some festive scene. The light streams from the openings, and an expectant company wait around, indicating that a marriage procession is soon to appear. ...

“As Christ sat looking upon the party that waited for the bridegroom, He told His disciples the story of the ten virgins, by their experience illustrating the experience of the church that shall live just before His second coming.

“The two classes of watchers represent the two classes who profess to be waiting for their Lord. They are called virgins because they profess a pure faith.” *Christ’s Object Lessons*, 405, 406.

- b. What was the difference between the wise and the foolish virgins? Matthew 25:3, 4.

Monday

DO NOT SLEEP AS DO OTHERS

- a. What aroused the sleeping virgins? Matthew 25:5, 6. How was their experience repeated by God’s people in 1844?

Note: “By the tarrying of the bridegroom is represented the passing of the time when the Lord was expected, the disappointment, and the seeming delay. In this time of uncertainty, the interest of the superficial and halfhearted soon began to waver, and their efforts to relax; but those whose faith was based on a personal knowledge of the Bible had a rock beneath their feet, which the waves of disappointment could not wash away.” *The Great Controversy*, 394.

- b. What warning does God give us concerning the times in which we live? Luke 21:36; 1 Peter 4:7.

Note: “All we have to do with is this one day. Today we must be faithful to our trust. Today we must love God with all the heart and our neighbor as ourselves. Today we must resist the temptations of the enemy, and through the grace of Christ gain the victory. Thus we shall watch and wait for Christ’s coming. Each day we should live as if we knew that this would be our last day on this earth. If we knew that Christ would come tomorrow, would we not crowd into today all the kind words, all the unselfish deeds, that we could?” *In Heavenly Places*, 355.

- c. What can we do to arouse from our sleeping condition? Romans 13:11–14.

Note: “We must be much in prayer if we would make progress in the divine life. When the message of truth was first proclaimed, how much we prayed. How often was the voice of intercession heard in the chamber, in the barn, in the orchard, or the grove. Frequently we spent hours in earnest prayer, two or three together claiming the promise; often the sound of weeping was heard and then the voice of thanksgiving and the song of praise. Now the day of God is nearer than when we first believed, and we should be more earnest, more zealous, and fervent than in those early days. Our perils are greater now than then. Souls are more hardened. We need now to be imbued with the spirit of Christ, and we should not rest until we receive it.” *Testimonies*, vol. 5, 161, 162.

Tuesday

THE NEED FOR OIL

- a. What happened when the virgins awoke and went to trim their lamps? Matthew 25:7-9.

Note: “In the parable, all the ten virgins went out to meet the bridegroom. All had lamps and vessels for oil. For a time there was seen no difference between them. So with the church that lives just before Christ’s second coming. All have a knowledge of the Scriptures. All have heard the message of Christ’s near approach, and confidently expect His appearing. But as in the parable, so it is now. A time of waiting intervenes, faith is tried; and when the cry is heard, ‘Behold, the Bridegroom cometh; go ye out to meet Him’ (Matthew 25:6), many are unready. They have no oil in their vessels with their lamps. They are destitute of the Holy Spirit.” *Christ’s Object Lessons*, 408.

- b. What is represented by the lamps and the oil in the parable? Psalm 119:105; Zechariah 4:1-6. What does it mean to be destitute of the Holy Spirit?

Note: “Without the Spirit of God a knowledge of His word is of no avail. The theory of truth, unaccompanied by the Holy Spirit, cannot quicken the soul or sanctify the heart. One may be familiar with the commands and promises of the Bible; but unless the Spirit of God sets the truth home, the character will not be transformed.” *Christ’s Object Lessons*, 408.

- c. How would you describe the foolish virgins today? 2 Timothy 3:5; Revelation 3:17.

Note: “The class represented by the foolish virgins are not hypocrites. They have a regard for the truth, they have advocated the truth, they are attracted to those who believe the truth; but they have not yielded themselves to the Holy Spirit’s working. They have not fallen upon the Rock, Christ Jesus, and permitted their old nature to be broken up. ... They do not know God. They have not studied His character; they have not held communion with Him; therefore they do not know how to trust, how to look and live. Their service to God degenerates into a form.” *Christ’s Object Lessons*, 411.

Wednesday

MAKING EXCUSES FOR OUR DEFICIENCIES

- a. What happened while the foolish virgins were separated from the wise virgins to buy oil for their lamps? Matthew 25:10.

Note: “The ten virgins are watching in the evening of this earth’s history. All claim to be Christians. All have a call, a name, a lamp, and all profess to be doing God’s service. All apparently wait for Christ’s appearing. But five are unready. Five will be found surprised, dismayed, outside the banquet hall.” *Christ’s Object Lessons*, 412.

“We cannot be ready to meet the Lord by waking when the cry is heard, ‘Behold, the Bridegroom’ (Matthew 25:6)! and then gathering up our empty lamps to have them replenished. We cannot keep Christ apart from our lives here, and yet be fitted for His companionship in heaven.” *Ibid.*, 413, 414.

- b. What did the foolish virgins petition the Lord of the marriage feast to do? Matthew 25:11, 12.

- c. How do we often react when we fail God, instead of acknowledging our sins and mistakes? What did Saul do, and what was Samuel's response? 1 Samuel 15:18–22.
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Note: “There is no time to make excuses and blame others for our backslidings; no time now to flatter the soul [that] if circumstances had only been more favorable, how much better, how much easier [it would be] for us to work the works of God. We must tell even those who profess to believe in Christ, that they must cease to offend God by sinful excuses.

“Jesus has provided for every emergency. If they will walk where He leads the way, He will make rough places plain. He, with His experience, will create an atmosphere for the soul. He closes the door and brings the soul into seclusion with God, and the needy soul is to forget everyone and everything, but God. Satan will talk with him, but speak aloud to God and He will drive back the hellish shadow of Satan. With humble, subdued, thankful hearts they will come forth saying, ‘Thy gentleness hath made me great’ (2 Samuel 22:36).” *Manuscript Releases*, vol. 12, 336.

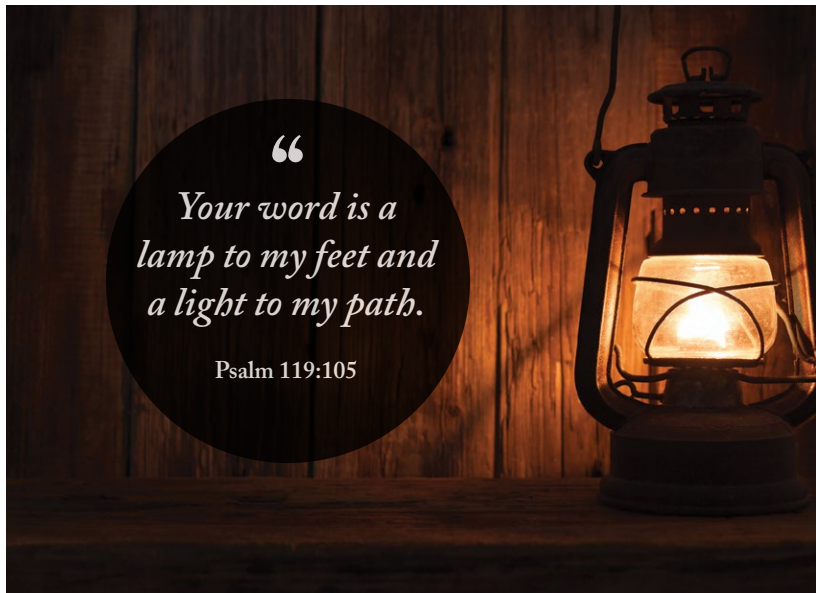
Thursday

THE CALL FOR TODAY

- a. What call does God have for us today? What promise does He make along with the call? Malachi 3:7, *last part*; Isaiah 44:22; 55:7.
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Note: “Oh, the love, the wondrous love of God! After all our lukewarmness and sins He says, Return unto Me, and I will return unto thee, and will heal all thy backslidings.” *Our High Calling*, 352.

“Those who will now seek the Lord earnestly, humbling their hearts before Him, and forsaking their sins, will, through the sanctification of the truth, be fitted to unite with the members of the royal family, and will see the King in His beauty.” *This Day With God*, 248.



- b. As we heed the call, what message does He give us to proclaim to the world? Isaiah 40:9.
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Note: “The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them.

“The light of the Sun of Righteousness is to shine forth in good works—in words of truth and deeds of holiness.” *Christ's Object Lessons*, 415, 416.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Who is represented by the two classes of virgins, and why are they called virgins?
 - 2 What can we do in this waiting and watching time to prepare for Jesus' soon coming?
 - 3 What work does the Holy Spirit do in the life of those who are like the wise virgins?
 - 4 Instead of blaming circumstances for our defects of character, what can we do instead?
 - 5 How can God use us to give His last message of mercy to the world?
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with
John Grosboll
&
Anthony Burns

September 6 & 7, 2019

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Sabbath: 9:15 am - 8:00 pm



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Drinking fresh green juice is similar to receiving an intravenous infusion of vitamins, minerals and enzymes as they go quickly into the system without having to go through the digestive process. Juice whole cucumbers. Skin and seeds are the most nutritious part so use organic if possible. Add cucumbers to smoothies—you won’t taste them. Use for dips, sliced, especially with hummus. Incorporate into chilled soups and sandwiches. Add to any variety of salad.

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



CREAMY CUCUMBER CHICKPEA SALAD

Ingredients

“Mayonnaise”

1 small cucumber, peeled
sea salt, to taste
2 Tbsp. raw cashews,
soaked 2 hours in water,
drained
2 Tbsp. toasted pine nuts,
soaked 2 hours in water,
drained
½ Tbsp. brown rice syrup,
raw agave or coconut nectar
1 ½ Tbsp. fresh lemon juice
1-2 tsp. water as needed to
blend

Salad

4 ½ cups sliced cucumbers
(4 medium size)
sea salt
2 cups cooked or 1 15
oz. can chickpeas, rinsed,
drained
¼ cup red onion, chopped
¼ cup fresh dill weed,
chopped, loosely packed or
1 Tbsp. dry, or to taste
sea salt
dash smoked paprika,
garnish



Process

- Place cucumber in colander; toss with salt. Drain, stirring every 10 minutes, for at least half an hour. Rinse and dry thoroughly.
- *Mayonnaise:* Combine all ingredients in blender, scraping down sides. Add only enough water to blend smoothly.
- *Assemble:* Combine salad ingredients—cucumbers, chickpeas, red onions, and dill in a bowl. Fold in “mayonnaise.” Add salt, additional dill as needed. Sprinkle with paprika. Serve cold.



Change Service Requested

Vegetables that are stale or of poor quality are likely to be unpalatable and unwholesome. So with fruits. Ripe and fresh, they are as wholesome as they are delicious; but green, partly decayed, or overripe fruit should never be eaten raw.

When cooked, unripe fruit is less objectionable. So far as possible, however, we should use fruit in its natural state.

Ellen White

