

HISTORIC
LANDMARKS
OF ADVENTISM



*How to
Prepare*

p. 9

*Living in
Circadian Rhythm*

p. 28

*The Door
into the Holiest*

When the veil of the Jewish temple was rent in two, a new and living way was opened so that every human being could come directly to God.

p. 2



From the Editor

John J. Grosboll

Preparation for the Second Coming of Christ

Jesus is coming back to this earth again (Acts 1:9-11). For this event we need to prepare (Amos 4:12). In the judgment the question will not be “What did you profess?” but rather “What have you done” (Luke 12:42, 43, 47)?

Those who are saved will be those who have washed their robes of character and made them white in the blood of the lamb (Revelation 7:14). This means that at an infinite cost a fountain has been prepared for our cleansing (Zechariah 13:1). Those who are cleansed will secure a place among the homes being prepared in the New Jerusalem for those who love Him, but how do we do that?

All our righteousness is as filthy rags (Isaiah 64:6). Everything we can do of ourselves is defiled by sin. But Jesus was manifested to take away our sins (1 John 3:5) and there is no sin in Him. Sin is the breaking of God’s law, but Jesus was obedient to every precept of the law (see Psalm 40:8; John 15:10). By His perfect obedience He has made it possible for every human being to obey God’s commandments.

“When we submit ourselves to Christ, the heart is united to His heart (see Proverbs 23:26), the will is merged to His will (see Philippians 2:12, 13), the mind becomes one with His mind (see 1 Corinthians 2:16), the thoughts are brought

into captivity to Him (see 2 Corinthians 10:5); we live His life (see Philippians 1:21).” *Christ’s Object Lessons*, 311.

“There will be no second probation in which to prepare for eternity. It is in this life that we are to put on the robe of Christ’s righteousness. This is our only opportunity to form characters for the home which Christ has made ready for those who obey His commandments.

“The days of our probation are fast closing. The end is near. Solemnly there come down to us through the centuries the warning words of our Lord from the Mount of Olives: ‘Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares’ (Luke 21:34). Beware lest it find you unready. Take heed lest you be found at the King’s feast without a wedding garment. ‘In such an hour as ye think not the Son of Man cometh’ (Matthew 24:44). ‘Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame’ (Revelation 16:15). ‘Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of Man’ (Luke 21:36).” *The Signs of the Times*, November 22, 1905. **LM**

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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



The Door into the Holiest

When the veil of the Jewish temple was rent in two, a new and living way was opened so that every human being could come directly to God through the merits of Jesus as High Priest.

By John J. Grosboll



How to Prepare

We have a tremendous opportunity as we think about the coming famine, the coming time of trouble, to get our assets transferred from the shrinking experiences that money is going through now into assets that will be of eternal worth and value forever.

By W. D. Frazee



Walking in the Light

The disciples of Christ are called out of darkness into the marvelous light developing a Christlike character through righteousness by faith and victory by the power of the Holy Spirit.

By Ron Spear

More in this Issue

16 Bible Puzzle

Prayer

18 Pen of Inspiration

Daniel in the Lion's Den

20 Story Time

The Faith of a Little Child

21 Keys to the Storehouse

Bad Choices and Sad Consequences

23 13th Sabbath Offering

On Fire for the Lord in Zambia

24 From the Mission Fields

Steps to Life Ministry in Ghana

26 Nature

Circadian Rhythms of the Animal Kingdom

27 Question & Answer

What is the "yoke of bondage"?

28 Health Nugget

Living in Circadian Rhythm

31 Life Sketches

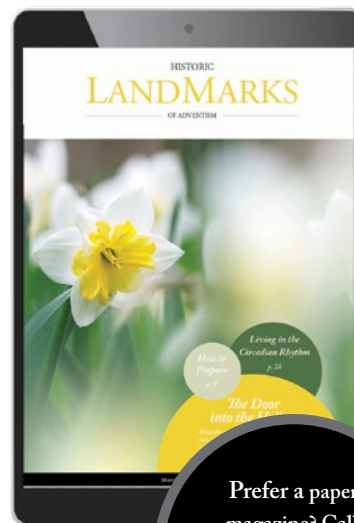
Eternal Destiny

36 Bible Study Guide

Deliverance

49 Recipe

Fig Balls



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The Door into the Holiest

By John J. Grosboll

I needed to get to a business in a downtown area but got caught in rush-hour traffic. An accident had stopped the traffic, which resulted in my getting there five minutes past closing hours. The door was shut and the gate was padlocked. Most people have experienced something similar.



Isaiah 22:22 talks about the key to the house of David and a door that was open and no man can shut and a door that was shut that no man can open.

Revelation 3:7 says, "And to the angel of the church in Philadelphia write, 'These things says He who is holy, He who is true, He who has the key of David, He who opens and no one shuts, and shuts and no one opens.'"

It was the third hour of the day, 9:00 o'clock in the morning, when Jesus was crucified (Mark 15:25). For three hours He was mocked and derided by the chief priests and elders of the people, but at the sixth hour something happened that startled the mockers. Suddenly everything blacked out with a supernatural darkness that lasted for the next three hours.

Notice what it says in verses 33 and 34: "Now when the sixth hour had come, there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried out with a loud voice, saying, 'Eloi, Eloi, lama sabachthani?' which is translated, 'My God, My God, why have You forsaken Me?'"

His words struck terror into the heart of the disciples who felt that if God had forsaken Jesus, then what hope was there for anyone else? The Bible says, "Some of those who stood by, when they heard that, said, 'Look, He is calling for Elijah!' Then someone ran and filled a sponge full of sour wine, put it on a reed, and offered it to Him to drink, saying, 'Let Him alone; let us see if Elijah will come to take Him down'" (verses 35, 36).

"And Jesus cried out with a loud voice, and breathed His last. Then the veil of the temple was torn in two from top to bottom" (verses 37, 38).

This veil was not like a house curtain but more like a rug or carpet made of a thick, heavy material. No human being could tear it apart. A supernatural power tore the veil of the temple from the top to the bottom, exposing the Most Holy Place.



*Suddenly
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that lasted for the
next three hours.*

Nobody had ever looked into the Most Holy Place, which was covered by the veil, except the high priest, who would enter there only once per year on the Day of Atonement. This differed from the Holy Place which could be seen by a person who was in the courtyard when the door of the tabernacle was partially opened.

However, when the veil was ripped open, the Most Holy Place was visible to the common people standing in the courtyard. This was so disturbing for many, even of priests, that they lost faith in the Jewish religion, for this was the place where God manifested His presence.

In Acts 6:7 it says, "Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith."

These priests were the ones who had been there and had seen the veil of the temple ripped in two. They knew it was a supernatural act and that the God of heaven was making a statement.

"When Christ's life ended, the veil of the Temple was rent in twain. This veil was very significant to the Jewish nation. It was of most costly material, of purple and gold, and was of great length and

breadth. At the moment that Christ breathed His last, there were witnesses in the Temple who beheld that strong, heavy material rent in two by unseen hands, from top to bottom. He who had hitherto dwelt in the Temple made with hands, had gone forth never again to grace it with His presence." *Manuscript Releases*, vol. 12, 386.

Jesus said to the Jews the last time He walked out from the temple: "Your house is left unto you desolate" (Matthew 23:38 KJV).

The last high priest was called Caiaphas, although he lacked the true qualifications of the position. He may have worn the priestly garments, but he had no vital connection with God. He was not circumcised in heart. Notice how the chief priest responded at the trial. John 19:15 says, "They cried out, 'Away with Him, away with Him! Crucify Him!' Pilate said to them, 'Shall I crucify your King?' The chief priests answered, 'We have no king but Caesar!'"

God had been their King. They had been ruled by a theocracy. *Theos* is the Greek word for *God*. A theocracy is a government that is ruled, controlled, or directed by God. But now the priests claimed to have no king except Caesar.

“

When the veil of the temple was rent in two, the Most Holy Place was open to the common people.

When they said that, they un-churched themselves. Will people do that again? Ellen White, writing about this said, “It is righteousness that exalts a nation. A disregard for the law of God will be the ruin of the religious world in the last days of this earth’s history.” *Manuscript Releases*, vol. 12, 388.

There had been some members of the council that had protested and didn’t want Jesus to be crucified, but the great majority sided with Caiaphas when he said “nor do you consider that it is expedient for us that one man should die for the people, and not that the whole nation should perish” (John 11:50). *Expedient is tending to promote some proposed or desired object; proper under the circumstances.*

So, it was expedient in their minds for Jesus to be sacrificed for the nation. However, the effect of their decision would bring the Aaronic priesthood to an end forever. A study of the last events in the life of Christ shows that the results of what people did were actually the opposite of what was intended. When Caiaphas said it was expedient for Jesus to die that the whole nation not perish, his death actually ensured that the nation would perish.

Three times Pilate said he could find no guilt in Jesus, but he was afraid the mob would get him in trouble with the Romans. So He was willing to sacrifice an innocent man in order to keep his job. However, a few years later, he was dismissed from his position. Depressed after that weekend knowing what he had done was wrong, he finally committed suicide. What he thought would be accomplished by his decision turned out to be the opposite.

We often do not comprehend how totally the events in our world are actually under the control of unseen agencies. It was not by chance that Caiaphas was the high priest at that time.

Ellen White describes it this way: “Caiaphas was the one that was to be in

office when types and shadows [antitypes] were to meet the reality, when the true High Priest was to come into office. Each actor in history stands in his lot and place.” *Manuscript Releases*, vol. 12, 390.

So Caiaphas said that it is expedient to get rid of this man in order to save the nation. By getting rid of Him they unchurched themselves and divorced themselves from the Lord because they said in John 19:15, “We have no king but Caesar!”

Too late they realized what they had done. “When Christ cried out, ‘It is finished,’ the Holy Watcher that was an unseen guest at Belshazzar’s feast pronounced the Jewish nation to be a nation unchurched. The same hand that traced on the wall the characters that recorded Belshazzar’s doom and the end of the Babylonian kingdom, rent the veil of the Temple from top to bottom, opening a new and living way for all, high and low, rich and poor, Jew and Gentile. From henceforth people might come to God without priest or ruler.” *Manuscript Releases*, vol. 12, 392.

When the veil of the temple was rent in two, the Most Holy Place was open to the common people. This is what Paul is talking about in Hebrews 10:19–22: “Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and having a High Priest over the house of God, let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.”

A new and living way was opened so that every human being could come directly to God through the merits of Jesus as High Priest, with no need to depend on a ruler or a priest. The human priesthood, the Aaronic priesthood, was only a part of the old covenant.

One of the main reasons the people did not recognize Jesus was that His divinity was completely veiled in humanity. You could not tell unless the Holy Spirit was working on your mind that He was anything other than a common man. They killed Him thinking He was just a common

man claiming to be the Son of God. His humanity completely veiled the glory of His divinity. This was so true that Ellen White said even His disciples had trouble believing on Him.

The people were horrified when Jesus said, "I and My Father are one" (John 10:30) and they took up stones to stone Him. It was the reason Jesus was mocked while on the cross. "Those who passed by blasphemed Him, wagging their heads and saying, 'You who destroy the temple and build it in three days, save Yourself, and come down from the cross'" (Mark 15:29, 30)!

Most do not understand that this was one of the devil's final efforts to break up the plan of salvation. At any moment while on the cross, Christ could have decided to come down and destroy all of those people. This should make you shudder when you think about that. He could have similarly manifested His divinity in Gethsemane. Ellen White says He could have wiped the blood sweat from His brow and ascended to His Father (see *The Great Controversy*, 348). He could have come down from the cross. Some said, taunting Him, that if He came down, they would believe in Him.

Had Jesus come down from the cross, the devil would have won the great controversy and the world would have been in his hands. Because He remained, we have hope of salvation. It was not only human beings that were watching the agony of the cross. Angels of heaven who fully knew who He was also watched.

Ellen White wrote, "It was a marvel to the angelic beings that He did not seal the lips of the scoffers and paralyze the hand that smote Him. It was a mystery to them that He did not flash forth His righteous indignation upon the hardened and corrupt soldiers." *Manuscript Releases*, vol. 12, 394.

It is a mystery that Jesus was not compelled to do any of these things to save fallen man. He was not compelled to live a life of poverty or to go to the



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cross. No obligation was laid upon Him. Everything about the life of Christ, including His death, was a voluntary sacrifice. He was equal with God the Father, He was infinite and omnipotent, but He chose voluntarily to leave God's right hand and come to this world as a human being, live the life of a poor man and offer His life as a sacrifice to save fallen humanity.

In the closing events in the life of Christ, the result of what people thought they were doing was the opposite of what they intended. It was that way with Judas and Caiaphas. It was even that way with the devil. After Adam and Eve had sinned, the devil exulted that now he had control of this world; but the Lord told him, "I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel" (Genesis 3:15).

Christ's heels were literally bruised when they drove through the nails and the cross was slammed into the ground, fulfilling this prophecy. It appeared the devil might be able to win the great controversy if he could in some way get Christ to be impatient, lose His temper,

or choose to destroy the cruel people, or simply entice Him to come down from the cross and not go through with the crucifixion. Satan exulted at the cross that he had destroyed God's Son, but what appeared to be his triumph was actually his defeat.

By Christ's death on the cross, "The emancipation papers of our race were signed by the blood of the Son of God, and a way was opened for the message of hope and mercy to be carried to the ends of the earth. Now, whoever will may reach forth and take hold of God's hand, and make peace with Him." *Manuscript Releases*, vol. 12, 399.

By His suffering and death, He opened the door. When Christ opens the door, nobody can shut it and when He shuts it, nobody can open it. When Caiaphas rent his robe, he actually brought himself under the penalty of the death sentence because the high priest was never, ever, to tear his garments. Jesus did not tear His garments; His flesh was torn or rent. But the rending of His flesh, the rending of the veil of the temple, is symbolic of opening a door into the Most Holy Place where every human being who is willing may

enter. If you are to benefit from that open door, you must open the door of your heart to Him. Jesus says, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me. To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne" (Revelation 3:20, 21).

What does it mean to open the door of your heart to the Divine Knocker?

Many ministers and people who have been Christians for a long time have somehow overlooked this. If you want to go in through the door, you have to have your sins forgiven. Sin cannot exist in the presence of God.

All sin and sinners will eventually get destroyed.

Ellen White said she was terrified because there were so many people in the church in her day with only a superficial conversion. A superficial conversion is that of a person who is not really sorry for his or her sins, but only for the consequences. Repentance is something that only the Holy Spirit can produce in the human being. True repentance, which is sorrow for sin and turning away from it, occurs when that person confesses their sins, not only to God, but to whomever they have injured. Any sin covered up instead of being repented of and confessed will prevent that person from entering through the door.

"As they [the angels] looked upon their loved Commander, and heard His cry ['My God, My God, why have You forsaken Me'], they asked with intense emotion, 'Will not the Lord Jehovah save Him?'" *Manuscript Releases*, vol. 12, 407.

Why did God not save Jesus from the agony and humiliation?

Before this world was created, the Father and the Son had made an agreement, sometimes called the everlasting covenant or the new covenant. Either is correct. God's Son, the One we call Jesus Christ today, said that

if the people they were about to create fall because of Satan's sophistry, He would pay the price of their sin to give them another chance at everlasting life.

John 19:30 records the last words of Jesus on the cross: "So when Jesus had received the sour wine, He said, 'It is finished!' and bowing His head, He gave up His spirit."

When Jesus said, "It is finished," He was addressing His Father in heaven. He knew that He had completely fulfilled the agreement He and His Father had made before the world was created. When He ascended to heaven He took with Him those whom He had resurrected, the first fruits of those who are dead. He said to the Father that if His sacrifice was accepted, to accept also those who belong to Him, those who have chosen to follow Him and the Father said, "Let all the angels of God worship Him" (Hebrews 1:6). And when the Father said that, the representatives from the unfallen worlds and the angels of heaven, with excitement and joy, prostrated themselves before Him because He had won the victory.

When Christ said on the cross, "It is finished," He knew at that moment He had won the victory, that the battle was over and that He had won the war.

"The darkness rolled away from the Saviour and from the cross. Christ bowed His head and died. In His incarnation He had reached the prescribed limit as a sacrifice, but not as a Redeemer. The controversy in regard to the rebellion was answered. The human race has an open door set before them."

Manuscript Releases, vol. 12, 409.

The door was opened by Christ's death on the cross. "These things saith He that is holy, He that is true, He that hath the key of David, He that openeth, and no man shutteth; and shutteth, and no man openeth" (Revelation 3:7). Ibid.

"When Christ cried, 'It is finished,' God's unseen hand rent the strong fabric composing the veil of the Temple from top to bottom. The way into the Holiest of all was made manifest. God bowed His head satisfied. Now His justice and mercy could blend. He could be just, and yet the justifier of all who should believe on Christ. He [God the

“

God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life.

John 3:16

Father] looked upon the victim expiring on the cross, and said, 'It is finished. The human race shall have another trial.' The redemption price was paid, and Satan fell like lightning from heaven." Ibid.

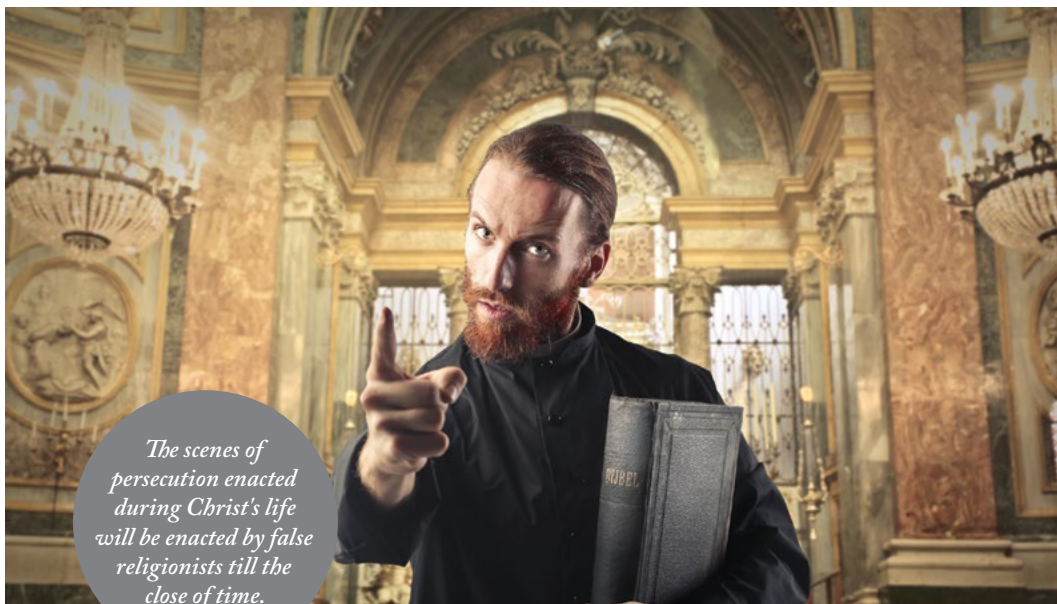
Satan had fallen from heaven at the beginning, but now he fell from heaven again. Christ looked forward to this before His death. Notice what He says in Luke 10:18: "He said to them, 'I saw Satan fall like lightning from heaven.'"

Jesus knew Satan's ultimate fall from heaven would occur when He had finished His work, but what does that mean?

Satan had physically fallen from heaven when he was forced out by Christ and the loyal angels, but there was a void left in heaven on his departure. There were still unfallen beings that felt sorry for him. But when Christ said, "It is finished," the angels who had been watching and the representatives of unfallen worlds who were watching, all knew who was really behind this atrocity. Human beings did not understand but angels knew who was behind the crucifixion of Christ. Satan was the one who inspired the chief priests, Pilate, Herod, and the soldiers in their evil deeds. He was the one directing them to say all of the loathsome epithets and mocking cruelties.

Unfallen beings in heaven witnessed it all, and when Christ died on the cross every feeling of sympathy for Satan was wrenched from their hearts. Satan fell like lightning from heaven at that time. Ellen White wrote, "All heaven saw the cruel work done to Christ. In the dreadful scenes transacted in the judgment hall, God showed to the heavenly universe the spirit that would be manifested by those that are unwilling to yield obedience to His law. God then presented the once-hidden principles of Satan's power. All heaven saw them as they were. The sympathies of the heavenly angels were with Christ, and Satan was uprooted." *Manuscript Releases*, vol. 12, 412.

It was Satan who inspired the mob to choose Barabbas and crucify Jesus. They



The scenes of persecution enacted during Christ's life will be enacted by false religionists till the close of time.

knew Barabbas was a rebel and that he was a thief and a murderer. In Satan's government, the innocent are crucified and the guilty are set free.

My friends, this is going to happen again. Ellen White describes it this way: "The scenes of persecution enacted during Christ's life will be enacted by false religionists till the close of time. Men think that they have a right to take into their charge the consciences of men, and work out their theories of apostasy and transgression. History will be repeated. Christ declared that prior to His second coming the world would be as it was in the days of Noah, when men reached such a pass in following their own sinful imagination that God destroyed them by a flood.

"Every power that has been exercised since the betrayal of Christ to force the consciences of men, every court that has taken upon itself to decide man's destiny by its measurement of what constitutes religion, has revealed satanic attributes. Men have betrayed and persecuted God's chosen ones. They have taken the life that God alone can give." Ibid., 413.

When the Lord comes, He will ask those who have done these things, "Who gave you the authority to do

this?" "Who required this from your hand?" "Who authorized you to imprison and kill God's children?"

In Jesus' day the people thought they were dealing with just a man, but they were dealing with God Himself because Christ had not ceased to be God when He assumed humanity. By His death on the cross, He opened the door into the Most Holy Place with no veil in between.

"The Lamb of God, slain from the foundation of the world, is dead. The way into the Holiest of all is laid open. A new and living way, which has no veil between, is offered to all." Ibid., 417.

It is up to each individual to go through the door while it is still open. The time is coming when the door that is open will finally be shut. Then, the prophecy, "He who is holy, He who is true, ... He who opens and no one shuts, and shuts and no one opens" (Revelation 3:7) will be fulfilled.

Before the flood destroyed the earth there was an open door in the ark for all to go through and be saved. But the time came when the door was shut and it was too late to enter. By His sufferings, Jesus has opened the door into the throne room of God. All those who

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enter there the Bible says, “They shall see His face, and His name shall be on their foreheads” (Revelation 22:4).

Right now, that door is still open for all, even for the most awful sinner to go through the door of salvation into the Most Holy Place of the heavenly sanctuary.

Enoch had to go into the Most Holy Place as did Elijah and Moses. If you cannot go into the Most Holy Place because you are not willing to forsake your sins, you cannot be taken to heaven.

There were many people who, when the veil of the temple was ripped in two, never again participated in the paschal rites involved in the slaying of animals. They understood that the whole system was now invalid.

Three people watching at the cross that day understood what was really happening. One was Mary Magdalene. She saw Christ dying on the cross and knew He was there because of her sins. She was the first one to whom Christ appeared after His resurrection.

The second person who understood was a man not considered a believer, but a criminal. He was a thief on the cross. Ellen White said the Holy Spirit helped him piece together the events of that day. He believed Christ’s claim to be the Son of God. He knew this One

dying beside him had done nothing wrong and decided to commit his life to Him. So, he said to Jesus, “Lord, remember me when You come into Your kingdom” (Luke 23:42). He knew that if Jesus didn’t answer his prayer, he would be lost.

Jesus is the only One who can save you. Jesus said, “Truly, I say to you today, you will be with Me in paradise” (verse 43). When Jesus spoke that word, immediately his guilt was gone, and he died a believer. Those who are saved will meet him some day.

There was a third person there that day watching it all. He had been in a high position and an instructor in the church and figured out for the first time that what he thought was the church really wasn’t the true church. He understood as never before the evil of the religious leaders. As Nicodemus watched, he remembered what Jesus had said to him on a mountain three years before. “God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life” (John 3:16). “As Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up” (John 3:14). He saw Him lifted up and he understood that Jesus is the only way of salvation.

There is only one way you can be saved and one Person who can save you. That is only possible if you commit your life to Him. Remember the thief on the cross called Jesus, Lord. He didn’t call Him sir, but Lord. Do you want Him to be the Lord of your life? When Jesus went back to heaven, the unfallen universe prostrated themselves, exceedingly joyful to be able to worship Him and obey Him.

My dear friend, in heaven today no one questions Jesus’ absolute authority anymore. If you are planning on going there you must allow Him to be the Lord of your life.

If you want to be saved, you have to commit yourself to the only Person that can save you—the One whose death made it possible for the veil to be ripped in two so that the door was opened into the Most Holy Place of the heavenly sanctuary.

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

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How to Prepare

By W. D. Frazee

Paul tells us in Romans 15 verse 4: “For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.”

The story of Joseph that is found in Genesis 40 and 41 has always been a great blessing to me. I remember when I was just a little fellow, we were poor but Mother had a little book with a gray cover with red letters on that front cover that read, “The Story of Joseph.” And there was a time in my life when every Sabbath afternoon that particular story was read. I’ve always loved to hear about the experiences of Joseph.



“

You and I are to be to the world today what Joseph was in Egypt.

This 41st chapter presents Joseph as he stands before Pharaoh. You remember the background, his years in Potiphar's house as a slave, then his years in jail under false accusation, and now suddenly in the providence of God he's called from the prison to interpret the king's dreams. With humility and confidence he tells Pharaoh, "The answer is not in me but God will give Pharaoh an answer of peace" (Genesis 41:16).

You remember the dreams about the cows, the skinny ones eating up the fat ones, and so the grain, the number seven in each dream. Pharaoh did not know what it meant at all. None of his counselors did either, but the Lord gave Joseph the answer. He said, Pharaoh, the two dreams mean the same thing. There are going to be seven years of plenty, and then there are going to be seven years of famine – those were the fat cows and the skinny cows, and the good grain and the blasted ears. Now he said, My advice is, you had better get to storing up grain during those seven good years so that you will have something when the seven years of famine come. (See Genesis 41.)

This is exactly what Pharaoh did and when he and his counselors had thought the thing through and looked over the kingdom, they couldn't think of a man to head up that food conservation program better than Joseph. So the slave became the ruler of Egypt under the Pharaoh and carried through that great conservation program.

"Every institution established by Seventh-day Adventists is to be to the world what Joseph was in Egypt." *Testimonies*, vol. 6, 219. In our homes, in our sanitariums, in our schools, whatever we are a part of in God's great program, you and I, dear friends, are to be to the world today what Joseph was in Egypt.

Joseph foretold a coming time of trouble. We also have a coming time of trouble to foretell. Divine prophecy has warned us and told us to warn others. But Joseph's message was more than a warning of trouble. Its focus

was on what to do to get ready. That also should be our focus today.

Amos describes a famine bigger than the famine of Egypt and far more serious. Thank God we are told ahead of time how to get ready. We read: "Behold, the days come, saith the Lord God, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD: And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it" (Amos 8:11, 12).

What a day that will be—when men are traveling, some on foot, some in automobiles, some in jet planes, all over this planet, hunting for somebody to declare to them the word of God, to make plain the way of salvation. But no, it is too late, for probation has closed. The great time of trouble has come and the plagues are falling. Memory awakens and men who have derided and scorned the messengers of God, multitudes who have neglected the offers of salvation, long now for the message to which they previously paid no attention. It was so in Noah's day. When the rain began to fall and the rivers rose, O how many there were who started pounding on that ark, but it was too late and the door was shut. And this in Noah's time and this in the coming time of trouble was no arbitrary action on the part of God. Even when conscience awakens and memory stirs there is no deep-seated purpose to turn from sin. Men merely want to escape the results of sin and that is not true repentance.

Had those sinners in Antediluvia managed to get in the ark and ride through the flood they would have returned to their idolatry, their lust, and their murder as soon as they hit land again. Confirmed sinners are impossible to change and this is what the text in Amos is talking about – a famine in the land. When God's message is no longer preached and God's word is no longer heard, mercy's day has ended; the day of wrath and justice has come.

If that famine is ahead, as our text says, "A famine of hearing the words of the Lord," we are in the years of plenty. We are in the years of the fat cows and the well filled out ears of

grain. And O if we believe the message of Joseph, if we believe the message of God in this momentous hour, we will be gathering up the grain and storing it to use in the time of famine, for all we will have then will be what we store up now.

It is a shame, friends, that some people are filling their storehouses with chaff. Everybody is putting away something. In these billions of brain cells everybody is storing something. But through Jeremiah God asks, "What is the chaff to the wheat" (Jeremiah 23:28, *last part*)?

In the book *The Ministry of Healing*, page 441, the servant of the Lord says, "As I see libraries filled with ponderous volumes of historical and theological lore, I think, Why spend money for that which is not bread?" And then the word is added, "The sixth chapter of John tells us more than can be found in such works." What is the chaff to the wheat? Consider what you are putting in your storehouse because something is going in.

"The Great Teacher who came down from heaven has not directed teachers to study any of the reputedly great authors. He says: 'Come unto Me ... Learn of Me; ... and ye shall find rest unto your souls' (Matthew 11:28, 29). Christ has promised, and in learning lessons of Him we shall find rest." *Testimonies*, vol. 6, 159, 160.

Men's books with worthless
chaff are stored,

God's Book does priceless
wealth afford.

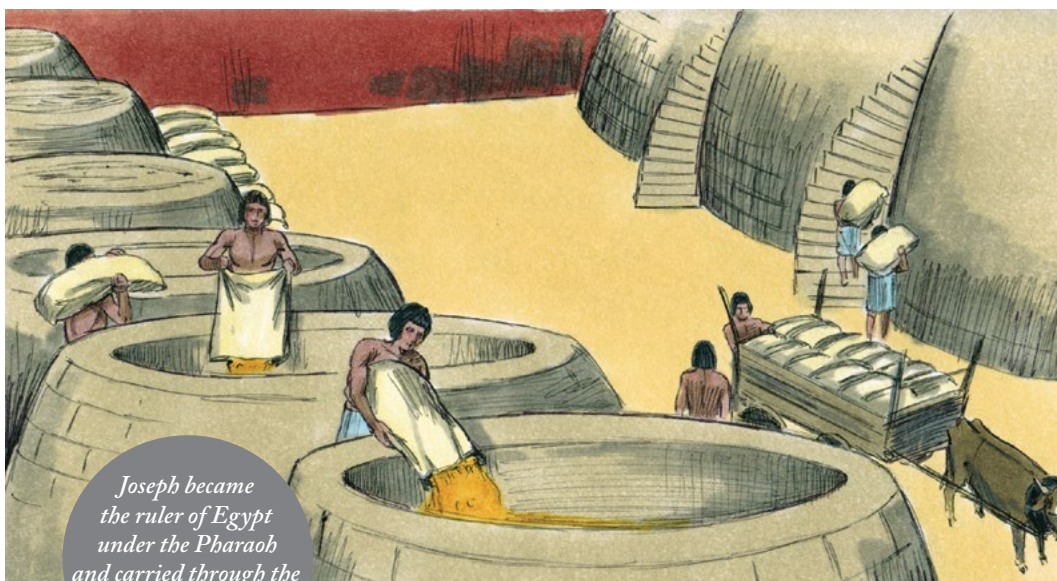
Then leave the chaff and
spend your pains,

In gathering up the golden
grains.

Nay, were the seas one chrysolite,
The earth a golden ball,
And diamonds all the stars of
night,

This Book were worth them all.

*Advent Review and Sabbath
Herald*, April 21, 1863.



Joseph became
the ruler of Egypt
under the Pharaoh
and carried through the
great conservation
program.

O what golden grain we can store in these granaries of our minds. How we shall appreciate living on this food we have stored away during that time of famine in Jacob's trouble. How much these promises will mean to us! Again and again my heart is burdened to encourage all whom I can encourage, young and old, to memorize the Bible.

I was reading about the Waldenses, those witnesses for God that through the Dark Ages kept the torch of truth burning. There in the valleys of the Alps surrounded by those mighty mountains, often enduring persecution, they trained their children in the Bible. In *The Great Controversy*, page 65, we read, "The Waldenses were among the first of the peoples of Europe to obtain a translation of the Holy Scriptures. Hundreds of years before the Reformation they possessed the Bible in manuscript in their native tongue. They had the truth unadulterated."

"From earliest childhood the youth were instructed in the Scriptures and taught to regard sacredly the claims of the law of God. Copies of the Bible were rare; therefore its precious words were committed to memory. Many were able to repeat large portions of both the

Old and the New Testament." *Ibid.*, 67. Wonderful thought; children, youth, some of them repeating large portions of the Old and the New Testaments.

Speaking of the young men who accepted God's call to be ministers, "While attention was given to branches of general learning, the Bible was made the chief study." *Ibid.*, 68. This situation was not like a popular theological seminary I heard about where a student went clear through and graduated without ever even owning a Bible. No, the chief study of the Waldensian youth was the Bible, the word of God. "The Gospels of Matthew and John were committed to memory, with many of the Epistles." *Ibid.* Just fill the mind with chapter after chapter, book after book. You see, we are in Joseph's time of plenty but the famine is coming, and coming soon. Thank God there are storehouses in which we can store the grain. Let's not leave room for any chaff.

In thinking of this coming time of trouble I would have us ponder not merely on memorizing the Bible but there are other things we need to do in a practical way in getting ready for that time. The 91st Psalm pictures God's people being protected from the plagues.

“
*The Waldenses were
 among the first of the
 peoples of Europe to obtain
 a translation of the Holy
 Scriptures, hundreds
 of years before the
 Reformation.*”

“There shall no evil befall thee, neither shall any plague come nigh thy dwelling.” “A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee” (verses 10, 7). God is going to protect His people during that awful time of trouble from great epidemics that sweep over this world, slaughtering millions.

Now this will be without question by the special protecting power of God, but in all God’s plans for men He gives them a part to act. He protected Noah and his family from the flood but there was something Noah had to do in a practical way to get ready for it. Every day as he preached he practiced. And friends, if you and I believe that the health problems of this world are going to get so terrible that millions will die from various diseases, our faith, if it is a true faith, will find expression in two very important activities. One is learning and practicing the laws of health in our own experience. The other is reaching out to learn how to help others with their health problems.

Inspiration has told us that there will be a time when no work will be done in ministerial lines but medical missionary work and there will be suffering ones, plenty of them, and we will have opportunity to help people. We have come to a time when every member of the church should take hold of medical missionary work.

It would be better like Joseph to be called from the prison to solve problems than to languish in the dungeon because we know nothing practical to do. Now is the time to prepare. Now is the time to learn simple treatments. Now is the time to learn simple cooking. Now is the time to learn simple agriculture. Now is the time to learn physiology and hygiene and health education and be sharing these things with our friends and neighbors. We are in the years of the fat cows now and the years of the skinny cows are just ahead. We are in the time now when we can

store up the information and the experience that will enable us to go through this time of trouble ahead, triumphant in our own experience and helping others. What a destiny, friends. What an opportunity. What an hour to be living in.

We want to get ready not only by committing the Scriptures to memory and by entering into the health principles and practice, but we want an experience with God in our own lives. Someone was telling me about an inmate of a state penitentiary who is serving a life term. He had committed murder and been there for many years. As a pastime he has taken to committing verses to memory and he has memorized the entire Bible, but it hasn’t saved his soul at all. He is still just as much of a sinner as when he entered the penitentiary. My point is, is it possible to fill the mind with truth and yet it not reach the heart?

Jesus told a story in Matthew 25:1-10 about the ten young women who were waiting for the bridegroom to come. And as the bridegroom tarried, they all slumbered and slept and at midnight the cry came that the bridegroom was coming! Go out to meet him! All ten woke up; all ten trimmed their lamps, but then the difference showed up. Five of the young women, along with the oil that was in their lamps, had provided some extra oil that was poured into the lamps which were about to go out. In the story there were five of those young women who had neglected to provide for that contingency. They were left without in the blackness of the night and only five went in to the marriage supper.

When the great time of trouble comes, it will be too late to get the oil. When that crisis hour strikes it will be apparent who has stored up extra oil in advance. So, whether we use the figure of storing up the grain in the storehouse or of storing up extra oil in anticipation of the tarrying, the lesson is clear in either case—we must get ready *before* the crisis comes. The ark must be built before it starts raining. O I thank God that He is giving us the opportunity day by day of developing not only in our knowledge of truth but in an experience of personal fellowship with Christ.

One of the great aids in this comes in a box labeled *trials*. Did you ever get a package in the mail, or perhaps by special delivery? Usually we don't say thank you when we get one of those boxes, but it is through trials and difficulties and problems that Jesus is developing an experience of fellowship with Him in those who permit Him thus to work. Trials themselves do not automatically thus develop us. Trials make some people bitter instead of sweet. Trials leave some people weak instead of strong. Trials fill some minds with doubt instead of faith, but it need not be so. Faith comes by hearing the word of God (Romans 10:17) and if we will take these promises that abound in the Scripture and read them and claim them as we enter these trials from day to day we can develop an experience which will fit us to go through this coming time of trouble.

Jesus gives some very practical counsel from the Sermon on the Mount. He says, "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also" (Matthew 6:19–21).

In the coming time of trouble, the wealth of this world will be of no value. But there is opportunity now to transfer our wealth, whether it be little or great, to a bank where there is no discount, no inflation and no recession, where our wealth can be eternally secure and where we can draw compound interest on the investment through all eternity.

We can actually turn money that we have in our possession into something that will be of enduring worth all through eternity. Thank God that He doesn't take these tiny little bits that used to be gold and silver but now are paper and cheap metal. We don't have to think of transferring these paltry little



The Waldenses were the first to possess the Bible in manuscript in their native tongue. They had the truth unadulterated.

sums into a tiny corner of one of those golden streets up there. Heaven does not value gold that way; that is why gold is used to pave streets.

The unit of value in heaven is a soul. We call it the dollar. Heaven calls it a soul. What is the rate of exchange? "One soul is of more value to heaven than a whole world of property, houses, lands, money." *Testimonies*, vol. 6, 21, 22. If you could take all the money in this world and all the houses in this world, and all the jewels in this world, the diamonds and the rubies, and all the rest, every bit of value that people list on the stock exchange or in banks or the CPAs work over in their records, take it all and pile it up all together in one pile—one soul is of more value to heaven than all that pile.

We have a tremendous opportunity as we think about the coming famine, the coming time of trouble, to get our assets transferred from the shrinking experiences that money is going through now into assets that will be of eternal worth

and eternal value forever and forever. It is too bad that Wall Street cannot hear of this. God has made it possible for the poor to get in on this deal. Even our tiny offerings, if they are given from hearts of love, are in the providence of God translated into souls that will shine as the stars forever and ever.

As we think of Joseph's dream and His counsel to get ready now for what is ahead, we are thinking, first of all, of storing up the word of God in our minds. Then we are thinking of building better health and equipping ourselves more and more to minister to the physical needs of others in anticipation of the awful sicknesses ahead. We are thinking of entering into an experience of fellowship with God so that no matter what trial comes, our anchor will hold because we know His promises are sure. And we are thinking of so relating ourselves to Him in a practical way with our material wealth, whether it be little or great, so that under the leading of His Spirit we can transfer our assets from earth to heaven, from money and property to human souls saved in the kingdom of God, and thus we can enter into the riches of Jesus' rewards to those who share with Him in the work of soul-winning.

Let us fill our granary with golden grain. **LM**

Elder W.D. Frazee studied the Medical Missionary Course at the College of Medical Evangelists in Loma Linda, California. He was called to Utah as a gospel medical evangelist. During the Great Depression, when the church could not afford to hire any assistants, Elder Frazee began inviting professionals to join him as volunteers. Thus began a faith ministry that would become the foundation for the establishment of the Wildwood Medical Missionary Institute in 1942. He believed that each person is unique, specially designed by the Lord, of infinite value, and has a special place and mission in this world which only he can fill. His life followed this principle and he encouraged others to do the same.



Walking in the Light

By Ron Spear

“Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night.”

1 Thessalonians 5:5-7

The word of God is very clear that only those who walk in the light by the power of the Holy Spirit are His true disciples—the true and faithful. Those who are in the Laodicean condition do not know that they are wretched, miserable, poor, and spiritually blind.

“So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of My mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see” (Revelation 3:16–18).

The disciples of Christ are called out of darkness into the marvelous light—developing a Christlike character through righteousness by faith and victory over all temptation and sin by the power of the Holy Spirit.

“But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His marvellous light” (1 Peter 2:9).

God has chosen us to be peculiar people, walking continually in the light of God’s salvation and His requirements—His sacred law.

What makes us His peculiar people?

It is perfect obedience to all truth without a single compromise with self.

It is seeking for all truth daily in the word of God. “And ye shall seek Me, and find Me, when ye shall search for Me with all your heart” (Jeremiah 29:13).

“Walk continually in the light of God. Meditate day and night upon His

character. Then you will see His beauty and rejoice in His goodness. Your heart will glow with a sense of His love. You will be uplifted as if borne by everlasting arms. With the power and light that God imparts, you can comprehend more and accomplish more than you ever before deemed possible.” *The Ministry of Healing*, 514.

It is striving to imitate the character of Christ; not by what we can do, but by what God can do in us by the power of the Holy Spirit. It is the Holy Spirit working in us that brings justification and sanctification.

“I was shown that God’s people dwell too much under a cloud. It is not His will that they should live in unbelief. Jesus is light, and in Him is no darkness at all. His children are the children of light. They are renewed in His image, and called out of darkness into His marvelous light. He is the light of the world, and so also are they that follow Him. They shall not walk in darkness, but shall have the light of life. The more closely the people of God strive to imitate Christ, the more perseveringly will they be pursued by the enemy; but their nearness to Christ strengthens them to resist the efforts of our wily foe to draw them from Christ.” *Testimonies*, vol. 1, 405, 406.

All who are now in the state of Laodicea are in spiritual darkness. They believe they are walking in the light, but they are calling their darkness light, and they are lost.

“The message of the True Witness finds the people of God in a sad deception, yet honest in that deception. They know not that their condition is deplorable in the sight of God. While

those addressed are flattering themselves that they are in an exalted spiritual condition, the message of the True Witness breaks their security by the startling denunciation of their true condition of spiritual blindness, poverty, and wretchedness.”

Ibid., vol. 3, 253.

They are not seeking with heart and soul to know

the truth by the power of the Holy Spirit. All who retain the Laodicean spiritual blindness will be spewed out of the mouth of God, and lost for eternity. What a tragedy!

What does it mean to be spewed out—rejected?

“To those who are indifferent at this time Christ’s warning is: ‘Because thou art lukewarm, and neither cold nor hot, I will spew 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.” *Ibid.*, vol. 6, 408.

Let us seek God with our whole heart and repent of our Laodicean condition while probation lingers a moment longer.

Our Firm Foundation, vol. 19, Number 5, May 2004, 2. **LM**

“
*The disciples of Christ
are called out of darkness
into the marvelous light—
developing a Christlike
character through
righteousness by faith.*”

Prayer

Clues – Psalms 25, 38, 51, 86 KJV

Across:

- C₃ In prayer over our repeated sins we can appeal to God's _____ nature..... 86:15
 C₁₇ We must tell God we are _____ for our sins 38:18
 E₁ We should cry unto the Lord at least this often 86:3
 E₁₂ God will teach even these the way to salvation (singular)..... 25:8
 G₄ This is in our very nature even from before birth..... 51:5
 H₁ What we want God to do with us to make us clean..... 51:7
 H₈ What we must do with our sins before God..... 51:3
 J₁₇ Since we are inherently sinful our only _____ is in God's mercy..... 38:15
 K₂ We can ask the Lord to not have strong _____ toward us in His chastenings 38:1
 L₁₄ After we repent of sin, we can ask God to _____ in us the joy of our salvation 51:12
 N₁ We can even ask the Lord to do this to our great sins..... 25:11
 N₁₀ Us to God: show us _____, O Lord (two words)..... 25:4
 O₁₈ Before God we must realize that we are poor and this 86:1
 P₂ Our sins can be blotted out because of God's _____ mercies 51:1
 Q₉ What we want God to do to our sins to make us clean before Him 51:7
 Q₁₈ We can ask the Lord to lead us so as to not have this feeling towards us 38:1
 R₂ To learn from the Lord we must have this character trait 25:9
 S₇ Us to God: teach us how to walk in (two words)..... 25:4
 S₁₇ We should ask the Lord to lead us into this 25:5

Down:

- A₈ We should do this and tell the Lord that we do this in Him..... 25:2
 A₁₃ We should ask God to renew a right _____ in us..... 51:10
 A₁₉ When we call upon the Lord, we will find He has plenty of this 86:5
 B₄ If we truly understood God's treatment of us, we'd see our sins as this..... 38:5
 C₁₀ As a sinner we can plead to God to not do this to us 38:21
 C₁₇ When in our weakness we have sinned we can ask for God's _____ to overcome..... 86:16
 C₂₁ We can ask the Lord to forgive the sins of our _____ 25:7
 E₂ We can ask God to keep us from being this because of our sins 25:20
 G₈ We must recognize that only in God is our _____ 38:22
 G₁₂ We need forgiveness because our sins are this for us to bear (two words) 38:4
 G₁₅ We should confess that compared to the Almighty God we are this..... 38:8
 H₂₀ We can ask the Lord to not cast us away from His _____ 51:11
 J₆ We can ask the Lord to do this from our sins 51:2
 M₂ We must be patient and do this for answers to our prayers 25:5
 N₁₀ We should ask God to prevent (Satan) from doing this over us..... 25:2
 N₁₆ We must lift this up to the Lord 86:4
 N₁₈ As a child of God, when we're in trouble and call on Him, He will _____ us 86:7
 P₃ Our _____ should always be upward toward the Lord..... 25:15
 P₇ Our conscience should not give us this when we have sinned 38:3

"Against Thee, Thee only, have I sinned, and done evil in Thy sight." Psalm 51:4

A	2	3	4	5	6	7		9	10	11	12		14	15	16	17	18		20	21	A
B																					B
C																					C
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Answer Key:

A	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
S																					S
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Daniel in the Lion's Den

When Darius took possession of the throne of Babylon, he at once proceeded to reorganize the government. He “set over the kingdom an hundred and twenty princes . . . and over these three presidents; of whom Daniel was first” (Daniel 6:1, 2).

And “Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm” (verse 3). The honors bestowed upon Daniel excited the jealousy of the leading men of the kingdom. The presidents and princes sought to find occasion for complaint against him. “But they could find none occasion nor fault; forasmuch as he was faithful, neither was there any error or fault found in him” (verse 4).



What a lesson is here presented for all Christians. The keen eyes of jealousy were fixed upon Daniel day after day; their watchings were sharpened by hatred; yet not a word or act of his life could they make appear wrong. And still he made no claim to sanctification, but he did that which was infinitely better—he lived a life of faithfulness and consecration.

The more blameless the conduct of Daniel, the greater was the hatred excited against him by his enemies. They were filled with madness, because they could find nothing in his moral character or in the discharge of his duties upon which to base a complaint against him. “Then said these men, We shall not find any occasion against this Daniel, except we find it against him concerning the law of his God” (verse 5). Three times a day Daniel prayed to the God of heaven. This was the only accusation that could be brought against him.

A scheme was now devised to accomplish his destruction. His enemies assembled at the palace and besought the king to pass a decree that no person in the whole realm should ask anything of either God or man, except of Darius the king, for the space of thirty days, and that any violation of this edict should be punished by casting the offender into the den of lions. The king knew nothing of the hatred of these men toward Daniel, and did not suspect that the decree would in any way injure him. Through flattery they made the monarch believe it would be greatly to his honor to pass such an edict. With a smile of satanic triumph upon their faces, they come forth from the presence of the king, and rejoice together over the snare which they have laid for the servant of God.

An Example of Boldness and Fidelity

The decree goes forth from the king. Daniel is acquainted with the purpose of

his enemies to ruin him. But he does not change his course in a single particular.

With calmness he performs his accustomed duties, and at the hour of prayer he goes to his chamber, and with his windows open toward Jerusalem, he offers his petitions to the God of heaven. By his course of action he fearlessly declares that no earthly power has the right to come between him and his God and tell him to whom he should or should not pray. Noble man of principle! he stands before the world today a praiseworthy example of Christian boldness and fidelity. He turns to God with all his heart, although he knows that death is the penalty for his devotion.

His adversaries watch him an entire day. Three times he has repaired to his chamber, and three times the voice of earnest intercession has been heard. The next morning the complaint is made to the king that Daniel, one of the captives of Judah, has set at defiance his decree. When the monarch heard these words, his eyes were at once opened to see the snare that had been set. He was sorely displeased with himself for having passed such a decree, and labored till the going down of the sun to devise a plan by which Daniel might be delivered. But the prophet's enemies had anticipated this, and they came before the king with these words: “Know, O king, that the law of the Medes and Persians is, That no decree nor statute which the king establisheth may be changed.

“Then the king commanded, and they brought Daniel, and cast him into the den of lions. Now the king spake and said unto Daniel, Thy God whom thou servest continually, He will deliver thee” (verses 15, 16). A stone was laid upon the mouth of the den, and sealed with the royal seal. “Then the king went to his palace, and passed the night fasting; neither were instruments of musick brought before him: and his sleep went from him” (verse 18).

“My God Hath Sent His Angel”

Early in the morning the monarch hastened to the den of lions, and cried, “Daniel, Oh Daniel, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?” (verse 20). The voice of the prophet was heard in reply, “Oh king, live for ever. My God hath sent His angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before Him innocency was found in me; and also before thee, Oh king, have I done no hurt.

“Then was the king exceeding glad for him, and commanded that they should take Daniel up out of the den. So Daniel was taken up out of the den, and no manner of hurt was found upon him, because he believed in his God” (verses 22, 23). Thus was the servant of God delivered. And the snare which his enemies had laid for his destruction proved to be their own ruin. At the command of the king they were cast into the den, and instantly devoured by the wild beasts.

*The Sanctified Life, 42–45. **LM***

“
*Daniel was preferred
above the presidents and
princes, because an excellent
spirit was in him.*

Daniel 6:3

The Faith of a Little Child



Every one smiled when his father carried him into the car—this little lad of three, who taught me so sweet a lesson in faith. The car was crowded, but there was a corner between the door and window where the child could stand, and there his father put him down.

“You stay still there, Herbie; Papa is going to stand near you. You won’t be afraid?”

The wee man shook his head very decidedly, and catching hold of a brass rail with his chubby fist, stood contentedly watching his father with trustful, happy

eyes. At every corner new passengers came on, and crowded between father and child. Herbie was much more comfortable in the sheltered nook where his father had put him than he would have been even in his father’s arms on the crowded, jolting platform. Little by little, the newcomers hid the father from Herbie’s sight. He did not look like a child who was accustomed to being alone, and I watched him closely, ready to comfort if need be. I saw his lips moving, and bent toward him. This is what he said: “I can see my papa’s foot, and I can see my papa’s hand.”

Precious little heart, comforting itself!

The crowd jostled back and forth. I heard another whisper: “I can see my papa’s foot. I—can—see—my—papa’s—foot!”

Then the foot was no longer visible to the patient watcher. Trouble clouded his serious eyes for a minute, followed by a happy smile.

“I can hear my papa talk.”

Sure enough, the father was talking to someone. But the conversation was not long. The blue eyes were growing shadowy again.


“Herbie,” I whispered, “I can see your papa. I am taller than you. I can see your papa’s face, dear.”

For a brief space my face was subjected to a searching glance. Then the content came back to the boy’s face. He watched me, and I watched that other face, nodding assurance to my little friend. In a few moments the passengers began to leave the car, and the father sat down, and took his child on his knee.

“Were you afraid, Herbie?”

“No, I knew you were there all the whole time!”

Oh, for the faith of a little child, that whatever comes, the heart may say, “I was not afraid; for I knew that, all the time, Thou wert there!”—Selected.

The Youth’s Instructor, September 21, 1899. 

Bad Choices & Sad Consequences

As I sat mourning over the surgery which was coming up in two days, my heart went out to the lady who lived with us for six months. How we urged her to join us in our meals and worship. She would laugh at us because we did not eat and drink what she ate and drank. She chain smoked. We considered her part of our family even though she chose a lifestyle unlike ours. I would talk with her about the dangers of her health condition, the foods she was eating and her smoking.

She had already suffered with diabetes for several years and was on insulin. But she regulated her blood sugar with shots and candy. The doctor told her what kind of candy to eat and she had an insatiable appetite for those sweets. She loved donuts and cookies and would say she needed them to help her with her diabetes. She smoked all hours of the day and night, going through horrendous amounts of tobacco.

I always allowed her freedom of choice and we became good friends. When she had to move into a group home, she continued her usual diet. Then she got a little sore on her toe that would not heal. The doctors tried medicines for several months, which seemed

to work for a time but then the infection came back with a vengeance.

Now as I sit here praying for her, Jesus' words came to me: "O Jerusalem, Jerusalem ..." (Luke 13:34). My heart sank, knowing how often the Lord tries to warn us of consequences. How often I tried to warn her with no response—she honestly thought all was well. My heart broke, both for this young lady and for each of us. Do we honestly think all is well? What is it that blinds us to reality?

Now in two days her toe will be removed and I know that this is just the beginning because her body will really be weakened and the infections will continue. More and more of her body parts will be removed because she does not have the willpower to turn from her cravings. Pray for her.

My sisters and brothers, now is the time to turn away from this world and walk in the narrow way with Jesus. We will see many along the way who make bad choices and have no courage or even a desire to change. Bad choices kill. Our Lord says, "Thou shalt not kill" (Exodus 20:13).

So, my heart cries over the bad choices and inevitable sad consequences made by loved ones – if only they could realize there is a better way. **LM**

Heavenly Father: Our hearts just weep over family and friends who choose not to follow the better way. Oh how Jesus must weep over us when we choose another road. So much heartache on this earth and we know it will only get worse. Give us the heart to continue to reach out and warn them even though warnings may not be received. Have mercy on the souls that are caught in the snares of the devil. Keep us strong in our walk with You continually. Amen.



"May the Lord continue to bless you all. We enjoy our DVDs each month. Thank you."

—D&LF, Florida

"The *LandMarks* magazines are online at no cost. There are nice recipes and more. Thank you for having this."

—AI, California

"I am writing to thank you for many years of fine articles, many of which I have copied for friends and relatives usually following a discussion we have had. The articles are relevant, uplifting and assist me in deepening my understanding of Jesus and salvation."

—CL, South Carolina

March Sermon of the Month

Happy and Sad—the Church

By John J. Grosboll

With mixed emotions the church eagerly awaits Jesus' return. Happy to be delivered from a sin sick world but sad that so many will lose their crown.

All who
have donated in
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Sermon of the Month
free of charge.

March 2020

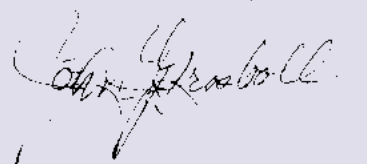
Dear friend,

Every Christian, every church member, has a work to do for the Master. Jesus said, "For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch" (Mark 13:34). All will be asked to give an account. (See Matthew 18:23.) Happy is the Christian who has found his niche in the Lord's service. Listed below are some ideas that you could pray about and ask the Lord to show you where He wants you to be working.

- 1. Prison ministry** – There are over two million persons in U.S. prisons affecting tens of millions of people and their families, financially and otherwise. There is huge ministry opportunity for inmates themselves and also for their families.
- 2. Chronic disease** – Those suffering a chronic disease could minister to other people with the same disease by helping them to be able to cope better. While doing so, the Lord might open ways for you to help them find the way to salvation.
- 3. Addictions** – There are millions of people suffering with addictions. People who have overcome addictions are often able to help those struggling to overcome smoking and other addictive substances.
- 4. Depression** – Depression is one of the major health problems all over the world and no one understands and can help like a person who has been down that road.
- 5. Isolation** – Many people are home-bound or isolated within a retirement or convalescent home for lengthy periods who would love a visit.
- 6. Literature** – Those who love to meet the public could arrange to give out literature. There are opportunities for literature evangelism at local, regional or state fairs. Literature can be distributed at large conventions, large airports (with permission), and many other large public gatherings. In some of these locations, you will have to be on public property to offer literature. Some people prefer to go door to door. This is still possible in many places but in very large cities and in private communities it is not always possible because of safety concerns and restrictions on such activities.
- 7. Bible study** – If you willing to study the Bible with people why not pray that the Lord will help you to find somebody with whom to study. Steps to Life have studies designed for personal Bible study.

There are many other ways to serve the Lord. Pray that He will help you find exactly what He wants you to do in His service.

Your brother in Christ,



John J. Grosboll

On Fire for the Lord

An Opening Door

By Henry Mwesa



Attendees at youth conference in Chipata reach out to the community.

Most recently, a group of youths from Kitwe, Zambia, wrote to Steps to Life requesting help to be organized as a church. I was asked to visit them by Pastor Nunez and I have thus far been there twice. We conducted Bible studies and secured them a place to worship at one of the schools in Kitwe. In a week's time, God willing, I will be travelling there to baptize those who want to start their journey with the Lord in their newly found faith. I was notified that the entire church has resolved to be enrolled in the medical missionary training program conducted by Sister Sarah Mwesa. Ad-

ditionally, the brothers are also enrolling for the Training Program for Ministers and Church Leaders. This new church needs your prayers. It has young people who are on fire for the Lord. We have since arranged for a Bible conference and crusade to be conducted in the city of Kitwe. As I was writing this article, I received news that another group of Seventh-day Adventists in the border town of Mufulira is longing to meet us and work with us.

We also have had a series of lectures with Pentecostal churches that wrote to Steps to Life requesting for someone to minister to them. This effort resulted in

my travelling to Congo where I met leaders of 38 Pentecostal churches and spoke at 6 of their churches. These Pentecostal brethren introduced me to their sister churches in Zambia where I also had an opportunity to speak. We have since arranged for a seminar to be conducted on the pillars of our faith. We have also arranged for both the Congo and Zambia Pentecostal leaders to meet with Pastor Nunez the next time he travels to Zambia. It's not always that you have chance to speak before a Sunday keeping church, hence we will be untiring in our efforts to reach out to these souls who have opened a door for us. **LM**



Congregation in Adusa, Ghana.

Steps to Life **Ministry in Ghana**

Pastor Domingo Nunez, representing Steps to Life USA, in coordination with the board of directors of Steps to Life Ghana has been actively working to spread the gospel message in Ghana. Steps to Life USA has been working with Pastor Joseph Class-Peters for over 20 years to bring Bible truth to Ghana, one of the more stable countries in West Africa.

Following is Pastor Nunez's report for his most recent visit there.



Pastor Domingo Nunez with local church leaders.

Three years ago I met with the board members of Steps to Life Ghana in the capital city of Accra to discuss ways to organize God's work and to implement the best methods that would produce efficiency in getting the last warning message to souls in Ghana. We prayed for complete unity among us all for this endeavor to ensure that we follow New Testament gospel order, a requirement for success in the work and counsel that has been too often set aside.

We give all the glory to our loving Lord that through prayerful efforts, and by proceeding with oversight from an established order of the Executive Board, the local churches planned efforts that have been successfully executed and that have produced blessed success. One of the blessed successes was a new church, established as a result of an evangelical series held in the town of Adusa.

In late 2019, Joseph Class-Peters and I met with the church leaders of this newly formed church. The details of the completion of their church building was discussed and counsel was provided concerning each one's responsibility in executing their respective offices as servants to the church. The specific duties of elders, deacons and deaconesses, as described in the Spirit of Prophecy, were presented in detail.

We ask for your prayers and assistance for the completion of the church building for the brethren in Ghana, also for the Lord's continued guidance in assisting them. We pray that they will be able to carry on their work through the teaching and guidance they have learned and that they will depend on the Lord and His counsel.

Your brother in Christ,
Pastor Domingo Nunez

"Ministers should love order and should discipline themselves, and then they can successfully discipline the church of God and teach them to work harmoniously like a well-drilled company of soldiers. If discipline and order are necessary for successful action on the battlefield, the same are as much more needful in the warfare in which we are engaged as the object to be gained is of greater value and more elevated in character than those for which opposing forces contend upon the field of battle. In the conflict in which we are engaged, eternal interests are at stake.

"Angels work harmoniously. Perfect order characterizes all their movements. The more closely we imitate the harmony and order of the angelic host, the more successful will be the efforts of these heavenly agents in our behalf. If we see no necessity for harmonious action, and are disorderly, undisciplined, and disorganized in our course of action, angels, who are thoroughly organized and move in perfect order, cannot work for us successfully. They turn away in grief, for they are not authorized to bless confusion, distraction, and disorganization. All who desire the co-operation of the heavenly messengers must work in unison with them. Those who have the unction from on high will in all their efforts encourage order, discipline, and union of action, and then the angels of God can co-operate with them. But never, never will these heavenly messengers place their endorsement upon irregularity, disorganization, and disorder. All these evils are the result of Satan's efforts to weaken our forces, to destroy courage, and prevent successful action" *Testimonies*, vol. 1, 649, 650. [LM](#)

Circadian Rhythms

of the Animal Kingdom



Human circadian rhythms tend to be closely tied to the rise and fall of the sun each day, occurring in fairly regular 24-hour cycles. But by no means is this how all organisms' internal clocks operate. *Science News* recently compiled seven of the strangest circadian rhythms. These work to keep different organisms in tune with their (sometimes-extreme) environments.

Lunar Clock

Some species operate not by the rise and fall of the sun but by the rise and fall of the moon. This includes a marine worm called *Platynereis dumerilii*. The moon controls when the worms spawn in a type of lunar clock that appears to be separate from the animal's circadian clock.

Tidal Clock

Certain marine species, such as the speckled sea louse, use tidal rhythms to help them decide when to burrow into the sand (so they're not swept out to sea) and when it's safe to come out to forage.

Prolonged Clocks

Not all species operate on a 24-hour cycle. Some, like the Somali cave fish, have a longer cycle; theirs is about 47 hours. This might be because of slower changes that occur in the dark caves where the fish live, or it could be that their clocks are slowing down and "breaking" simply because they're not providing a survival advantage.

It's been shown, for instance, that the eyeless Mexican cavefish save about 27 percent more energy due to the lack of circadian rhythm.

No Clocks

Aside from species living in dark caves or the deep sea, Arctic reindeer may also have lost their circadian clock. This

may help the animals forage, sleep, and survive during periods of constant light or darkness.

Even with no circadian rhythm, however, the animals are still in tune with seasonal cycles of mating and migration due to melatonin, a light-sensitive hormone.

Short Clocks

Some animals actually have short (less than 24 hour) clocks, which are known as ultradian rhythms. This includes voles, which feed and follow cycles of activity that last just two or three hours.

Social Clocks

Honeybees are able to adjust their clocks depending on their job in the hive. While forager bees have regular circadian shifts, nurse bees stop following a circadian rhythm so they can care for larvae around the clock.

Snoozed Clocks

Some species, such as migrating birds and newborn killer whales and their moms, don't sleep for weeks on end. It's thought that they hit the "snooze" button on their internal clocks during this time, then return to their regular circadian rhythm as their circumstances change, such as when a migratory bird reaches its destination or a newborn killer whale grows up a bit.

Emerging research suggests many animals have altered or absence of circadian rhythms with no apparent ill effects.

7 Circadian Rhythms of the Animal Kingdom, Healthy Pets, Dr. Karen Becker, November 3, 2015.

"All the creatures of the woods and hills are a part of His [God's] great household. He opens His hand and satisfies 'the desire of every living thing' (Psalm 145:16)." *Child Guidance*, 58. **LM**

Q:

*What is the
“yoke of
bondage”?*

A:

“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage” (Galatians 5:1).

“There are many whose hearts are aching under a load of care because they seek to reach the world’s standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred and their life made a weariness. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage. He invites them to accept His yoke; He says, ‘My yoke is easy, and My burden is light.’ Worry is blind and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. ‘No good thing will He withhold from them that walk uprightly’ (Matthew 11:30; Psalm 84:11).” *Help in Daily Living*, 21.

“Esau had no love for devotion, no inclination to a religious life. The requirements that accompanied the spiritual birthright were an unwelcome and even hateful restraint to him. The law of God, which was the condition of the divine covenant with Abraham, was regarded by Esau as a yoke of bondage. Bent on self-indulgence, he desired nothing so much as liberty to do as he pleased. To him power and riches, feasting

and reveling, were happiness. He gloried in the unrestrained freedom of his wild, roving life.” *Conflict and Courage*, 61.

“As soon as the seeker for truth opens the Bible to read the utterances of God with reverence, possessing an earnest desire to know ‘what saith the Lord,’ light and grace will be given him, and he will see wondrous things out of God’s law. He will not regard the law of Jehovah as a yoke of bondage, but as the gracious commands of One who is all-wise and full of compassion. He will make haste to fulfill His requirements.” *Counsels on Sabbath School Work*, 34, 35.

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

“‘But,’ one says, ‘I thought the commandments were a yoke of bondage.’ It is those only who break the law that find it a yoke of bondage. To those who keep the law it is life and joy and peace and happiness.” *Ellen G. White 1888 Materials*, 130. [LM](#)



Living in Circadian Rhythm

We are designed to have 24-hour rhythms to our physiology and metabolism. Our bodies have an internal clock that we refer to as our circadian rhythm. This internal clock is influenced primarily by light exposure during the day and darkness during the night. Ideally, sunlight at sunrise “sets the clock” while darkness after sunset “winds the clock down.” We have a wake cycle, activated by light exposure, during the day and a sleep cycle, activated by darkness, at night. Many organs show daily changes in their function based on circadian influences. Genetic expression, which genes are turned on and which genes are turned off, is also directly influenced by circadian rhythms. In fact, thousands of genes change their expression according to circadian rhythms throughout the day and night.

Sunlight synchronizes all cells and organs in the body and influences cell energy production. During the day, we need to be awake, energetic and active. In contrast, sunset and darkness initiates a sleep and repair cycle via the release of melatonin, so we rest and recover to allow repair processes to occur throughout our cells and organs.



This is how we are designed and there is no escaping it. We are meant to be awake and active from sunrise to sunset and to be recuperating and resting after sunset. In essence, we have a built-in schedule each day; there is a time to eat, a time to sleep, a time to digest, a time to repair, basically a prime time for everything. When we live in accordance with our internal rhythms we optimize health. ... Of course, with our modern lifestyle and 24/7 workload, light exposure, computers, television, travel and constant access to food, it is unfortunately way too easy to disrupt our internal clocks. Too often we are eating when we should be fasting, awake when we should be sleeping, exposed to light when we should be releasing melatonin and winding down for the night. Our modern world with all the breakthroughs, benefits, and conveniences, can be damaging to our health in myriad ways.

Circadian rhythm disruption accelerates the aging process while circadian rhythm synchronization slows the aging process.

Our mission is to slow the deterioration in our health that occurs with aging so we can extend our healthspan – the number of years that we live in a healthy state – rather than struggling with disease and degenerative conditions.

The key is to feed, train, and rest our body as originally designed.

Our anti-aging lifestyle, focusing on sleep, nutrition, movement and stress levels, can modulate the aging process. We strive to have a lifestyle that is congruent with our internal clocks to allow us to extend our healthspan.

Everything we do with our lifestyle is meant to restore harmony in our bodies so we can ignite our internal antiaging mechanisms, while simultaneously combating accelerated aging forces. Optimizing our anti-aging mechanisms, such as stem cell activation, genetic expression, DNA repair ... requires that we restore this

internal harmony with our circadian rhythms.

Our bodies are constantly adjusting to maintain homeostasis. Homeostasis is a healthy state preserved by incessant refinements of biochemical and physiologic pathways in response to external and internal stimuli.

Homeostasis is our body's ability to listen and immediately respond to what we do, think, eat, as well as how we act and react. As examples, if we perceive stress, real or imagined, our stress response is switched on. If we relax or sleep, then our stress response is turned off and the relaxation response is activated. If we move or exercise, the body reacts positively and builds. If we are excessively sedentary, the body responds detrimentally and breaks down. When homeostasis is disrupted we have suboptimal function and accelerated aging.

Circadian desynchronization results in chronic stress, leading to accelerated aging, muscle and bone loss, increased fat storage, cognitive impairment and immune dysfunction.

With delicate precision our circadian rhythm impacts our metabolism, physiology, energy level, hormone levels, mood and pace of aging.

So how do we live in balance with our circadian rhythm?

We must balance our:

- Sleep and wake cycles.
- Eating and fasting intervals.
- Stress and relaxation.
- Diet.
- Exercise and recovery periods.

Sleep

Quality sleep is imperative for physiologic stress reduction as well as brain and body repair. Cells repair, memories consolidate, and hormones balance while we sleep. Sleep deprivation, all too common with our hectic schedules, leads to rapid aging, cognitive decline, weight gain and muscle loss.

It is crucial to maintain a consistent sleep/wake cycle to optimize restorative

sleep. Go to bed every night at around the same time, keeping the same schedule on weekends. Strive for 7–9 hours of continuous sleep at night. Turn down bright lights. Too much light at night may make one unable to fall asleep at bedtime. Protect against blue light emitting screens and phones in the evening by wearing blue light blocking glasses or utilizing blue light screen protection on your phones and computers. Blue light exposure decreases melatonin release disrupting sleep. Turn off devices at least two to three hours before retiring. Sleep in a cool, dark, quiet environment. We build collagen, repair DNA, release restorative hormones, and activate stem cells during high quality sleep.

Intermittent fasting/Time restricted eating

The body has established schedules to perform functions such as digestion and nutrient absorption at certain times of the day. If daily routines and schedules do not match the body's schedules, an imbalance may occur which can lead to fatigue, weight gain, stress, and even illness. To have proper nutrition, 50% depends on the correct choice of food and the other 50% depends on when and how it is consumed. Eating at the wrong times interrupts the circadian rhythm, which alters the ability to have a healthy metabolism and a powerful autoimmune response. Breakfast should be the biggest meal of the day with the smallest meal being consumed at dinner.

Restrict your eating window each day to 6 to 12 hour intervals with intermittent fasting. Our digestive tract, digestive processes, and metabolism are affected by circadian rhythms, so close the kitchen at night! Eating late at night strains organs involved in digestion forcing them to work when they are supposed to be repairing. Simply not eating a late dinner, for example, can help with weight loss and digestive issues such as heartburn and irritable bowel symptoms.

“
High-intensity interval training, alternating short bursts of activity with quick recovery periods, is a remarkable antiaging modality.

Relaxation

Elicit the relaxation response with deep breathing techniques, walking, relaxing music, or whatever your preference. Chronic stress, with the resulting continuous release of destructive stress hormones, overwhelms homeostasis, impairs digestion, increases blood sugar levels and fat storage, while simultaneously breaking down muscle and bone. When we activate the relaxation response we decrease cortisol, lower inflammation, slow telomere loss, and halt this erosive impact of chronic stress on our health and pace of aging: Relax, to reset your health.

Diet

Focus your diet on real food sources such as nuts, seeds, berries and vegetables. Avoid pastas, cakes, cookies, sweet breads, candy, corn syrup, soda, juices, processed oils and refined carbohydrates. Processed foods accelerate aging. Real foods slow aging: Eat clean for health!

Love/Gratitude

Break the cycle of chronic stress by being present, mindful and by living your life with love and gratitude. We all have much to be thankful for. Enjoy your family, friends and

pets each day. Share cherished memories with your loved ones: Be present!

Exercise

HIIT, High-intensity interval training, alternating short bursts of activity with quick recovery periods, is a remarkable antiaging modality via several mechanisms, including stimulating GHG (growth hormone) release, increasing BDNF (brain-derived neurotrophic factor), our brain fertilizer, and activating stem cells. HIIT is a time efficient exercise technique that optimizes brain and body health while avoiding the excessive stress of prolonged exercise sessions: Exercise to optimize.

Since fasting acts as an exercise mimic, we can accrue additional antiaging benefits when we exercise while fasting: To really optimize, go fast while fasting!

Keep your schedule on track as much as possible. This can make a crucial difference in how your internal clock functions and how you feel.

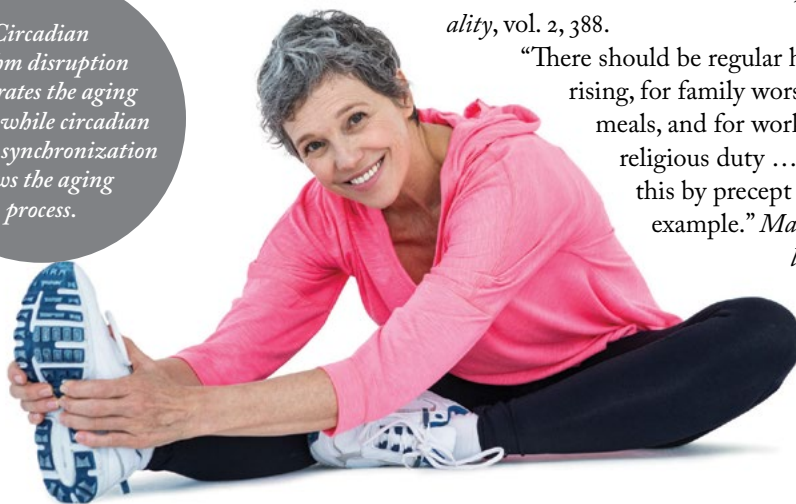
Dr. Frank Comstock, M.D., ABAARM, FACEP.

Excerpts from www.lifestylespectrum.com/blog/living-in-circadian-rhythm

“The mind does not wear out nor break down so often on account of diligent employment and hard study as on account of eating improper food at improper times, and of careless inattention to the laws of health. Irregular hours for eating and sleeping sap the brain forces.” *Mind Character, and Personality*, vol. 2, 388.

“There should be regular hours for rising, for family worship, for meals, and for work. And it is a religious duty ... to maintain this by precept ... by a firm example.” *Manuscript Releases*, vol. 8, 327. **LM**

Circadian rhythm disruption accelerates the aging process while circadian rhythm synchronization slows the aging process.



Eternal Destiny

By John J. Grosboll

It has been a mystery to many that in all ages, God's faithful children have often been the object of unfair and malicious attacks and persecution by both the church and the state. Some may wonder why God allows this and why He does not work miracles to deliver His children from difficult circumstances.

If the leaders of the Christian church in Jerusalem, which included the apostles of Christ, had fully surrendered their prejudices and feelings of bitterness toward the apostle Paul and accepted him as one who was specially called by God to bear the gospel to the Gentiles, the Lord would have spared him to continue his labor for the salvation of

souls. But there is One in the heavens whom the Bible says sees the end from the beginning. He understands the hearts of all men and women and saw what would be the result of the envy and jealousy that was cherished toward Paul. God had not in His providence ordained that Paul's labors should so soon end. But He did not work a miracle to counteract the train of circumstances to which their own course of the early church leaders gave rise.

We need to be careful that we do not practice presumption, assuming that because we claim to be Christians serving the Lord, He will work a miracle to stop the consequences of our own decisions. Paul was advised by his brethren in the

Jewish church to go with four men who had a Nazarite vow and to pay their expenses. The term of their Nazarite vow was almost expired, and Paul was a poor man who worked with his own hands for his daily bread, yet he was asked to bear the expenses of these people. He consented and accompanied the Nazarites to the temple to unite with them in the ceremonies of the seven days of purification. This concession was a mistake. It was not something that God had actually authorized him to do and it cut short his ministry.

Those who counseled Paul to perform this act of concession had not fully considered the great peril to which Paul would be exposed by this act. At this



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It has been a mystery to many that in all ages, God's faithful children have often been the object of unfair and malicious attacks and persecution.

season there were strangers from all regions of the world thronging the streets of Jerusalem. They delighted to congregate in the temple courts. As Paul, in the fulfillment of his commission had borne the gospel to the Gentiles, he had visited some of the world's largest cities, and he was well-known to thousands of foreigners who came to attend the feast.

Because of the hatred of the Jews against Christianity and Christian leaders, for Paul to enter the temple on such a public occasion was to risk his life. However, for several days he passed in and out among the worshipers apparently unnoticed. But, before the close of the specified period of purification, as he was conversing with the priests concerning the sacrifices to be offered, he was recognized by some Jews of Asia. Now these men had been defeated in their controversy with him in the synagogue in Ephesus and had become more and more enraged against him as they witnessed his success in raising up a Christian church in that city. When they saw him in the temple, where they did not expect him to be, they rushed upon him with the fury of demons.

“When the seven days were almost ended, the Jews from Asia, seeing him in the temple, stirred up the whole crowd and laid hands on him, crying out, ‘Men of Israel, help! This is the man who teaches all men everywhere against the people, the law, and this place; and furthermore he also brought Greeks into the temple and defiled this holy place.’ (For they had previously seen Trophimus the Ephesian with him in the city, whom they supposed that Paul had brought into the temple)” (Acts 21:27–29). The result was that in a very short period of time the whole city of Jerusalem was in an uproar. The Bible says, “All the city was disturbed; and the people ran together, seized Paul, and dragged him out of the temple; and immediately the doors were shut. Now as they were seeking to kill him, news came to the commander of the garrison that all Jerusa-

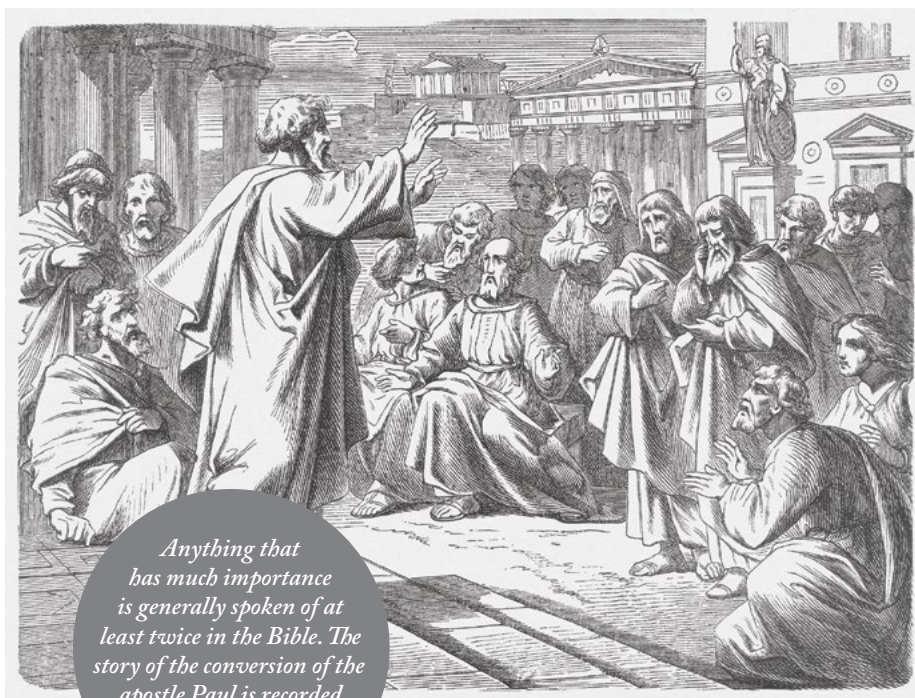
lem was in an uproar. He immediately took soldiers and centurions, and ran down to them. And when they saw the commander and the soldiers, they stopped beating Paul. Then the commander came near and took him, and commanded him to be bound with two chains; and he asked who he was and what he had done. And some among the multitude cried one thing and some another. So when he could not ascertain the truth because of the tumult, he commanded him to be taken into the barracks. When he reached the stairs, he had to be carried by the soldiers because of the violence of the mob. For the multitude of the people followed after, crying out, ‘Away with him!’” (verses 30–36)!

As the apostle was carried up into a Roman barracks as a prisoner with the people wanting to kill him just as they had wanted to kill Jesus 30 years earlier, Paul made a request of the Roman commander. He addressed him in Greek. It says, “As Paul was about to be led into the barracks, he said to the commander, ‘May I speak to you?’ He replied, ‘Can you speak Greek? Are you not the Egyptian who some time ago stirred up a rebellion and led the four thousand assassins out into the wilderness?’ But Paul said, ‘I am a Jew from Tarsus, in Cilicia, a citizen of no mean city; and I implore you, permit me to speak to the people!’” (verses 37–39). It says in verse 40, “When he had given him permission, Paul stood on the stairs and motioned with his hand to the people. And when there was a great silence, he spoke to them in the Hebrew language.” He didn’t want to leave without making some type of a final appeal to his countrymen.

Because he addressed them in the Hebrew language, a great silence fell over the crowd and they stopped to listen to what he had to say. “‘Brethren and fathers, hear my defense before you now.’ And when they heard that he spoke to them in the Hebrew language, they kept all the more silent. Then he said: ‘I am indeed a Jew, born in Tarsus of Cilicia, but brought up in this city at the feet of Gamaliel, taught according to the strictness of our father’s law, and was zealous toward God as you all are today. I persecuted this Way [that is, the Christians] to the death,

binding and delivering into prisons both men and women, as also the high priest bears me witness, and all the council of the elders, from whom I also received letters to the brethren, and went to Damascus to bring in chains even those who were there to Jerusalem to be punished” (Acts 22:1–5).

Anything that has much importance is generally spoken of at least twice in the Bible. The story of Jesus is recorded four times. This story of the conversion of the apostle Paul is so important in the history of the Christian church that it is recorded three times. This speech Paul made from the stairs addressing the Jews who had just tried to kill him is the second time it is recorded. Paul relates the story of his journey to Damascus, about thirty years before, to bring the Christians back in chains, to be bound or to be killed, three times, each successive time in greater detail. He says, “It happened, as I journeyed and came near Damascus at about noon, suddenly a great light from heaven shown around me. And I fell to the ground and heard a voice saying to me, ‘Saul, Saul, why are you persecuting Me?’ So I answered, ‘Who are you, Lord?’ And He said to me, ‘I am Jesus of Nazareth, whom you are persecuting.’ And those who were with me indeed saw the light and were afraid, but they did not hear the voice of Him who spoke to me. So, I said, ‘What shall I do, Lord?’ And the Lord said to me, ‘Arise and go into Damascus, and there you will be told all things which are appointed for you to do.’ And since I could not see for the glory of that light, being led by the hand of those who were with me, I came into Damascus. Then a certain Ananias, a devout man according to the law, having a good testimony with all the Jews who dwelt there, came to me; and he stood and said to me, ‘Brother Saul, receive your sight.’ And at that same hour I looked up at him. Then he said, ‘The God of our fathers has chosen you that you should know His will, and see the Just One, and hear



Anything that has much importance is generally spoken of at least twice in the Bible. The story of the conversion of the apostle Paul is recorded three times.

the voice of His mouth. For you will be His witness to all men of what you have seen and heard. And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord.’ Now it happened, when I returned to Jerusalem and was praying in the temple, that I was in a trance and saw Him (Jesus) saying to me, ‘Make haste and get out of Jerusalem quickly, for they will not receive your testimony concerning Me.’ So I said, ‘Lord, they know that in every synagogue I imprisoned and beat those who believe on You. And when the blood of Your martyr Stephen was shed, I also was standing by and consenting to his death, and guarding the clothes of those who were killing him.’ Then He said to me, ‘Depart, for I will send you far from here to the Gentiles’” (verses 6–21).

At this point the crowd was so furious that they tried to rush against him again and kill him. Unable to understand the Hebrew language, the commander did not know what was going on.

Their prejudice against the Gentiles, those who were not Jews, was the cause of their anger. Prejudice is a terrible thing. It has existed in this world for thousands of years and is still present today. People of one race are prejudiced against those of another race, or another religion, or of a different social or economic level. If we cannot overcome our prejudices against other human beings, we will never be in the kingdom of heaven, no matter how much we go to church or how many religious rituals we take part in.

“You are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ’s, then you are Abraham’s seed, and heirs according to the promise” (Galatians 3:26–29).

Regardless of whether you are rich or poor, or whatever your social or eco-

conomic condition is in this world, God views you the same. All the Lord wants to know is, “Whom are you accepting as your ruler? Who is the sovereign in your life? Who is the Lord of your life?” There is a great controversy going on in our world (see Revelation 12). It says war broke out in heaven and that war is still ravaging this world. It is a war over which supernatural power you yield allegiance.

Have you yielded to the Lordship of Jesus Christ? “He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil” (1 John 3:8).

Paul taught that all men were made of one blood. Addressing the philosophical, highly educated audience in the city of Athens, He said, “God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples made with hands. Nor is He worshiped with men’s hands, as though He needed anything, since He gives to all life, breath, and all things. And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings” (Acts 17:24–26).

Notice how he expressed this in Romans, the 13th chapter, verses 9 and 10. He says, “For the commandments, ‘You shall not commit adultery,’ ‘You shall not murder,’ ‘You shall not steal,’ ‘You shall not bear false witness,’ ‘You shall not covet,’ and if there is any other commandment, are all summed up in this saying, namely, ‘You shall love your

neighbor as yourself.’ Love does no harm to a neighbor; therefore love is the fulfillment of the law” (Romans 13:9, 10).

O, friend, how do you measure up? How do you feel about the people around you? Do you love your neighbor as yourself? If not, then how do you expect to go to the kingdom of heaven? When Jesus was here, He told His disciples a story about the end of all things. He said that when He comes back to this world, He will sit on the throne of His glory and all nations will be gathered before Him. He is going to separate them one from another, as

a shepherd divides the sheep from the goats. The sheep will be set on His right hand and the goats will be set on the left (see Matthew 25:31–46). What determines whether you have eternal life or eternal death is not if you have the right theology, or belong to the right church, or you were the right race.


Jesus said that your eternal destiny would turn on one point. “Then the king will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.’ Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?’ And the King shall answer and say to

them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these my brethren, you did it to Me’” (Matthew 25:34–40).

A person’s eternal destiny will be determined in the final day by the way they have treated their fellow men, especially those who were in trouble. How do you treat people who are in trouble? Do you just walk by on the other side and hope that somebody in the government or in the church will step in to help them out without you getting involved? Or are you willing to get involved in helping those around you who are in trouble?

Then sadly, the King will address those He has labored for but have denied Him. The Bible says, “Then He will also say to those on the left hand, ‘Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer Him, saying, ‘Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?’ Then He will answer them, saying, ‘Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.’ And these will go away into everlasting punishment, but the righteous into eternal life” (verses 41–46).

Where are you headed, friend? The way that you treat your fellow men is going to determine your eternal destiny.

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

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“
*Assuredly, I say to you,
inasmuch as you did not do
it to one of the least of these,
you did not do it to Me.*

Matthew 25:45



Under His Wing

Safe in the Rock, 'neath His sheltering wing,
Guarded by holy ones, here I can sing,
Sing of His love and the blessings now given,
Sing of my hope in yon beautiful heaven.

Safe when the storm rages fiercely around,
Safe in this wonderful Rock I have found;
Here in this beautiful haven of rest
Safe He is keeping me, here I am blest.

Hid in this sheltering Rock, safe am I;
Storms may rage round me, yet they will pass by.
Guarded by holy ones, sweet is my rest.
Who, then, can harm me? Who can molest?

Under His wing, yea, close by His side,
Holy ones guarding me, what can betide?
I have surrendered all, all, to His will.
He has redeemed me, will cleanse me and fill.

M. C. Sollars, *The Review and Herald*, April 18, 1912.

March 29 – April 4, 2020

The Promised Deliverer

Key Text

“And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel” (Genesis 3:15).

Study Help: *Patriarchs and Prophets*, 63–70.

Introduction

“In the prophecy concerning the breaking of Satan’s power, they [Adam and Eve] discerned a promise of deliverance from the ruin wrought through transgression. Though they must suffer from the power of their adversary because they had fallen under his seductive influence and had chosen to disobey the plain command of Jehovah, yet they need not yield to utter despair.” *Prophets and Kings*, 681, 682.

Sunday

LIFE IN EDEN

- a. What was the condition of man before the Fall?
Genesis 1:27.

Note: “Before the entrance of sin not a cloud rested upon the minds of our first parents to obscure their perception of the character of God. They were perfectly conformed to the will of God. For a covering a beautiful light, the light of God, surrounded them. This clear and perfect light illuminated everything which they approached.” *Testimonies*, vol. 8, 255.

- b. How did nature reveal God to man? Genesis 1:31;
Romans 1:20.

Note: “In the Garden of Eden the existence of God was demonstrated, His attributes were revealed, in the objects of nature that surrounded them [Adam and Eve]. Everything upon which their eyes rested spoke to them. The invisible things of God, ‘even His everlasting power and divinity,’ were clearly seen, being understood by the things that were made.” *Testimonies*, vol. 8, 255.

Monday

SIN BRINGS CHANGES

- a. What effect did sin have upon the natural world?
Genesis 3:17–19. How did this affect man’s understanding of God’s character?

Note: “Transgression brought a blight upon the earth and intervened between nature and nature’s God. Had Adam and Eve never disobeyed their Creator, had they remained in the path of perfect rectitude, they would have continued to learn of God through His works. But when they listened to the tempter and sinned against God, the light of the garments of heavenly innocence departed from them. Deprived of the heavenly light, they could no longer discern the character of God in the works of His hand.

“And through man’s disobedience a change was wrought in nature itself. Marred by the curse of sin, nature can bear but an imperfect testimony regarding the Creator. It cannot reveal His character in its perfection.” *Testimonies*, vol. 8, 255, 256.

- b. What change took place in man’s nature? Jeremiah 17:9; 1 Corinthians 2:14.

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

“There is in human nature, when separated from the Source of truth, a continual opposition to God’s will and ways. The physical, mental, and moral being are all under the control of rash impulses. The affections are depraved, and every faculty intrusted to man for wise improvement is demoralized. The man is dead in trespasses and sins. Inclination moves, passion holds the control, and his appetites are under the sway of a power of which he is not aware. He talks of liberty, of freedom of action, while he is in most abject slavery. He is not his own. He is not allowed to see the beauty of the truth; for the carnal mind is enmity against God, and not subject to His law. He views truth as falsehood, and falsehood as truth. The mind controlled by Satan is weak in moral power.” *The Review and Herald*, February 17, 1891.

Tuesday

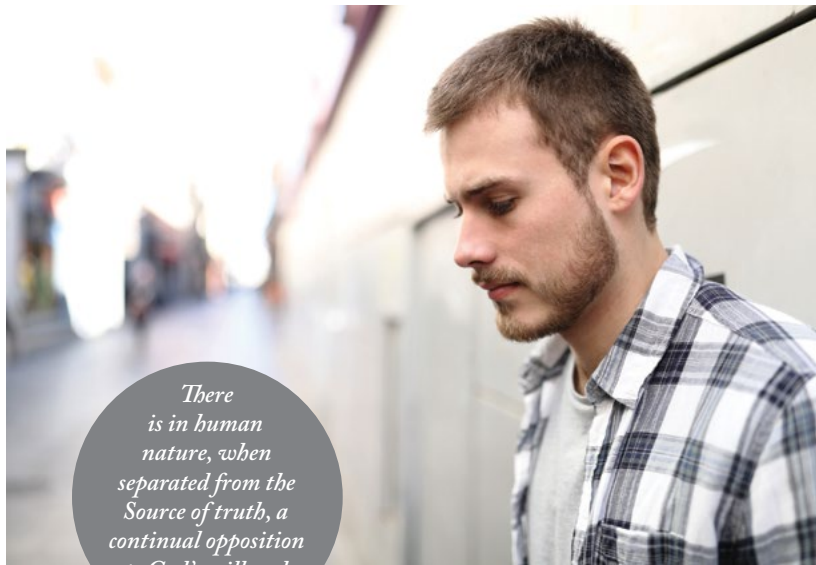
GOD STEPS IN

- a. What provision of God ensured final deliverance to the guilty pair? Genesis 3:15.

Note: “To man the first intimation of redemption was communicated in the sentence pronounced upon Satan in the garden. The Lord declared, [Genesis 3:15, quoted]. This sentence, uttered in the hearing of our first parents, was to them a promise. While it foretold war between man and Satan, it declared that the power of the great adversary would finally be broken. Adam and Eve stood as criminals before the righteous Judge, awaiting the sentence which transgression had incurred; but before they heard of the life of toil and sorrow which must be their portion, or of the decree that they must return to dust, they listened to words that could not fail to give them hope. Though they must suffer from the power of their mighty foe, they could look forward to final victory.” *Patriarchs and Prophets*, 65, 66.

“The Son of God was offering to atone with His own lifeblood for their transgression. To them was to be granted a period of probation, during which, through faith in the power of Christ to save, they might become once more the children of God.” *Prophets and Kings*, 682.

“Never was the enmity developed to such a marked degree as when Christ became an inhabitant of this earth. Never before had there been a being upon the earth who hated sin with so perfect a hatred as did Christ. He had seen its deceiving, infatuating power upon the holy angels, and all His powers were enlisted against it.” *Selected Messages*, Book 1, 254.



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- b. What condition of the natural man after the Fall made the promise of enmity necessary? Psalm 10:4; Romans 3:11. Instead of enmity against Satan, who is the natural mind at war with? Romans 8:7.

Note: “When man transgressed the divine law, his nature became evil, and he was in harmony, and not at variance, with Satan. There exists naturally no enmity between sinful man and the originator of sin. Both became evil through apostasy. ... Had not God specially interposed, Satan and man would have entered into an alliance against Heaven; and instead of cherishing enmity against Satan, the whole human family would have been united in opposition to God.” *The Great Controversy*, 505.

Wednesday

A DELIVERER TO COME

- a. What amazing sacrifice did Jesus make to rescue fallen man? Philippians 2:5–8.

Note: “As soon as there was sin, there was a Saviour. Christ knew that He would have to suffer, yet He became man’s substitute. As soon as Adam sinned, the Son of God presented Himself as surety for the human race, with just as much power to avert the doom pronounced upon the guilty as when He died upon the cross of Calvary.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 1, 1084.

“The instant man accepted the temptations of Satan, and did the very things God had said he should not do, Christ, the Son of God, stood between the living and the dead, saying, ‘Let the punishment fall on Me. I will stand in man’s place. He shall have another chance.’” *Ibid.*, 1085.

- b. How did God seek to impress upon the minds of mankind the consequences of sin and the provision of a Saviour? Hebrews 9:13, 14; Romans 6:23.

Note: “To Adam, the offering of the first sacrifice was a most painful ceremony. His hand must be raised to take life, which only God could give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must shed the blood of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of his transgression, which nothing but the death of God’s dear Son could expiate. And he marveled at the infinite goodness that would give such a ransom to save the guilty. A star of hope illumined the dark and terrible future and relieved it of its utter desolation.” *Patriarchs and Prophets*, 68.

“The system of sacrifices was to teach man humility, in view of his fallen condition, and lead him to repentance and to trust in God alone, through the promised Redeemer, for pardon for past transgression of His law.” *The Story of Redemption*, 145, 146.

- c. Name some of those who prophesied of the Saviour to come. Jude 14, 15; Genesis 49:8–10; Numbers 24:17.

Thursday

A DELAY IN FULFILLMENT?

- a. What could have been the thought of many regarding the promised Deliverer? Ezekiel 12:22.

Note: “The Saviour’s coming was foretold in Eden. When Adam and Eve first heard the promise, they looked for its speedy fulfillment. They joyfully welcomed their first-born son, hoping that he might be the Deliverer. But the fulfillment of the promise tarried. Those who first received it died without the sight. From the days of Enoch the promise was repeated through patriarchs and prophets, keeping alive the hope of His appearing, and yet He came not.” *The Desire of Ages*, 31.

- b. What was God’s response? Galatians 4:4. Was there really a delay in the fulfillment of God’s purpose?

Note: “But like the stars in the vast circuit of their appointed path, God’s purposes know no haste and no delay. ... On ‘the self-same day’ appointed in the divine promise, ‘it came to pass, that all the hosts of the Lord went out from the land of Egypt’ (Exodus 12:41). So in heaven’s council the hour for the coming of Christ had been determined. When the great clock of time pointed to that hour, Jesus was born in Bethlehem.

“‘When the fullness of the time was come, God sent forth His Son’ (Galatians 4:4). Providence had directed the movements of nations, and the tide of human impulse and influence, until the world was ripe for the coming of the Deliverer.” *The Desire of Ages*, 32.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Before the Fall, how was man able to understand God’s character?
- 2 How did human nature change as a result of sin?
- 3 Why did God give man enmity? Where would we be without it?
- 4 Why did God give Adam the system of sacrifices?
- 5 Was the coming of the Deliverer delayed? Why or why not?

April 5 – 11, 2020

Deliverance from Sin

Key Text

“But thanks be to God, which giveth us the victory through our Lord Jesus Christ” (1 Corinthians 15:57).

Study Help: *Steps to Christ*, 23–35.

Introduction

“That word which reveals the guilt of sin has a power upon the human heart to make man right and keep him so.” *Testimonies to Ministers and Gospel Workers*, 80, 81.

Sunday

THE EFFECTS OF SIN

- a. What is sin, and what is a direct result of sin?
1 John 3:4; James 1:15.

Note: “There would have been no discord in heaven or in the earth if sin had never entered. Disobedience to God’s law has brought all the misery that has existed among His creatures.” *The Sanctified Life*, 76.

“To all the inhabitants of the world who make void the law of Jehovah, and continue to live in transgression, death must surely come.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 6, 1116.

- b. What great principle is lacking when we sin?
1 John 4:7, 8.

Note: “There is need of repentance because of the lack of love to God. He has not been loved with the whole heart, with the whole soul, with the undivided affections; and the second com-

mandment has not been obeyed, ‘Thou shalt love thy neighbour as thyself’ (Matthew 22:39).” *The Present Truth*, January 26, 1893.

“God considers more with how much love we work, than the amount we do. Love is a heavenly attribute. The natural heart cannot originate it. This heavenly plant only flourishes where Christ reigns supreme. ... Love does good and nothing but good. Those who have love bear fruit unto holiness, and in the end everlasting life.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 7, 952.

Monday

IN BONDAGE TO SIN

- a. What power does sin have over mankind? Proverbs 5:22; Romans 7:14–23.

Note: “Even one wrong trait of character, one sinful desire, persistently cherished, will eventually neutralize all the power of the gospel. Every sinful indulgence strengthens the soul’s aversion to God.” *Steps to Christ*, 34.

- b. From what bondage does Christ seek to deliver us, and into what liberty are we called? Romans 8:21; 2 Peter 2:19. How does Christ do this? John 8:31, 32.

Note: “He [Satan] leads men captive, binding them to do his will; in order to fulfill his purpose, he holds them in the veriest slavery. To break this bondage, the Lord, in man’s behalf, has given to the world his only-begotten and well-beloved Son. Through the power of Christ, the captives of Satan may all be set free.” *The Signs of the Times*, January 5, 1891.

“Truth never brings the soul into bondage. It is turning from truth to error that brings the soul into captivity. The one who is bound up in close relationship with Christ is freed from the slavery of sin.” *Ibid.*, August 22, 1900.

- c. What appeal do the scriptures make to us all? Hebrews 3:7, 8; Joshua 24:15.

Note: “In the great controversy between good and evil, each one of us has to choose on which side he will stand, and our life and character will make manifest who is our master. If we refuse to be obedient to the law of God, we shall make terms with Satan, and Christ will be unloved, and unhonored in our heart and life.” *The Signs of the Times*, January 5, 1891.

“Christ is ready to set us free from sin, but He does not force the will; and if by persistent transgression the will itself is wholly bent on evil, and we do not desire to be set free, if we *will* not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love.” *Steps to Christ*, 34. [Emphasis author’s.]

Tuesday

DELIVERANCE FOR ALL HUMANITY

- a. How do you know that God desires to deliver everyone from sin? 1 Timothy 2:3, 4; John 1:12.

Note: “He [Christ] came not to save men in sin, but from sin. And all who feel their need of a Saviour, and come to Him believing in His power, will gain the victory over sin. ‘As many as received Him, to them gave He power to become the sons of God’ (John 1:12).” *The Signs of the Times*, February 24, 1898.

- b. How did God provide for the deliverance of the whole human race? 1 John 4:14; John 3:16. When did He provide this deliverance? Hebrews 2:14, 15; Romans 5:8.

Note: “In the Saviour’s expiring cry, ‘It is finished’ (John 19:30), the death knell of Satan was rung. The great controversy which had been so long in progress was then decided, and the final eradication of evil was made certain. The Son of God passed through the portals of the tomb, that ‘through death He might destroy him that had the power of death, that is, the devil’ (Hebrews 2:14).” *The Great Controversy*, 503.

“Not that sin might become righteousness, and transgression of the law a virtue, did Christ die. He died that sin might be made to appear exceeding sinful, the hateful thing that it is. By his death he became the possessor of the keys of hell and of death. Satan could no longer reign without a rival, and be revered as a god. Temples had been erected to him, and human sacrifices offered on his altars. But the emancipation papers of the race have been signed by the blood of the Son of God. A way has been opened for the message of hope and mercy to be carried to the ends of the earth.” *The Youth’s Instructor*, June 28, 1900.

- c. In view of the deliverance provided by God, what message are we to represent to the world? 2 Corinthians 5:18–21.

Note: “As God made Christ His messenger to the world, Christ has made all who claim Him as their Redeemer, to represent Christ in mercy, forgiveness, and pardon, to the world.” *Manuscript Releases*, vol. 16, 193.

Wednesday

DELIVERANCE FROM THE GUILT OF SIN

- a. Where only can we look to escape the guilt of sin? John 1:29.

Note: “Christ lifts the guilt of sin from the sinner, standing Himself under the condemnation of the Lawgiver. He came to this world to live the law in humanity, that Satan’s charge that man can not keep the law might be demonstrated as false.” *The Signs of the Times*, April 7, 1898.

- b. Who bore the guilt of our sin in our place, and how? Isaiah 53:4–6, 12.

Note: “[We] can be delivered from the guilt of sin, from the condemnation of the law, from the penalty of transgression, only by virtue of the suffering, death, and resurrection of Christ.” *Selected Messages*, Book 1, 389.

“The guilt of every sin pressed its weight upon the divine soul of the world’s Redeemer. The evil thoughts, the evil words, the evil deeds of every son and daughter of Adam, called for retribution upon Himself; for He had become man’s substitute. Though the guilt of sin was not His, His spirit was torn and bruised by the transgressions of men, and He who knew no sin became sin for us, that we might be made the righteousness of God in Him.” *God’s Amazing Grace*, 172.

“It was the guilt of sin, bringing the Father’s wrath upon him as man’s substitute, that broke the heart of the Son of God.” *The Present Truth*, February 4, 1886.

- c. How complete is God’s cleansing of the soul from sin? 1 John 1:9; Psalm 103:12.

Note: “While we may see and should sense the guilt of sin, we are to appreciate the mercy of God through the atonement. The Lord has promised that because of the propitiatory sacrifice He will, if we repent, certainly forgive our iniquities. Now, while Christ is pleading in our behalf, while the Father accepts the merits of the atoning Sacrifice, let us ask and we shall receive. Let all confess their sins and let them go beforehand to judgment that they may be forgiven for Christ’s sake, and that pardon may be written against their names.” *Manuscript Releases*, vol. 3, 197, 198.

Thursday

DELIVERANCE FROM THE POWER OF SIN

- a. What abundant provision has been made to deliver us from the power of sin? Romans 5:20, *last part*; Jude 24, 25.

Note: “God has an abundance of grace and power awaiting our demand. But the reason we do not feel our great need of it is because we look to ourselves and not to Jesus. We do not exalt Jesus and rely wholly upon His merits. ...

“Abundant grace has been provided that the believing soul may be kept free from sin; for all heaven, with its limitless resources, has been placed at our command. ... In ourselves we are sinners; but in Christ we are righteous. ... Christ works against the power of sin, and where sin abounded, grace much more abounds.” *God’s Amazing Grace*, 181.

- b. What can we learn from the attitude of the publican praying in the temple? Luke 18:13, 14. What can God do for those who have this attitude? Galatians 2:16, 17.

Note: “The poor publican ... regarded himself as a very wicked man, and others looked upon him in the same light; but he felt his need, and with his burden of guilt and shame he came before God, asking for His mercy. His heart was open for the Spirit of God to do its gracious work and set him free from the power of sin. The Pharisee’s boastful, self-righteous prayer showed that his heart was closed against the influence of the Holy Spirit. ... He had no sense of his own defilement. ... He felt no need, and he received nothing.” *Steps to Christ*, 30, 31.

“The publican who went up to the temple to pray is a good example of a sincere, devoted worshiper.” *My Life Today*, 19.

Friday

PERSONAL REVIEW QUESTIONS

- 1 How do we know that where there is sin, love is absent?
- 2 What brings the soul into captivity to sin?
- 3 To whom does Jesus give victory over sin?
- 4 How did Jesus deliver us from the guilt of sin?
- 5 How can the Spirit of God free us from the power of sin?

April 12 – 18, 2020

Deliverance from Egypt

Key Text

“By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible” (Hebrews 11:27).

Study Help: *Patriarchs and Prophets*, 247–251, 273–280.

Introduction

“The Hebrews expected to be delivered from their bondage without any particular trial of their faith, or suffering on their part. They were many of them ready to leave Egypt, but not all. The habits of some had become so much like the Egyptians that they preferred to remain with them.” *Spiritual Gifts*, vol. 3, 197.

“The task of Moses would have been much easier had not many of the Hebrews become corrupted, and were unwilling to leave Egypt.” *Ibid.*, 202.

Sunday

FORETOLD BY JOSEPH

- a. When Joseph died, what did he prophesy regarding his brethren? What oath did he require them to make? Genesis 50:25, 26.

Note: “The last two kings who had occupied the throne of Egypt had been tyrannical and had cruelly entreated the Hebrews. The elders of Israel had endeavored to encourage the sinking faith of the Israelites, by referring to the promise made to Abraham, and the prophetic words of Joseph just before he died, foretelling their deliverance from Egypt.” *The Story of Redemption*, 113.

- b. How was this prophecy fulfilled? Exodus 13:18, 19.

Note: “In their departure from Egypt the Israelites bore with them a precious legacy, in the bones of Joseph, which had so long awaited the fulfillment of God’s promise, and which, during the dark years of bondage, had been a reminder of Israel’s deliverance.” *Patriarchs and Prophets*, 282.

Monday

GOD’S METHOD OF DELIVERANCE

- a. What happened when Moses tried to deliver the Israelites from Egypt in his own strength? Exodus 2:11–15. Why did God allow this?

Note: “In slaying the Egyptian, Moses had fallen into the same error so often committed by his fathers, of taking into their own hands the work that God had promised to do. It was not God’s will to deliver His people by warfare, as Moses thought, but by His own mighty power, that the glory might be ascribed to Him alone. Yet even this rash act was overruled by God to accomplish His purposes. Moses was not prepared for his great work. He had yet to learn the same lesson of faith that Abraham and Jacob had been taught—not to rely upon human strength or wisdom, but upon the power of God for the fulfillment of His promises.” *Patriarchs and Prophets*, 247.

- b. When Moses returned to Egypt with Aaron, they first gathered the elders of Israel to make known to them God’s plan to deliver Israel from Egypt. What was the reaction of the elders? Exodus 4:29–31.

- c. After having their burdens increased and seeing no signs of deliverance, what now was the attitude of the children of Israel? Exodus 5:19–21; 6:9. Why did God delay in their deliverance?

The observance of the Passover began with the birth of the Hebrew nation. On the last night of their bondage in Egypt, when there appeared no token of deliverance, God commanded them to prepare for an immediate release.



Note: “The Hebrews had expected to obtain their freedom without any special trial of their faith or any real suffering or hardship. But they were not yet prepared for deliverance. They had little faith in God, and were unwilling patiently to endure their afflictions until He should see fit to work for them. Many were content to remain in bondage rather than meet the difficulties attending removal to a strange land; and the habits of some had become so much like those of the Egyptians that they preferred to dwell in Egypt. Therefore the Lord did not deliver them by the first manifestation of His power before Pharaoh. He overruled events more fully to develop the tyrannical spirit of the Egyptian king and also to reveal Himself to His people. Beholding His justice, His power, and His love, they would choose to leave Egypt and give themselves to His service.” *Patriarchs and Prophets*, 260.

Tuesday

A MEMORIAL OF DELIVERANCE

- a. What was the meaning behind the Passover service? Exodus 12:21–27.

Note: “The observance of the Passover began with the birth of the Hebrew nation. On the last night of their bondage in Egypt, when there appeared no token of deliverance, God commanded them to prepare for an immediate release. He had warned Pharaoh of the final judgment on the Egyptians, and He directed the Hebrews to gather their families within their own dwellings. Having sprinkled the doorposts with the blood of the slain lamb, they were to eat the lamb, roasted, with unleavened bread and bitter herbs. ‘And thus shall ye eat it,’ He said, ‘with

your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the Lord’s passover’ (Exodus 12:11). At midnight all the first-born of the Egyptians were slain. Then the king sent to Israel the message, ‘Rise up, and get you forth from among my people; ... and go, serve the Lord, as ye have said’ (Exodus 12:31). The Hebrews went out from Egypt an independent nation. The Lord had commanded that the Passover should be yearly kept. ‘It shall come to pass,’ He said, ‘when your children shall say unto you, What mean ye by this service? that ye shall say, It is the sacrifice of the Lord’s passover, who passed over the houses of the children of Israel in Egypt, when He smote the Egyptians’ (verses 26, 27). Thus from generation to generation the story of this wonderful deliverance was to be repeated.” *The Desire of Ages*, 76, 77.

- b. What was the Passover to remind them of? Exodus 13:3, 9, 10.

Note: “In delivering them from Egypt, God sought to reveal to them His power and His mercy, that they might be led to love and trust Him. He brought them down to the Red Sea—where, pursued by the Egyptians, escape seemed impossible—that they might realize their utter helplessness, their need of divine aid; and then He wrought deliverance for them. Thus they were filled with love and gratitude to God and with confidence in His power to help them. He had bound them to Himself as their deliverer from temporal bondage.” *Patriarchs and Prophets*, 371.

“It was the design of God that these exhibitions of power should strengthen the faith of His people, and that their posterity should steadfastly worship Him alone who had wrought such merciful wonders in their behalf.” *The Story of Redemption*, 115.

Wednesday

JESUS, OUR PASSOVER

- a. What intrigued Jesus when visiting the temple at the age of 12? Luke 2:41, 42, 46, 47. What did He then realize?

Note: “For the first time the child Jesus looked upon the temple. He saw the white-robed priests performing their solemn ministry. He beheld the bleeding victim upon the altar of sacrifice. With the worshipers He bowed in prayer, while the cloud of incense ascended before God. He witnessed the impressive rites of the paschal service. Day by day He saw their meaning more clearly. Every act seemed to be bound up with His own life. New impulses were awakening within Him. Silent and absorbed, He seemed to be studying out a great problem. The mystery of His mission was opening to the Saviour.” *The Desire of Ages*, 78.

- b. How is the sacrifice of Jesus linked to the Passover? 1 Corinthians 5:7; Isaiah 53:7; John 1:29.

Note: “The Passover pointed backward to the deliverance of the children of Israel, and was also typical, pointing forward to Christ, the Lamb of God, slain for the redemption of fallen man. The blood sprinkled upon the door-posts prefigured the atoning blood of Christ, and also the continual dependence of sinful man upon the merits of that blood for safety from the power of Satan, and for final redemption. ... The Passover had been observed to commemorate the deliverance of the children of Israel from Egypt. It had been both commemorative and typical. The type had reached the antitype when Christ, the Lamb of God without blemish, died upon the cross.” *The Spirit of Prophecy*, vol. 1, 201.

“On the fourteenth day of the month, at even, the Passover was celebrated, its solemn, impressive ceremonies commemorating the deliverance from bondage in Egypt, and pointing forward to the sacrifice that should deliver from the bondage of sin. When the Saviour yielded up His life on Calvary, the significance of the Passover ceased, and the ordinance of the Lord’s Supper was instituted as a memorial of the same event of which the Passover had been a type.” *Patriarchs and Prophets*, 539.

“Moses was a type of Christ, who was to come to break the reign of sin over the human family, and to deliver those who were captives to its power.” *The Signs of the Times*, November 6, 1884.

Thursday

OUR SIGN OF DELIVERANCE TODAY

- a. Of what was the Sabbath a reminder to the children of Israel? Deuteronomy 5:15.

- b. How is the Sabbath also a sign of deliverance from sin? Exodus 31:13; Ezekiel 20:12.

Note: “As the Sabbath was the sign that distinguished Israel when they came out of Egypt to enter the earthly Canaan, so it is the sign that now distinguishes God’s people as they come out from the world to enter the heavenly rest. The Sabbath is a sign of a relationship existing between God and His people, a sign that they honor His law. It distinguishes between His loyal subjects and transgressors. ...

“The Sabbath given to the world as the sign of God as the Creator is also the sign of Him as the Sanctifier. The power that created all things is the power that re-creates the soul in His own likeness. To those who keep holy the Sabbath day it is the sign of sanctification. True sanctification is harmony with God, oneness with Him in character. It is received through obedience to those principles that are the transcript of His character. And the Sabbath is the sign of obedience. He who from the heart obeys the fourth commandment will obey the whole law. He is sanctified through obedience.” *Testimonies*, vol. 6, 349, 350.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What hope did Joseph give the Israelites of their future deliverance from Egypt?
- 2 How did Moses show a lack of faith in God’s plan to deliver Israel? How can we do the same?
- 3 Why was the service commemorating the deliverance from Egypt named the Passover?
- 4 Of what future event was the Passover a type? What deliverance would be gained?
- 5 From what is the Sabbath a sign of deliverance? How?

April 19 – 25, 2020

Deliverance from the Education of Egypt

Key Text

“Learn not the way of the heathen” (Jeremiah 10:2).

Study Help: *Education*, 45–50; *The Adventist Home*, 181–190.

Introduction

“I beg of parents to place their children where they will not be bewitched by a false education. Their only safety is in learning of Christ. He is the great central Light of the world. All other lights, all other wisdom, are foolishness.” *The Review and Herald*, August 17, 1897.

Sunday

THE INFERIORITY OF THE WISDOM OF EGYPT

- a. How did Solomon’s wisdom compare to that of Egypt? 1 Kings 4:30.

Note: “There is an education which is essentially worldly. Its aim is success in the world, the gratification of selfish ambition. To secure this education many students spend time and money in crowding their minds with unnecessary knowledge. The world accounts them learned; but God is not in their thoughts.” *Counsels to Parents, Teachers, and Students*, 64.

- b. According to Solomon, what is the basis of true wisdom? Proverbs 9:10; 8:13; 15:33.

Note: “The great work of life is character building, and a knowledge of God is the foundation of all true education.” *Patriarchs and Prophets*, 596.

“The experimental knowledge of true godliness, found in daily consecration and service, ensures the highest culture of body, mind, and soul. This consecration of all our powers to God prevents self-exaltation. The impartation of divine power honors our sincere striving after wisdom that will enable us to use our highest faculties in a way that will honor God and bless our fellow men.” *Testimonies*, vol. 8, 63.

Monday

MOSES FORSAKES EGYPT

- a. How extensive was Moses’ training, considering Egypt was the most highly civilized nation of his time? Acts 7:22.

Note: “In the schools of Egypt, Moses received the highest civil and military training. Of great personal attractions, noble in form and stature, of cultivated mind and princely bearing, and renowned as a military leader, he became the nation’s pride. The king of Egypt was also a member of the priesthood; and Moses, though refusing to participate in the heathen worship, was initiated into all the mysteries of the Egyptian religion.” *Education*, 62.

- b. When confronted with the choice between worldly honors and serving God, what did Moses choose? Why? Hebrews 11:24–27.

- c. What was necessary in order for Moses to unlearn the negative aspects of his Egyptian education? Exodus 3:1, *first part*.

Note: “In the wilds of Midian, Moses spent forty years as a keeper of sheep. Apparently cut off forever from his life’s mission, he was receiving the discipline essential for its fulfillment. Wisdom to govern an ignorant and undisciplined multitude must be gained through self-mastery. The influences that had surrounded him in Egypt, the affection of his foster mother, his own position as the grandson of the king, the luxury and vice that allured in ten thousand forms, the refinement, the subtlety, and the mysticism of a false religion, had made an impression on his mind and character. In the stern simplicity of the wilderness all this disappeared.” *Education*, 62, 63.

“Many have, as had Moses, very much to unlearn in order to learn the very lessons that they need to learn. He had need to be self-trained by severest mental and moral discipline, and God wrought with him before he could be fitted to train others in mind and heart.” *This Day With God*, 321.

“It was not the education received in Egypt that enabled Moses to triumph over his enemies, but an ever-abiding, unflinching faith, which did not fail under the most trying circumstances.” *The Signs of the Times*, July 12, 1905.

Tuesday

FREEDOM FROM THE EDUCATION OF EGYPT

- a. What counsel should we listen to when educating our children? Jeremiah 10:2; Proverbs 19:27.

Note: “In turning from God’s word to feed on the writings of uninspired men, the mind becomes dwarfed and cheapened. It is not brought in contact with deep, broad principles of eternal truth. The understanding adapts itself to the comprehension of the things with which it is familiar, and in this devotion to finite things it is weakened, its power is contracted, and after a time it becomes unable to expand.

“All this is false education. The work of every teacher should be to fasten the mind of the youth upon the grand truths of the word of Inspiration. This is the education essential for this life and for the life to come.” *Christ’s Object Lessons*, 41, 42.

- b. What is God’s purpose for us, just as it was for ancient Israel? Deuteronomy 14:2. What do we, like Israel, desire instead? 1 Samuel 8:5.

Note: “The discipline and training that God appointed for Israel would cause them, in all their ways of life, to differ from the people of other nations. This peculiarity, which should have been regarded as a special privilege and blessing, was to them unwelcome. The simplicity and self-restraint essential to the highest development they sought to exchange for the pomp and self-indulgence of heathen peoples. To be ‘like all the nations’ (1 Samuel 8:5) was their ambition. God’s plan of education was set aside, His authority disowned.” *Education*, 49, 50.

- c. What danger should we guard against? John 12:43. Can Christ dwell in a divided heart? Matthew 6:24.

Note: “It is not His [God’s] design that those whose services He has purchased, shall be trained to serve mammon, trained to receive human praise, human glorification, or to be subservient to the world.” *Fundamentals of Christian Education*, 470.

“We cannot be half the Lord’s and half the world’s. We are not God’s children unless we are such entirely.” *Steps to Christ*, 44.

Wednesday

NEW TRAINING NEEDED

- a. Why do we need to be re-educated by God? Judges 17:6; Isaiah 53:6. Why did the parents among the Israelites need re-education after they left Egypt? How are we any different to them today?

Note: “When brought out of Egypt there were among the Israelites few prepared to be workers together with Him in the training of their children. The parents themselves needed instruction and discipline. Victims of lifelong slavery, they were ignorant, untrained, degraded. They had little knowledge of God and little faith in Him. They were confused by false teaching and corrupted by their long contact with heathenism.” *Education*, 34.

“Parents will have need of patience and moral strength, in order that in the fear of God they may unlearn the customs of the world.” *The Review and Herald*, November 13, 1894.

- b. What happened to those Israelites who did not accept the training God wanted them to have? 1 Corinthians 10:5, 6. To which sins were they more prone due to their education in Egypt?

Note: “The Lord did not forsake His people in their wanderings through the wilderness, but many of them forsook the Lord. The education they had had in Egypt made them subject to temptation, to idolatry, and to licentiousness, and because they disregarded the commandments of the Lord, nearly all the adults who left Egypt were overthrown in the wilderness; but their children were permitted to enter Canaan.” *The Review and Herald*, December 17, 1895.

- c. What are we to keep in mind as we seek to educate our children and youth? 1 John 2:15–17; Romans 12:2.

Note: “The great lesson to be given to the youth is that, as worshipers of God, they are to cherish Bible principles, and hold the world as subordinate. God would have all instructed as to how they can work the works of Christ, and enter in through the gates into the heavenly city. We are not to let the world convert us; we are to strive most earnestly to convert the world.” *The Review and Herald*, August 17, 1897.

Thursday

FOLLOWING GOD’S PLAN

- a. How was God’s original plan for education shown in the life of Abraham? What was the intended result of this education? Genesis 18:19.

Note: “In the divine plan of education as adapted to man’s condition after the fall, Christ stands as the representative of the Father, the connecting link between God and man; He is the great teacher of mankind. And He ordained that men and women should be His representatives. The family was the school, and the parents were the teachers.

“The education centering in the family was that which prevailed in the days of the patriarchs. For the schools thus established, God provided the conditions most favorable for the development of character. . . . The men who held fast God’s principles of life dwelt among the fields and hills. They were tillers of the soil and keepers of flocks and herds.” *The Adventist Home*, 181.

- b. Why is communion with God an essential part of education? Job 22:21.

Note: “When the mind of man is brought into communion with the mind of God, the finite with the Infinite, the effect on body and mind and soul is beyond estimate. In such communion is found the highest education. It is God’s own method of development.” *The Acts of the Apostles*, 126.

Friday

PERSONAL REVIEW QUESTIONS

- 1 Instead of gratifying selfish ambition, what does true education lead us to do?
- 2 How can we forsake Egypt today? Why do we need to do this?
- 3 In what ways are we imitating the world in the way we educate our children?
- 4 Why do many parents today need to be trained in God’s methods of education? What do they need to unlearn?
- 5 Where were the first schools, and how can we return to God’s plan for education today?

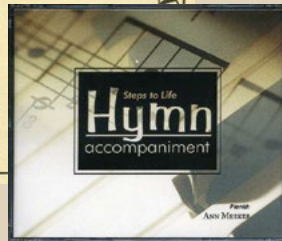
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3 cups dried figs, hard stems removed
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1/2 tsp. salt

Process

Place all ingredients in a large food processor and pulse until finely chopped, almost the consistency of sand. This may take 3-5 minutes. Remove blade and scoop mixture out using a scoop or your hands. Form mixture into balls by pressing the mixture tightly together with your hands. Refrigerate in an air-tight container for up to 7 days.





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