

HISTORIC LANDMARKS

OF ADVENTISM

A Song for You

*Life is uncertain and none
of us know how long we
have our loved ones with us.
We need to show them love
at every opportunity.*

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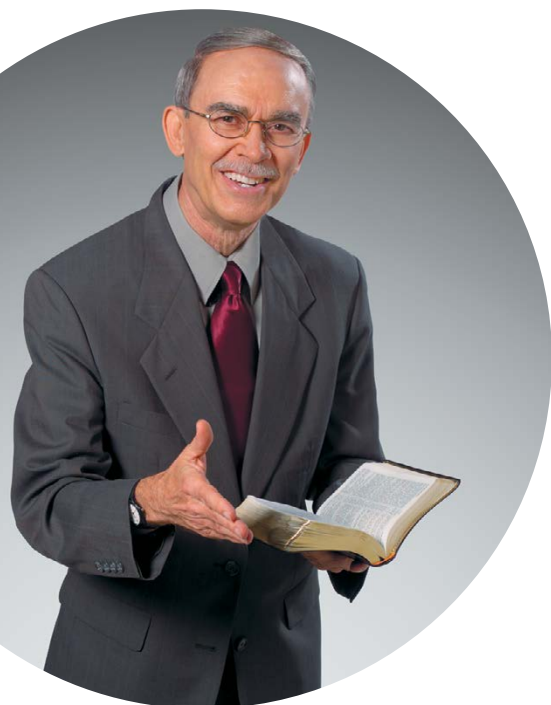
Not One in One Thousand

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Removing — the — Candlestick

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From the Editor

John J. Grosboll

Tuberculosis and Modern Pandemics

Tuberculosis, a major cause of death throughout the world even today, was one of the leading causes of death in Ellen White's day. It is usually spread by infected air-borne droplets, coughed up by individuals with the active disease and inhaled by susceptible persons—a very similar means of transmission to the modern emerging viruses that have recently caused panic throughout the world. Therefore, Ellen White's counsel to God's people about how to help people afflicted with tuberculosis has never been more appropriate for study and application than today. Here is her counsel:

"Sanitariums that are erected for consumptive patients should be placed some distance out of the city, where there is plenty of open space, a clear stream, and land which can be cultivated. Then the patients can be drawn out into the fresh air, while those who are strong can cultivate the soil. ...

"Large numbers of persons with this disease should not be gathered together in one home. ...

"She [Sister Hansen] may entirely recover from her lung difficulty, but it will be well to take every precaution. ...

"Let those of the patients who are able to work be given something to do.

They should give the muscles judicious exercise. Let them work in the soil. This will be found especially advantageous. Let all be taught that cheerfulness is God's remedy for sickness. Let them talk faith, and think as little as possible about disagreeable things. Let the heart go forth in praise and thanksgiving to God. Let them pray for themselves and for one another, and let them keep the love of God in the soul. The great Physician can heal consumption. ...

"Many who are threatened with consumption will be healed through faith. Many others will be healed through proper eating and drinking and through living largely in the open air. To those who are suffering from this disease I would say, Take regular exercise, and keep as cheerful as possible. Keep busy, and live as much as possible out-of-doors. Keep your heart free from all jealousy and evil-surmising, and ask God to help you to improve as fast as possible. Some will overcome the disease; yes, many will, through faith in the mighty Healer. 'Let him take hold of My strength, that he may make peace with Me;' the Lord says, 'and he shall make peace with Me' (Isaiah 27:5)."

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HISTORIC

LANDMARKS

OF ADVENTISM

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LANDMARKS is a magazine of Steps to Life, a ministry established in 1988 by Seventh-day Adventists. It is dedicated to the publication of the historic doctrines held by God's true people in all ages. Its special emphasis is to present truth (2 Peter 1:12)—those historic doctrines espoused by Seventh-day Adventist pioneers in the nineteenth century. Its purpose is to help all of God's remnant people to press together in unity, holding high the banner on which is inscribed the commandments of God and the faith of Jesus. This magazine is designed to help believers to defend the faith and to expose the flood of false doctrine by which the truth is being assailed in these last days. It is the goal of **LANDMARKS'** editors to present articles based on truth from the Bible and the Spirit of Prophecy. Viewpoints of writers and/or contributors expressed outside of articles printed in this publication are not necessarily the views of this magazine's editors and are not endorsed by Steps to Life Ministries.

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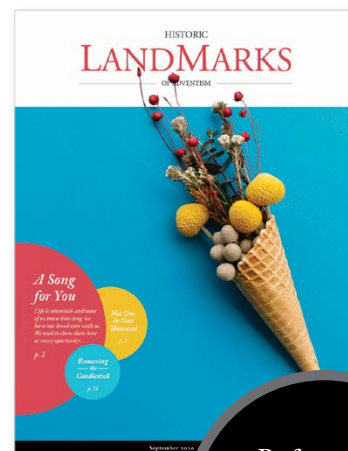
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A Song for You

By John J. Grosboll

It happened in 1829 to a young girl by the name of Susanna Foster. She had a younger sister by the name of Elisa who lived to be very old. She also had some brothers, one of which was Steven Foster, a famous song writer from the last century. Susanna was a very promising musician and singer, but while she was still young, she contracted tuberculosis, a disease of the lungs. She was seriously ill and was expected to die. Some of her friends stayed up all night with her, not knowing at the time that it would be her last. At 4:30 in the morning, she awoke and sang a song. Her voice was clear and crisp; however, a short time after, she died, never to sing again.

Her family mourned her loss. Steven Foster was so young when she died that he never really got to know his sister personally, but the memory of her song on the night she died lived on.

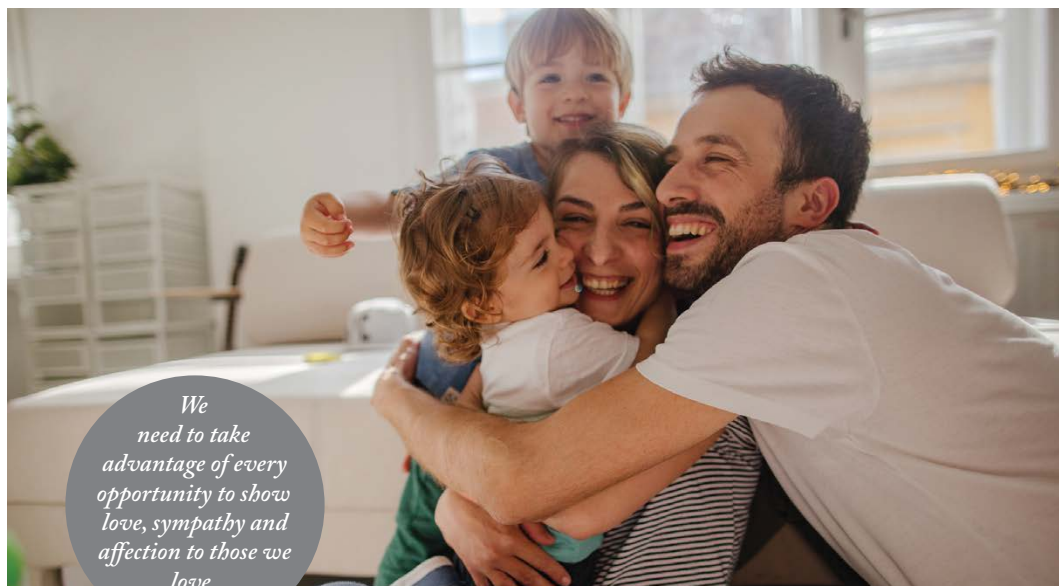
There are often discouraging experiences in life that we simply do not understand. Some years ago, another young woman with two young daughters and a little baby boy died. After having a surgery for cancer, she went through a course of chemotherapy followed by some other treatments in an effort to help her get better. However, she did not get better; she got worse. When you are only 29 years old and you have two beautiful daughters and a beautiful baby boy, the last thing you want to do is die.

In the Bible, there is a story about a man who was told that he was going to die. The prophet Isaiah came to Hezekiah and told him to get his house in order, thus he was given forewarning. Hezekiah did not want to die right then so he turned his face towards the wall and he said, “Lord, I do not want to die.”

Hezekiah pleaded with the Lord that he would live a little longer and the Lord answered his prayer telling him that he would lengthen his life another fifteen years. However, a very sad thing happened during that time. Hezekiah fathered a child by the name of Manasseh who was one of the most wicked kings that ever ruled Judah. It was Manasseh who was responsible for martyring Isaiah the prophet and it was because of his influence that the children of Israel were taken into captivity.

This was the terrible consequence that resulted because Hezekiah did not die at the right time, at God’s appointed time.

Sometimes it is hard to accept God’s will when we do not understand the big picture. This young lady, only 29 years old, did not want to die either, but her condition worsened. The last time I saw her at church she was so sick that she was in a wheelchair and on oxygen. Her husband, standing beside her, too sad for words, just gave a nod of recognition.



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No words were exchanged; it was just too sad to say anything. Unknown to me then, it was the last time I would see her alive; a few days later she died. I visited her husband with his three children and felt the emptiness and the hollowness inside their home. The light of that house was no longer there; this man’s crown of rejoicing was no longer with them.

Jesus said, “Do not marvel at this; for the hour is coming in which all who are in the graves will hear his voice and come forth—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation” (John 5:28, 29, literal translation).

This young lady had deteriorated so much that she had to be taken to a hospital. The family all knew she was dying, but still every effort was made to try and save her life and help her to stay a little longer. As the evening grew on, her husband decided to stay there with her all that night. In the afternoon she had asked him, “Who are all these people in my room?” He looked around and said, “I don’t see anybody; there’s nobody here.” She was insistent that there was, that the room was full of bright shining

beings who were all around her bed, but he did not see anybody.

Pretty soon it was supper time. Surprisingly, for being in her condition, she ate a good supper and after supper they had a wonderful conversation together. They did not know then, but it would be their last conversation together, and then she went to sleep.

This lady had prayed, “Lord, if I have to die, because this is so distasteful to me leaving my children, please let me die in my sleep.” The Lord that night answered her prayer, and she went to sleep. About 5:00 o’clock in the morning, her husband who was sleeping in a chair by her bed, woke up with a start. He felt her and saw that she was not breathing. Ten minutes before, the nurse had checked on her and had seen that everything was fine. The doctors tried to resuscitate her, but it was too late; she was gone. She was only 29 years old, leaving two beautiful girls, a two-year-old baby boy, and a loving husband. Who can understand?

Life is so uncertain. At every opportunity show the members of your family the affection that you ought, so that if something should happen and they are taken suddenly from you, you will have some pleasant memories of

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Life is uncertain and none of us know how long we have our loved ones with us.

the way you talked to them, and the way you treated them.

A physician was working in his office when his wife stopped by on her way to do some business downtown. She had wanted some time with him but was brushed off because he was “too busy.” A few minutes later he received the telephone call that everyone dreads.

A policeman was on the other end of the line informing him that his wife had been involved in a serious car accident. A few minutes before, he had been impatient and “too busy.” Would those words be the last he would ever speak to her, words of impatience?

What if something happened to somebody you love? Would the last words you spoke be words that you would want to remember? Always make sure that your parting words are a pleasant exchange and never impatient or fretful. Life is uncertain and none of us know how long we have our loved ones with us. We need to take advantage of every opportunity to show love, sympathy and affection to those we love.

“Home should be made all that the name implies. It should be a little heaven upon the earth, a place where the affections are cultivated instead of being studiously repressed. Our happiness depends upon this cultivation of love, sympathy, and polite courtesy to one another. The reason why there are so many hard-hearted men and women in our world, is because true affection has been regarded as weakness, and has been discouraged and repressed. The better part of the nature of those of this class was perverted and dwarfed in childhood; and unless rays of divine light can melt away their coldness and hard-hearted selfishness, the happiness of such is buried forever. If we would have tender hearts, such as Jesus had when He was upon the earth, and sanctified sympathy, such as angels have for sinful mortals, we must cultivate the sympathies of childhood, which are simplicity itself. Then we shall be refined, elevated, and directed by heavenly principles.” *The Review and Herald*, June 22,

1886. We need to express love and affection in our homes so that our children don’t grow up to be hard-hearted. What kinds of words do you speak with your spouse and with your children, with your brothers, and with your sisters?

That Sunday morning, I was on the way to the prison and needed to get all the sadness from my mind for the prisoners needed to be encouraged. I had been going to this jail for some time and I knew there would be between 15–25 inmates who would be there to sing songs and hear the gospel. Out of that jail ministry there were people who had accepted Christ, some who had become Seventh-day Adventists, and I was going there to be an encouragement to them and cheer them up. Jesus said, “Let not your heart be troubled; you believe in God, believe also in Me. In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also” (John 14:1–3).

Promises like this we would share with the people in the prison and tell them that there are no jails in heaven. Neither will there be hospitals or any other trouble at all in heaven. The prisoners loved to hear about heaven and they loved to sing the song, “Power in the Blood.”

As Jesus comforted His disciples when they were in trouble, He left us an example. In the first chapter of 2 Corinthians you can read how Paul also comforted those who found themselves in all kinds of trouble. While behind bars many inmates reach out for hope of a better life. This can be a very fruitful field for evangelism for Christians who are able to comfort prisoners and give them hope.

As I was on my way to the jail, I was preoccupied with thoughts about these children who had just lost their mother from cancer. I just could not shake it out of my mind as I went up into the cell block that morning. One of the prisoners, whom I knew quite well, recognized a different expression on my face at once and asked, “What’s the matter with you, preacher?”



“

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My purpose for being there that day was to encourage these people and not to tell them my troubles. He had asked a direct question, so not to tell a lie, I told him about my friend whose wife had just died from cancer, that she was only 29 years old with three children, two older girls and a little baby boy, two years old, and that when he grows up he will not even be able to remember his mother.

That whole cell block went quiet. Though I was only talking to this man who had asked me the question, everybody else was listening. I came right up to the bar that divided us and he did the same, and looking up into my face he began to tell me the story of his life.

He said, I have two older sisters, and when I was two years old my mother died from cancer. She was only 29 years old. When my mother died, my father could not cope and as a result became an alcoholic. There was nobody to take care of the children, so we were separated. My two sisters were raised somewhere else and I was taken to an orphanage.

This man had heard the Gospel presented a number of times with never a response, but now, all of a sudden, I understood what had happened to this boy, what had happened to this man. He

had grown up deprived of a mother to love him, without the special tender love of a family, and no one to express that love and sympathy and affection that is so needed. With his mother, whom he never knew, and his father an alcoholic as a result, he had become hard-hearted, and as he became a man he had gotten into trouble with the law and ended up in jail.

Never before had this man responded after hearing the Gospel, but this time his heart was touched. I had been given the key to his heart as he had told me the story of his life, and he was now ready to respond and receive hope and comfort.

“The Lord has done great things for us, and we are glad. Bring back our captivity, O LORD, as the streams in the South. They who sow in tears shall reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him” (Psalm 126:3–6).

With all the prisoners still listening, even though I was just talking to this one man, I asked him if his mother was a Christian. He said that his sisters had told him that she had been a Bible believing Christian. Then I asked him if he would like to see his mother again some day, and he said, “Yes.” I commenced to tell him how that could happen. Someday Jesus is going to come back to this world; He is going to come back from heaven. The Bible says that every eye is going to see Him and when He returns, He is going to look down on this world, and He is going to say, “Awake and sing, you who dwell in dust” (Isaiah 26:19).

I told him that when Jesus comes in the clouds and says, “Awake, awake, awake, ye that sleep in the dust and arise” (Ephesians 5:14), your mother is going to awake and come out of the grave, and she is going to look for you. If you surrender your heart and life to Jesus, you are going to be there. Your mother is going to look for you when she wakes up when Jesus returns.



There are so many hard-hearted people because true affection has been regarded as weakness, and has been discouraged and repressed.

By the way friend, when Jesus comes, is there anyone who is going to wake up and look for you? Are you going to be there? If you are there, then they are going to sing.

I believe one of the persons who will awake in the first resurrection and will look for me, is my father. My father died as a result of being hit by a car in April 2000. I remember when I was a small boy at home, over and over again I heard my father pray during family worship. He would ask the Lord that our family might be saved, without the loss of one. My father did not want anybody in his family to be lost. He continually worked for all people wherever he lived in the world to share the Gospel with them, but he always prayed that *all* his family would be saved.

Who is going to look for you? Are they going to sing? Are they going to have a song in the night for you because you are there?

In Isaiah 30:29 the Lord says that you are going to have a song in the night.

Isaiah 21 talks about the watchmen: "Watchman, what of the night? ... The watchman said, 'The morning comes, and also the night. If you will inquire, inquire; Return! Come back'" (Isaiah 21:11, 12)!

The night of sin, friends, is almost over and the eternal morning is going to

break very soon for the righteous. It will be eternal night for the wicked. So, because the night of sin is about over and the morning is going to come soon, the watchman says, "If you return, inquire and come."

The context of the verses in Isaiah 21 is the fall of Babylon. In Revelation 18, when Babylon falls, the morning is coming. That is one of the reasons why people are going to sing, because the night is over. They will have a song in the night because the eternal morning is coming. With it, however, is also the night; eternal night for the wicked.

"Before the final visitation of God's judgments upon the earth there will be among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic times." *The Great Controversy*, 464.

In order for the night of sin to end there must be a return to primitive godliness. As Jeremiah puts it, "ask for the old paths" (Jeremiah 6:16).

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things" (Philippians 4:8).

Come out from among them and be separate. God wants a peculiar people who reflect His image, a people who will return to primitive godliness, a people who will reject worldly ways and its entertainments, adornments, and lifestyles. God wants people who are not afraid to be known as Christians and turn away from harmful substances like alcohol, and delight in the Sabbath, the special day that God gave to man for rest and worship.

The worldly ways that have been allowed to fester in the church have caused confusion and strife. Proverbs 13:10 says, "By pride comes nothing but strife."

The Lord is coming! He is going to end this night of sin and we are going to have a song. But the people who have the song are going to be the people who beforehand had an experience in primitive godliness.

Make sure you are among that group of people, the ones who have a song, and are ready to meet their Lord and Savior when He returns (Isaiah 30:29, 30). **LM**

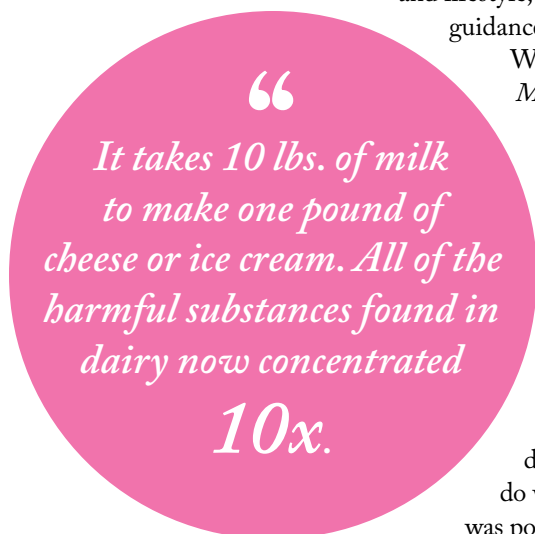
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Not One in One Thousand

By Gene A. Swanson

After working in the health field and observing people over many years, I have come to the conclusion that not one in one thousand Seventh-day Adventists are following the complete health reform information that has been given to us as a people in the Scriptures and the writings of Ellen White. We are counseled in Ephesians 6 to put on the whole armor of God so we can resist the devil (verse 13). Numerous times throughout the writings of Ellen White we have been told that the health reform message is the right arm of the gospel. My question for many years has been, How does one put on a suit of armor with one arm? IMPOSSIBLE! Yet that is the condition of the vast majority of Seventh-day Adventists. Since not one in one thousand carefully and prayerfully observe the total health message, not one in one thousand has both arms available to put on the “whole armor of God”.



Although we have more than 2,500 pages written by God's last day prophet on health and lifestyle, the majority continue to seek guidance from secular sources.

We are told in the book, *Medical Ministry*, on page "x" in the preface to the second edition that "The promulgation of the health message was for fifty years a topic of major concern to Ellen White. She wrote more in the field of health than on any other single topic of counsel." Yet still the vast majority of Adventists, especially pastors, continue to believe that diet and lifestyle have nothing to do with one's salvation. The question was posed by the pastor of my local church to the congregation, "Is diet and lifestyle a salvational issue?" The overwhelming response from the congregation was a resounding, NO!

How blind, deceived and ignorant can we as a people be? We have all heard or read the statement from *Christ's Object Lessons*, page 69, "When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own." Then there is the statement in *Counsels on Diet and Foods*, page 22, "It is impossible for those who indulge the appetite to attain to Christian perfection." So I ask the question, "If we must have Christ's perfect character before He can come to receive us to Himself at the second coming and it is impossible to have that character when we are not fully practicing the total health reform message, then how do we expect to be ready for His coming?" IMPOSSIBLE!

We need to take a long hard look at just exactly what comprises the total health message. Top of the list is the consumption of the flesh of animals. Notice this quote: "Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be prepar-

ing for translation to heaven." *Testimonies*, vol. 2, 352.

Many Adventists look at Leviticus, chapter 11, which discusses clean and unclean meats when it comes to what is acceptable to eat. However, there is much more recorded in the rest of the book regarding meat consumption.

If someone in the camp of Israel ate something that was unclean he was to leave the camp, wash his clothes and himself, wait until sundown, and only then could he return to the camp and to his family. (See Leviticus chapter 22.)

But if someone ate some meat, even clean meat that contained the fat and/or the blood, it says in at least three places in Leviticus, in chapters 7, 17, and 18, that such an individual would be "cut off" from among his people.

The Hebrew word for *cut off* used here is *karath*, the same word that is used in Daniel 9:26, where it says that in the middle of the week Messiah would be "cut off." We all know what happened to Jesus in the middle of the 70th prophetic week of Daniel 9. He was crucified and suffered the second death. I am pretty sure that a McDonald's hamburger has not had the fat and blood removed nor has the steak that you buy at the local meat market been ritually slaughtered so as to remove all fat and blood.

When God gave Noah and his family permission to eat animal flesh, it was due to the fact that all plant life had been destroyed in the great flood. The use of animal flesh for food was to only have been for one, maybe two years, until the plant kingdom had reestablished itself on this earth. I would also surmise that as intelligent as the antediluvians were, Noah took quite a large quantity as well as selection of seeds onto the ark so that he could reestablish his vegetable garden after the flood. After that, mankind was supposed to return to the original diet given by God to man.

Let's consider next animal products other than meat. Top of the list is dairy.

True, dairy in the form of milk and soft cheeses are mentioned in the Scriptures. However, animals were kept by the owners

and ate natural foods which had been designated for them from the beginning. As we near the end of time we are told that animals will become more and more diseased as sin increases and that the time will come that it will be unsafe for health to use these products.

“Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men.” *Testimonies*, vol. 7, 135.

I was a child during the Second World War. During that time, if my mother needed something from the grocery store, we would walk a few blocks to a local “mom & pop” store. There was no such thing then as Walmart or any other supermarket. Milk was delivered by a local dairy to your doorstep in glass bottles. Eggs were produced by a local egg farmer. All vegetables and fruits were grown by local farmers, mostly without pesticides.

Shortly after the war ended in 1945, the first supermarket that I ever saw opened in Denver. The big food conglomerates began to appear, which for most people saw the end of pure food grown locally. Now only 4 or 5 mega-conglomerates control the production of almost all foods, animal and plant.

From the very beginning all the way through to your table every aspect of whatever food is being produced is controlled, and most of the time not for your health benefits. The food is to be produced as rapidly and as cheaply as possible—the dollar is paramount, not your health. That is why foods, for the most part, particularly foods of animal origin, are now unsafe for human consumption.

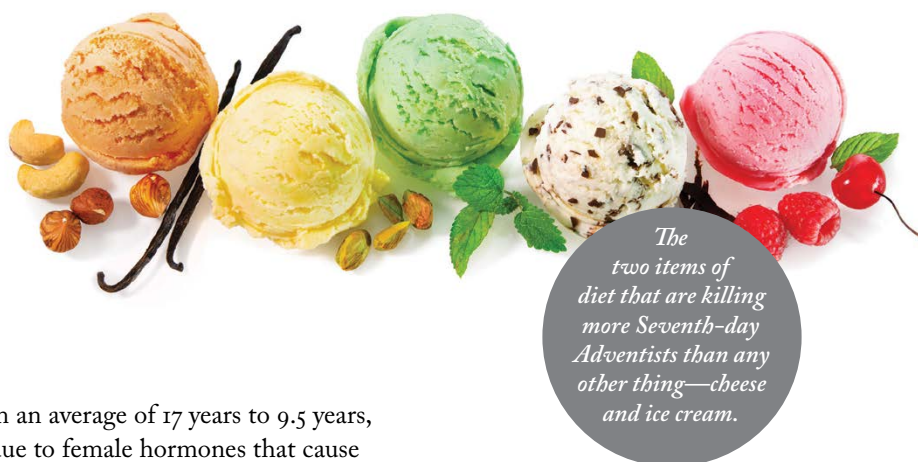
Milk contains at least 57 bioactive hormones. These hormones are mostly female hormones since a cow is female. During the last 100 years, the age when a girl reaches the menarche has dropped

from an average of 17 years to 9.5 years, all due to female hormones that cause little girls to develop years before they should. Boys don’t fare much better since one of the most active of these hormones has the designation of IGF-1. This hormone is a growth hormone that is 200 times more potent than natural human growth hormone.

When I was in high school in the 1950s, a big boy might be 6’ tall and weigh 180 pounds. Today it is not unusual to find high school boys that are 6’4” and weigh in excess of 250 pounds, all due to this growth hormone. This is not natural and has proven to be very harmful. In fact, this hormone has been found in the tissue of every one of the nearly 200 different kinds of malignancies known to affect humans. After all, it makes tumors grow fast as well.

Saturated fat and only cholesterol are found in animal products. These substances lead to the most common diseases that affect humans: cancer, heart attacks, strokes, osteoarthritis, diabetes, hypertension, macular degeneration, hearing loss, and a host of others.

These fatty substances not only promote these diseases, but are primary in the need for hearing aids and joint replacement. How? In the eye, ear and joints of one’s body are very tiny capillaries that provide the nourishment for these structures. When they get plugged up with these fatty substances, they cease to work. In every joint of one’s body there is cartilage that makes the joint work smoothly. Surrounding

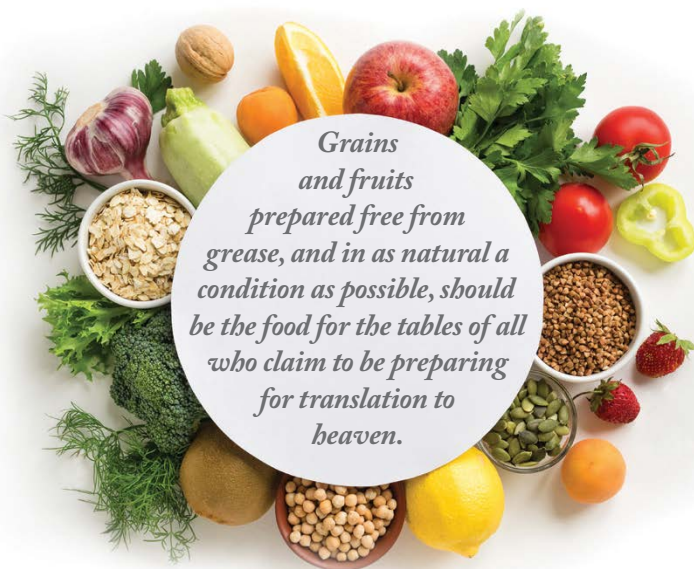


The two items of diet that are killing more Seventh-day Adventists than any other thing—cheese and ice cream.

the joint is a sack known as a bursa, composed of a tough sack lined with a synovial membrane that secretes synovial fluid which provides nourishment, oxygen and removes metabolic wastes. The cartilage in the joint has no blood vessels, but is living tissue supplied by the synovial membrane. When the capillaries in the synovial membrane become plugged by fats, the cartilage dies and gradually wears away until one has nothing but bone on bone. That is painful and requires a joint replacement.

Many people think that because they use unsaturated oils that they are safe. Sorry! There have been at least 6 recent studies on the use of olive oil which show that cardiovascular disease (the plugging up of capillaries with fat) progresses at the same rate as it would with the use of solid animal fat. Many have swallowed the advertising campaign of the food companies instead of looking to inspired writings and/or scientific studies. Popular in recent years has been what is called “The Mediterranean Diet,” which is supposed to prevent cardiovascular disease.

Just what is a Mediterranean Diet? Let’s take a little trip around the Mediterranean Sea, starting with Morocco in North Africa. We will travel around the sea in a counter clockwise direction. Next we come to Algeria, then Tunisia, then Libya, then Egypt, then Israel, then Lebanon, then Syria, then



Turkey, then Greece, then Albania, then Bosnia/Herzegovina, then Croatia, then Trieste, then Italy, then France, then Spain. Within the Sea we find Cyprus, then Crete, then Sicily, then Malta, then Sardinia, then Corsica, then the Balearic Islands. Now the diet of which of these countries are you going to choose? All are Mediterranean.

In the writings of Ellen White on health and diet, you will find the following statement with slight variations 114 times. It is basically this: fruits, vegetables, whole grains, legumes and nuts (sparingly) prepared in as simple a manner as possible, free from grease of all kinds, constitute the best diet for mankind.

Notice that this diet is not a fat free diet, as some who obviously can't read and correctly assimilate what has been written assume. It is the preparation of the food that is to be grease and oil free. After all nuts, seeds, and many vegetables and fruits have oils and fats in them—for example: avocados, olives, as well as seeds and nuts. Ellen White mentions the benefits of olive oil three times, each time she states that olive oil as taken in the olive is beneficial to the digestive tract—not poured out of a bottle.

Now to the two items of diet that are killing more Seventh-day Adventists than any other thing—cheese and ice cream.

It takes about 10 pounds of milk to make one pound of cheese or ice cream. All of the harmful substances found in dairy are now concentrated by a factor of 10 times. It was no wonder Ellen White said: "Cheese should never enter the stomach" and "Cheese is wholly unfit for food." These statements are found in *The Ministry of Healing*, 302, and in *Counsels on Diet and Foods*, 368. I now ask the question, "What part of *never* don't you understand?" Cheese also has three times the acid producing properties of a steak and is a main cause of osteoporosis, since the body has to pull calcium from the bones to neutralize the acid produced. Eggs are also very high on the list to cause acid production in the body and they are loaded with cholesterol.

The dessert table at an Adventist gathering is next. George Vandeman, of "It Is Written," wrote me a letter years ago which I still have. In it he said that the dessert table at most Adventist potlucks would put to shame the table of 'delicacies' set before Daniel and his friends by Nebuchadnezzar.

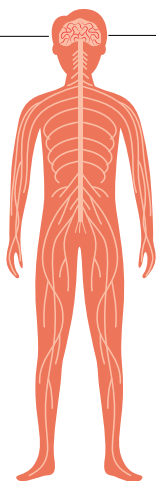
Sugar is one of the most detrimental items in anyone's diet. Numerous studies have been done which show that even a small amount of sugar inactivates one's white cells, the body's first line of defense against invading organisms.

How much does it take to damage one's immune system?

An average adult has about 5 liters (5000 ml) of blood. A normal blood sugar has 1 mg of sugar in each ml of blood. So one's total blood sugar in 5000 ml would be 5000 mg of sugar which amounts to one rounded teaspoon. That is all. A single glazed donut has 6 teaspoons of sugar. A serving of chocolate cake with a scoop of ice cream has 12-15 teaspoons of sugar. A banana split has 25 teaspoons of sugar. Now you can see how sugar has the potential to do damage to one's immune system. And people wonder why they catch a cold or the flu. It is because they pursued it until they caught it.

Chocolate is actually worse for one than coffee. I have had many ask me, "If it is worse than coffee, then why didn't Ellen White write about it"? She very clearly states that coffee, tea, alcohol, and tobacco use is a sin. There are many things she never mentioned such as cocaine, heroin, methamphetamines, as well as many other harmful substances. There is a very logical reason why she said nothing about chocolate. It wasn't until 1904 that Hershey started making chocolate products in Hershey, Pennsylvania. By the time of her death in 1915 chocolate still was not as common as it is today.

Chocolate contains at least 10 substances that are harmful. They are: Sugar (chocolate in its natural state is very bitter and requires a lot of sugar to make it palatable), Caffeine (chocolate has about 1/3 the amount of caffeine that coffee contains), Theobromine (theobromine is a methylxanthine and is a first cousin to caffeine. Chocolate contains more of this substance than any other source), Cocoa Butter (this is a saturated fat which plugs arteries), Phenylethylamine (this chemical is a neuro-excitotoxin and has the same effect as an antidepressant that a psychiatrist might prescribe for a depressed patient), Oxalic Acid (this substance binds calcium and forms



*the blood of the entire
human body*

1 tsp



*glazed
doughnut*

6 tsp



*chocolate cake
with ice cream*

12 tsp



*banana
split*

25 tsp

Sugar Content

calcium oxalate which is insoluble and precipitates out in the kidneys, contributing to kidney failure), Purines (these substances are also found in red meats and are the excitotoxins and stimulants), Tyramine (this is also an excitotoxin that has, in some people, been known to cause dramatic rises in blood pressure), Tannic Acid (this harmful substance is what is used to tan leather. It is very irritating to the stomach lining), Bugs (due to the way that chocolate is harvested, all chocolate averages from 10%-15% insect parts, rat and mouse droppings, bird droppings, dead bugs and worms).

The principle that should govern our lives is not whether the Scriptures or the Spirit of Prophecy say anything about something, but whether or not it is harmful. Also remember the verse in 1 Corinthians 10:31 which says, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." Notice that specifically mentioned here is "eating and drinking" and then everything else that one might do in his life is listed under "whatsoever." Only "eating and drinking" are specifically mentioned; so this must have been important to God.

Most people are very lax when it comes to the time for eating, with many who are constantly snacking. I have

often asked people to name a healthful snack. The correct response is that there are NONE. Anything eaten between meals as a snack is harmful though many think nothing of having some "light refreshments" at any number of gatherings and at any time of the day or night. There are dozens of statements by Ellen White as to the harmfulness of eating between meals, after meals, or before going to bed. She says that not even an apple should be eaten between meals. Eating between meals is particularly harmful to growing children.

All meals should be at a specific time and this time should vary by no more than one-half hour. The human body functions best when it has developed certain rhythms known as circadian rhythms. When these activities vary by more than one-half hour the body suffers to the point that the immune system is affected.

Studies have been done in this area and have shown that when someone eats breakfast and then snacks an hour or two later that digestion stops completely until the new item eaten has been assimilated by what is already in the stomach. Then and only then does digestion begin again. Most have put something else into their stomach before that can occur

and thus endoscopically identifiable foods are still in the stomach as much as 14 hours after ingestion. This leads to putrefaction and fermentation. Sleep is also disturbed when there is digestion going on during the nighttime hours.

All of the above reasons and more are why I say that not 1 in 1000 Seventh-day Adventists observe the counsel that we have been given on health reform. That is also why, when we have availability to this information in the volumes written under inspiration, that most Adventists will not be ready for the second coming. Remember, "it is impossible to develop a Christ-like character while indulging in unhealthful practices."

"Sanctification—how many understand its full meaning? The mind is befogged by sensual malaria. The thoughts need purifying. What might not men and women have been had they realized that the treatment of the body has everything to do with the vigor and purity of mind and heart." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 7, 909. [LM](#)

Gene Swanson was an Adventist pediatric anesthesiologist in a large pediatric hospital. He retired in Montrose, Colorado, before he passed away.



Removing the Candlestick

*When God is Forced to Set Aside
His Favored Instrument(s)*

By Sudhir Pandit, MD

“Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.”

Revelation 2:5

The removing of the candlestick is a metaphor for the act of God in rejecting those who, entrusted with the task of diffusing the light of truth, have failed to do so. But more significantly, and sadly, it denotes the withdrawal of Jesus Himself from the individual(s), who cannot henceforth be used by Him.

It is noteworthy that the sanctuary had no windows, and the curtains were opaque. The only physical light inside the sanctuary came from the candlestick – an apt portrayal of Jesus as the only true source of light in a dark and evil world. The removal or snuffing out of the candlestick would thus result in total darkness inside the sanctuary.

Inspiration declares, “Without the light of the candlestick [Jesus in her midst], the church cannot advance, and is in a very perilous position.” *Manuscript* 81, 1900, 43, 44. It is therefore of utmost importance to ascertain the circumstances under which the Lord Jesus is likely to withdraw Himself from His people in order that we might not make the same terrible mistake that would result in such a withdrawal.

Fortunately, we are not left to speculate on this point, because the Bible and the Spirit of Prophecy make it perfectly clear for us. Let us begin by understanding a few very significant points from the inspired pen of Mrs. Ellen White: “The sin of ancient Israel was in disregarding the expressed will of God and following their own way according to the leadings of unsanctified hearts. Modern Israel are fast following in their footsteps, and the displeasure of the Lord is as surely resting upon them.” *Testimonies*, vol. 5, 94.

“The trials of the children of Israel, and their attitude just before the first coming of Christ, have been presented before me again and again to illustrate the position of the people of God in their experience before the second coming of Christ.” *Selected Messages*, Book 1, 406.

These quotes establish two powerful facts: 1) Modern Israel – the Seventh-day Adventist Church (SDA) – is treading the same path as ancient Israel, and 2) The “displeasure of God is as surely resting upon” her as upon ancient Israel. Notice that God’s displeasure is not something to be expected in the future, but is on us at this very moment. “Unsanctified hearts” in ancient Israel were responsible for their ultimate rejection and crucifixion of Jesus. It must mean, therefore, that “unsanctified hearts” have just “as surely” steered us into a path of rebellion. And we are on track to reject the Lord Jesus again.

God predicted this eventuality following the death of Mrs. White:

“I am charged to tell our people that do not realize, that the devil has device after device, and he carries them out in ways that they do not expect. Satan’s agencies will invent ways to make sinners out of saints. ‘I tell you now, that when I am laid to rest, great changes will take place. I do not know when I shall be taken; and I desire to warn all against the devices of the devil. ... I do not know especially what changes will take place; but they should watch every conceivable sin that Satan will try to immortalize.’” 1 *Manuscript*, 1, 1915.

Is there any objective evidence that the “great changes” Mrs. White feared have indeed come to pass since 1915 when she went to her rest? Regrettably, there is much to be said on this point. But first, it must be recognized that as fallible human beings, we cannot judge such cherished, yet hidden, evils as envy, jealousy, pride, to mention a few – all of which are incompatible with the candlestick of God. But it is incumbent on us to apply the infallible test of Matthew 7:20 and “know them by their fruits.” The external words and acts are an irrefutable gauge to the inner state of the heart. So, it is in this category of evidence that we will confine ourselves to, as we consider the direction the corporate church is headed.

I The Spirit of Prophecy
“My brethren, I feel great sorrow of heart. I shall not appear before you again in our general gatherings unless I am impressed by the Spirit of God that I should. The last General Conference

that I attended gave you all the evidence that you will ever have in any meeting that shall be convened. If that meeting did not convince you that God

is working by His Spirit through His humble servant, it is because the candlestick has been removed out of its place. ... God is knocking at the door of the heart; but as yet the door has not opened to let Him enter and take full possession of the soul-temple.” *Manuscript Releases*, vol. 18, 196.

The rejection of the Spirit of Prophecy, both overtly and covertly, is probably the greatest sin of the SDA church. Many examples can be cited where official publications of the church deny, denigrate or dismiss the writings of Mrs. White. This is none other than the rejection of God Himself who gave her to the remnant church to steer her through the fatal deceptions of the last days. On every hand, in every area of mission and ministry, is evidence piled upon evidence of rank apostasy and deliberate disobedience. If there were just one sin for which God would be justified in removing the candlestick from the SDA church, it would have to be the casting aside of the Spirit of Prophecy in practice, if not in actuality. But there is more.

2 Health Reform
“Those who are truly on the Lord’s side will be self-denying and self-sacrificing. They will eat and drink to the glory of God, refusing to corrupt soul and body by intemperance. Then the condition of the church will testify that her light has not been

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The removing of the candlestick is a metaphor and denotes the withdrawal of Jesus Himself from the individual.”

removed. But if church members do not act the part God has assigned them, the movement of health reform will go on without them, and it will be seen that God has removed their candlestick out of its place. Those who refuse to receive and practice the light will be left in the background." *A Call to Medical Evangelism and Health Education*, 45, 46.

It is common knowledge that many of our ministers who stand behind the pulpit Sabbath after Sabbath, are not health reformers—they are not vegetarians, much less vegan. This deplorable state of affairs is rarely, if ever, addressed by men in responsible positions. The thinking, perhaps, is that because ingesting clean meats is not a test of fellowship to a new-born Adventist, that it is of no consequence for leaders to keep to the same low standard of diet as well. But the Spirit of Prophecy is unequivocal in stating that all God's people should quit eating flesh foods as we approach the end of time. Especially should ministers and leaders be exponents of health reform in strict veganism.

3

True Education

"The education given in our schools should be of that character which will strengthen the spiritual intelligence and give an increased knowledge of God and of Jesus Christ. This kind of education will qualify men to become missionaries ...

"Unless our schools rise to a much higher plane of action, their candlestick will be removed out of its place." *Manuscript Releases*, vol. 8, 250.

It is a matter of much sad and solemn regret that the vast majority of our institutions of learning are of a worldly character, preparing students, for the most part, for high paying jobs in the world. Schools like Madison College, Tennessee, in the days of Ellen White are extremely few and far between, if present at all. The blueprint

in this area has been all but denied and disregarded in total.

4

Medical Missionary Work

"Great light has been shining in regard to medical missionary work. Had our people accepted this light when first presented, what a change would now be seen in the ranks of Sabbathkeepers. If we do not heed this light, our candlestick will certainly be removed out of its place. The Lord has been withdrawing His presence from some who have had great light but who have failed to walk in accordance with this light." *Ibid.*, vol. 2, 181.

Who can deny that the medical work officially conducted by the Seventh-day Adventist Church is a far cry from the medical missionary work endorsed by the Spirit of Prophecy?

5

Litigation of Believers

"When troubles arise in the church we should not go for help to lawyers not of our faith. God does not desire us to open church difficulties before those who do not fear Him. ...

"These men cast aside the counsel God has given, and do the very things He has bidden them not to do. They show that they have chosen the world as their judge, and in heaven their names are registered as one with unbelievers. Christ is crucified afresh, and put to open shame. Let these men know that God does not hear their prayers. They insult His holy name, and He will leave them to the buffetings of Satan until they shall see their folly and seek the Lord by confession of their sin." *Selected Messages*, Book 3, 299.

The seriousness of the brazen disobedience in this matter cannot be overstated. Even though it is not explicitly stated that the candlestick will be removed for the sin of suing a brother in court, it is obvious that if God will

not hear the prayers of the guilty party, it means that the candlestick has been explicitly removed – Jesus has left the apostates to their wicked devices. The guilt of the SDA church in this matter is well documented in the public records.

More exhibits can be provided to demonstrate the total refutation of light by our leaders. The foregoing are the most egregious examples that come to mind. Clearly, if God does not call the church to account now, He will have to apologize to the ancient church for the holocaust of A.D. 70, which He was forced to bring upon their stubborn heads.

The question that begs to be answered now is, How far does modern Israel go in repeating the history of ancient Israel? Will she reverse course, step back from the brink of the precipice, and turn whole heartedly back to God again? Most unfortunately, prophecy reveals that she will careen off the cliff into rejecting Jesus too—this time in the Person of the Holy Spirit. Note the decimation of the church that has rejected the Holy Spirit manifesting in the latter rain:

"There is to be in the [Seventh-day Adventist] churches a wonderful manifestation of the power of God, but it will not move upon those who have not humbled themselves before the Lord, and opened the door of the heart by confession and repentance. In the manifestation of that power which lightens the earth with the glory of God, they will see only something which in their blindness they think dangerous, something which will arouse their fears, and they will brace themselves to resist it. Because the Lord does not work according to their expectations and ideal, they will oppose the work. 'Why,' they say, 'should we not know the Spirit of God, when we have been in the work so many years?'" *Maranatha*, 219.

"In the last vision given me, I was shown the startling fact that but a small portion of those who now profess the truth will be sanctified by it and be

saved. Many will get above the simplicity of the work. They will conform to the world, cherish idols, and become spiritually dead. The humble, self-sacrificing followers of Jesus will pass on to perfection, leaving behind the indifferent and lovers of the world.” *Testimonies*, vol. 1, 608, 609.

In view of this sobering fact, how does God expect His faithful people to relate to the emergency? Are we to glue ourselves to the church pew, comforting ourselves with the hope that God will fix matters at the headquarters in His own time and way? Or are we to take a more proactive stance?

What about the quote, so often cited, that the Church will go through to glory? Let us look at it closely:

“Satan will work his miracles to deceive; he will set up his power as supreme. The church may appear as about to fall, but it does not fall. It remains, while the sinners in Zion will be sifted out—the chaff separated from the precious wheat. This is a terrible ordeal, but nevertheless it must take place. None but those who have been overcoming by the blood of the Lamb and the word of their testimony will be found with the loyal and true, without spot or stain of sin, without guile in their mouths. ... The remnant that purify their souls by obeying the truth gather strength from the trying process, exhibiting the beauty of holiness amid the surrounding apostasy.” *Maranatha*, 203.

Here are the points established by this quote: 1) The Sunday laws of Satan plunge the SDA Church into an existential crisis. 2) The storm of persecution causes “the chaff” (“sinners in Zion”) to be blown away. 3) The crisis is so severe – so much chaff is blown away – that the church appears to be in a state of imminent collapse. 4) Nevertheless, because “the precious wheat” “remains,” the church survives. 5) The “wheat” are designated as “the remnant,” a minuscule fraction of the original church. 6) They are “without spot or stain of sin,



It is common knowledge that many of our ministers are not health reformers.

without guile in their mouths.” 7) This description confirms them to be none other than the 144,000 sealed saints of Revelation 7. 8) God recognizes them as His “church.” 9) Therefore, the great majority – the chaff – their profession notwithstanding, were never really a part of God’s church at all! They were plants and agents of Satan! 10) The tiny, post-crisis remnant “church,” shorn of all earthly trappings of greatness, bears almost no resemblance to the imposing pre-crisis entity. Yet, this is the “church” that “does not fall,” giving the lie to the notion that the present-day gargantuan SDA organization will go through unscathed.

Clearly, from the evidence presented here, the “chaff” are in control of the SDA Church. Far outnumbering “the wheat,” they wield immense power, keeping to themselves the name and assets of the church. Thus, it is entirely within reason that in the time of the great crisis, the compromising majority, still sitting in the pews and going through the motions of religion, are thought to be the “wheat,” while the troublesome “remnant,” despised and

driven away, will seem to be the “chaff” which is blown away. The external appearance of the church, therefore, will be very misleading.

This inspired scenario proves that we are right now at that point corresponding to the time in ancient Israel when God was leading a movement apart from the control of the Sanhedrin. Deeply ensconced in incorrigible apostasy, the ancient Church was about to step off the cliff in crucifying Jesus. And God was proactively preparing a small band of faithful, independent souls to meet the emergency. And so it was that the Jewish church appeared to “fall” in A.D. 70, but it “remained” in the form of the 120 Jewish disciples in the upper room (and their converts) under the direction and control of the Holy Spirit. Today Jesus is preparing 144,000 saints for a similar crisis in the Adventist Church. Answerable directly to God alone, independent of the apostate organization, they are the faithful “fishermen and peasants,” vilified and unqualified in the eyes of men, who carry the torch of truth (the candlestick) through to the end. It is because of them that the “church” does not fall.

May we “strive with all the power that God has given us to be among the hundred and forty-four thousand.” *Maranatha*, 241.

Amen! **LM**

Dr. Pandit is a retired cardiologist living in Arkansas with his wife Dorothy. He is proud to call himself a historic Seventh-day Adventist. He, with his wife, is involved in backing two self-supporting ministries in India 1) Medical Missionary Training and Lifestyle Center in South India and 2) A printing ministry in Western India. They are also founding members of a “home church” located in Hot Springs, AR. He can be contacted via his email address: sudor777@gmail.com, or phone: 870-356-4768.

Isaiah

Clues – Isaiah 55-61 KJV

Across:

- B9 How we are to point out sins in the church (two words) 58:1
 C2 Those who should be watching the signs of the times love to do this 56:10
 D9 In Heaven, all days of mourning will be this 60:20
 E1 In the final judgment, we will all be “repaid” for our _____ 59:18
 F9 These are what separate us from God 59:2
 G5 The Almighty God appreciates those of us who have this spirit 57:15
 I1 Jesus came to live among us to bind up these 61:1
 I17 We should do this to things that please God 56:4
 K1 One sin that separates us from God is when people speak these 59:3
 K15 God condemns us when _____ call for justice 59:4
 M3 God: I _____ judgment (or justice) 61:8
 M15 In Heaven, we will be named the _____ of the Lord 61:6
 N6 Jesus came to live among us to _____ good tidings to the meek 61:1
 O1 If we truly care for the unfortunate and oppressed, this will “spring forth” 58:6-8
 O15 God condemns sinners who _____ in vanity 59:4
 P8 Only those who trust in the Lord will _____ the land of heaven one day 57:13
 Q1 God pleads with us to come unto Him so our soul can do this 55:3
 R14 In Heaven this will never again be found 60:18
 S1 God condemns those who utter falsehood from their _____ (plural) 59:13
 S10 In Heaven the Lord shall replace the light of this 60:19

Down:

- A2 If we truly care for the unfortunate and oppressed, God will do this for us 58:6-9
 A12 God: I _____ robbery 61:8
 A14 In Heaven, we shall find everlasting _____ 61:7
 A18 The garments of God’s salvation are like a bride’s _____ 61:10
 A21 In Heaven, we will wear the robe of Christ’s _____ 61:10
 B7 Jesus put this on as a cloak to save us 59:16, 17
 C5 God condemns those who conceive this 59:4
 D9 God condemns those who are quick to do this 59:7
 D15 Those who are supposed to be this are blind to current events and sleeping 56:10
 F10 We should call upon the Lord while He is still this 55:6
 G8 We should supply this to those who are hungry 58:7
 G19 In Heaven, silver will be as common as this on earth 60:17
 H3 God wants us to break this of the oppressed 58:6
 I11 God’s _____ are much higher than ours 55:9
 I13 In the last days of history gross _____ of spiritual things will cover the people 60:2
 I17 If we satisfy the afflicted, God will satisfy us and will guide us _____ 58:10, 11
 K6 False _____ preach prosperity instead of the soon coming judgments of God 56:11
 N2 One sin that separates us from God is when hands are _____ with blood 59:3
 P8 We should bring the _____ and homeless to our house 58:7
 P10 Our _____ cause God to look away from us 59:2
 P14 The Lord’s hand is not shortened that it cannot do this 59:1
 P21 What we should do to the Lord while we still can 55:6
 Q4 This is not so heavy that God will not hear us 59:1

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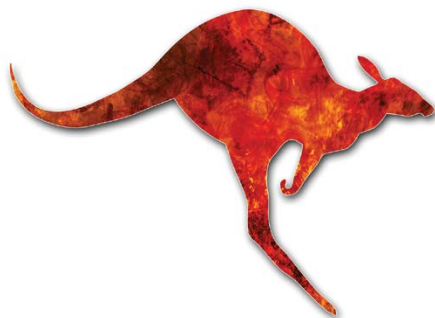
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“If thou turn away thy foot from the Sabbath,
from doing thy pleasure on My holy day;
and call the Sabbath a delight, the holy of the LORD, honourable,
and shalt honour Him, not doing thine own ways,
nor finding thine own pleasure, nor speaking thine own words:
Then shalt thou delight thyself in the LORD.” *Isaiah 58:13, 14.*

“Judgment is turned away backward, and justice standeth afar off:
for truth is fallen in the street.” *Isaiah 59:14.*





I Will Rebuke the Devourer

Bring ye all the tithes into the storehouse. ... And I will rebuke the devourer for your sakes" (Malachi 3:10, *first part*, 11, *first part*). When I read these words, I can say, "Amen. Truly the Lord's promises are sure."

Way in the northeast corner of the little southern state of Australia proper, four miles from the town, lived a Sabbath-keeping family. Loving the Lord and this message whole-heartedly, they strove to live up to all the light that shone from the pages of God's word, and endeavored to return to the Lord His own in tithes and offerings. We children were taught to keep count of our pennies, and when we had ten, to give one to the Lord.

The story I am going to tell belongs to the summer of 1899. The season was well worthy of its name, for each day the sun's rays seemed to send out, if possible, a fiercer heat. Slowly life and energy seemed to be leaving us. Stock

died, and everything was in a parched, dried-up condition.

Our home was surrounded by bush land, and along the southern boundary flowed a clear-water creek.

Away to the southeast, portions of the Australian Alps could be seen. In summer these often appeared a combination of smoke and flame, for bush fires were prevalent in those parts; while in the winter they put on a cap of snowy purity. This summer bush fires were raging in many places.

Christmas was approaching—a time in childish minds associated with nothing but joy and happiness. For many weeks we had been surrounded by a thick wall of smoke, sometimes close at hand, sometimes farther away. At first this caused some anxiety, but gradually that died away. Several times Father had been called out to fight fires that had started a short distance away, but that, too, had grown to be a common occurrence.

At last word reached us that a fierce bush fire was raging some miles away, and was traveling in our direction. The wall of smoke grew denser, and at times we were unable to see more than a chain from the house. It was Sabbath, the day before Christmas, and it seemed impossible for the sun to send out greater heat. We children dispensed with as much clothing as possible, and endeavored to keep still and quiet. A fire had started about three miles from our home, and Father had gone away early that morning to assist in an endeavor to check it.

The smoke all around seemed to thicken, and between twelve and one o'clock Mother sent one of the boys to a neighbor to inquire whether he thought there was any possibility of the large bush fire reaching us. He came back with the assurance that the fire was miles away, and going in another direction. That was comforting, to say the least; for what could two women, with six children to protect, do against this terrible scourge?

Mother said that when one of the boys had had something to eat, he was to take some refreshment to Father. When he had finished his dinner, he went out to get his pony, but rushed back almost immediately with the cry, "The fire's in our paddock [small enclosure to keep horses]!" Mother went out, and there, not more than two hundred yards from the house, was the awful fire fiend sending out tongues of flame in every direction, and licking up all in its path. The large fire had reached us! What was to be done? To combine rapidity of action with presence of mind was absolutely necessary. Mother gathered us around her, and for a moment knelt in prayer, committing us to the care of our heavenly Father, who is all-powerful.

Blankets were snatched and wrapped around the three little ones, as a protection against sparks, and they were given into the care of us three older ones, the eldest but sixteen. The next question was where to go. One of our paddocks had been almost completely cleared of timber, and that was the first place thought of; but on second thought it was decided that the creek would be the safest place.

Mother sent us ahead, for she had to help Grandma, who had more than reached her allotted span of life. When a short distance away, I looked back and saw that the stables and barn were alight. We hastened on while sparks flew over and around us and lighted trees on the other side of our path. After reaching the creek, we waited for Mother, and then we all went to a neighbor's [house] across the creek.

Where was Father all this time? Those at the other fire found they were unable to check its fury, and seeing smoke coming from the direction of their own homes, turned

toward them. Being unable to reach home by the usual route, Father had to make a circuit of about three miles. When he reached the homestead, everything around it was blackened, but the house stood firm, a monument to the truthfulness of God's word.

Right through the apiary of one hundred hives the fire had swept, but only one hive was destroyed. No human hand had been there to

check the progress of the flames, and nothing but the interposition of God through His angels could have done so.

We went home in the evening, and the most eloquent language would fail to portray the solemn grandeur of the scene.

As the shadows deepened, the red glare in the heavens, the flaming trees, and the millions

of sparks that were sent skyward, equaled the finest display of fireworks. Next day the three horses were found still huddled in a corner of one of the paddocks, where they had stood with their heads to the fire. How close the devourer came to them may be judged from the fact that the animals' noses were scorched.

The neighbors on either side of us lost their homes; in the same district two or three lost their lives, while our losses were comparatively slight. Truly the God that now lives is the same God that led His people out of Egypt and through the wilderness to the Promised Land, and still He cares for and leads His children in this wilderness of sin, and if we trust Him He will bring us through to the Promised Land.

"Bring ye all the tithes into the storehouse, ... and prove Me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it" (Malachi 3:10).

The Youth's Instructor, February 29, 1916, Pearl Tolhurst, 11, 12. [LM](#)

“
*Everything around
it was blackened, but
the house stood firm,
a monument to the
truthfulness of God's
word.*”



Be in Earnest

We are to work as we have never worked before. We are to seek every opportunity of drawing souls to Christ. The Lord is coming very soon, and we are entering into scenes of calamity. Satanic agencies, tho unseen, are working to destroy human life. If our life is hid with Christ in God, we shall see of His grace and salvation. Christ is coming to establish His kingdom in the earth. Let our tongues be sanctified, and used to glorify Him. As a people we need to be reconverted, and our lives sanctified to declare the truth as it is in Jesus.

As we engage in the work of distributing our publications, we can, from warm and throbbing hearts, speak of a Saviour's love. God alone has the power to forgive sins. If we do not deliver this message to the unconverted, our neglect may prove their ruin. Blessed, soul-saving, Bible truths are to be published in our papers. The Lord calls upon all of us to seek to save perishing souls.

We do not realize how cunningly Satan is at work to deceive, if possible, the very elect. Now is our time to work with vigilance. Our books and papers are to be brought before the notice of the people; the gospel of present truth is to be given to our cities without delay. We need to arouse to our duties. If we are making the life and teachings of Christ our study, every passing event will furnish a text for an impressive lesson. It was thus our Saviour preached the gospel in the highways and by ways; and,

as He preached, the little group that listened to His words would swell into a great company.

"Be instant in season, out of season" (2 Timothy 4:2, *first part*). We are to make opportunities for presenting the truth. Christians are to be workers together with Christ. They are to engage in many lines of evangelistic work.

After His resurrection, Jesus spake to His disciples, saying, "All power is given unto Me in heaven and earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost; teaching them to observe all things whatsoever I have commanded you; and, lo, I am with you alway, even unto the end of the world" (Matthew 28:18–20).

Just now, when people are thinking seriously, literature on the signs of the times, wisely circulated, will have a telling effect in behalf of the truth. At this time, when awful calamities are sweeping away the most costly structures as if by a breath of fire from heaven, many sinners are afraid, and stand trembling before God. Now is

our opportunity to make known the truth to them.

God's judgments are abroad in the land. Shall we allow these things to come upon the world without telling the people the meaning of these terrible calamities, and how every

one may escape from the wrath to come?

Shall we let our neighbors remain in darkness without a preparation for the future life? Unless we ourselves realize where we stand, the day of God will come upon us as a thief.

Brethren and sisters,

will you put on the Christian armor?

"Your feet shod with the preparation of peace" (Ephesians 6:15), you will be prepared to walk from house to house, carrying the truth to the people. Sometimes you will find it trying to do this kind of work; but if you go forth in faith, the Lord shall go before you, and will let His light shine upon your pathway. Entering the homes of your neighbors to sell or to give away our literature, and in humility to teach them the truth, you will be accompanied by the light of heaven, which will abide in these homes. *The New York Indicator*, June 12, 1907. **LM**

“

Unless we ourselves realize where we stand, the day of God will come upon us as a thief.

Separation



John the Baptist separated himself from home and friends. Why would he do such a thing? We are told:

- "... it was necessary that he should form a character unbiased by any surrounding influence.
- It was necessary that his physical, mental, and moral conditions should be of that high and noble type that would qualify him for a work which required firmness and integrity, that when he should appear among men he could enlighten them, and be instrumental in giving a new direction to their thoughts, and awakening them to the necessity of forming righteous characters.
- John would bring the people up to the standard of divine perfection." *The Spirit of Prophecy*, vol. 2, 46.

Interestingly, John even "... denied himself of the ordinary comforts of

life." Ibid. In keeping apart from the world John had no bias, no favoritism, and no preferences. He truly walked with the Lord—nothing stole his heart except Jesus.

"It was his choice to be secluded from the luxuries of life, and from depraved society. Pride, envy, jealousy, and corrupt passions seemed to control the hearts of men. But John was separated from the influence of these things, and, with discerning eye and wonderful discrimination, read the characters of men. He lived in the quiet retreat of the wilderness, and occasionally he mingled in society; but would not remain long where the moral atmosphere seemed to be polluted. He feared that the sight of his eyes and the hearing of his ears would so pervert his mind that he would lose a sense of the sinfulness of sin." Ibid.

Is that your fear? So many have lost a sense of the sinfulness of sin because the

eyes have not looked away from evil and the hearing not sheltered. Many have seen evil so long and so often in their homes and in society that it has become normal. I hear people say, "Well, it is just a little thing."

Is it "just a little thing" to lose the sense of sinfulness? That thought is totally of the devil, for he lost out on heaven and he wants you also to lose out. Separation means to disconnect or a parting of the ways. Are you parting from the ways of this world and from the ruler of this world? Remember: "Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it" (Matthew 7:14).

Separate—get out of the whirlwind—don't get caught in the midst. "And He said unto them, Come ye yourselves apart into a desert place" (Mark 6:31).

Heavenly Father: How do I get out of the whirlwind of the world? Grant me of Thine Holy Spirit that I may separate from the whirlwind the devil has created in my life. Save me from the so-called luxuries of life that draw my heart away from You. Give me the courage to separate from anything which takes my heart or my mind from You. Thank You. Amen. **LM**



Your Letters

"Just a note of encouragement. I am a believer in Steps to Life ministries. Especially love and collect the *LandMarks* magazine. May God continue to bless and keep you safe."

—CS, Oregon

"Want to thank you all again for the DVDs and *LandMarks*. It's really a blessing. We home church and it's just my husband and I. May the Lord continue to bless you all.

Your sister and brother in Christ,"

—L&DF, Florida

"I enjoy the *LandMarks* magazine. Thank you for your dedicated work to spreading the gospel message."

—JW, North Dakota

September Sermon of the Month

Crucified with Christ

By John J. Grosboll

The cross cuts directly across all personal inclinations and turns the repentant heart toward Jesus.

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

From the Desk of Pastor John J. Grosboll

September 2020

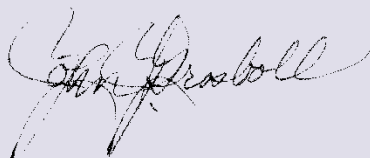
Dear Friend,

Our mission is to take the three angels' messages—God's last invitation of mercy to a fallen race and this is a most precious privilege that is given to God's children today. If we are looking, God will be providing us daily with opportunities for cooperating with the angels in doing this. Before leaving our motel room this morning my wife and I had prayer together and asked that God would make us a light in this world today and witnesses for Him. I had no idea how God would do this since we would be traveling most of the day by automobile to finish a long trip and after reaching home there would not be much time to do any visiting. I did not know how it would be possible, but I want God to use me in some way every day in His work. The Lord can use us in many ways that we could not imagine if we are willing.

As we were traveling, we were slowed down by road construction so decided to stop at the approaching rest area. Entering the men's restroom, I was pleasantly surprised at how spotlessly clean this restroom was. When I walked out of the restroom, I passed the lady who was employed to keep the restrooms clean and told her that I really appreciated the job she was doing and that I knew they would not have such a good appearance if it were not for the work that she was doing. She responded positively to my remarks and agreed to accept the gift, the book, *Shelter in the Storm* that I offered to express my appreciation for the wonderful work that she was doing for all of the traveling public. When my wife passed the cleaning lady, she noticed that she had temporarily stopped her work and was reading the book.

Watch for the opportunities, though seemingly small, that God opens up for you.

Sincerely, Your brother in God's closing work,



John J. Grosboll

Radio
La Verdad Presente
Two Souls for the Kingdom



Radio towers of La Verdad Presente in Guadalajara, Mexico.

During one of our Sunday broadcasts this past May, Mrs. Consuelo Jiménez called to request the book offers of that day: *Steps to Christ* and *The Great Controversy*.

When the books were delivered, we were warmly received. To our surprise she had invited a close friend who also requested the book offer. As we visited, she informed us that her husband had recently passed away. In her grief she thought that the only thing that would help her through her sorrow was to read the word of God. She began to study with a group of “evangelicals.” It was a blessed experience until the minister planned to be the featured speaker for a public event. The entire responsibility for planning the event fell on her. She thought she had done all to the best of her God given ability and was disappointed when the minister said that the program did not feature him the way

he wanted. His display of pride really discouraged her.

After she prayed, God impressed her to tune into “The Present Truth.” She has been truly enriched by the truths she has heard and now understands that we must fix our eyes on Christ and not on man, and that the Law of God was not nailed to the cross. Not only to her, but to the friend that she had invited, these weekly broadcasts have been a tremendous blessing, bread from heaven that they were hungering to receive. Especially now with the restrictions of COVID-19, having the weekly radio broadcasts to listen to is absolutely precious.

Could we reach more if we had daily broadcasts instead of weekly?

Thank you, brethren, for your continued support of the broadcast of “La Verdad Presente” and for your prayers.

Maranatha! Christ is coming very soon! **LM**

from the
Mission Fields



Nigeria is Africa's most populous country of 214 million inhabitants. Half of the population is Muslim, the other half is Christian.

Nigerian Appreciation

By John Pearson

God's people have ever been supportive of the work in the mission field, eager to see the gospel message spread far and wide. After all, we know that as soon as the three angels' messages are heard by every nation, kindred, tongue, and people, Jesus will return to end the chaos that plagues this present world.

Using the funds that you have sent over time in support of the mission field, Steps to Life was able recently to fulfill a request from our Bible volunteers in Nigeria to aid them in setting up a printing operation by purchasing a printing press and peripheral equipment to begin supplying their area with the Adventist message in the local language. Following is the letter of gratitude we received from the brethren there.



Computer, toner, and inverter



Direct imaging machine



Cooling system

Brethren,

The Lord must be praised for your kind and spirited efforts in helping the work surge forward, even in this most difficult of all times. Praise the Lord for you all.

The items we had requested have all been bought, which includes the following:

- **The Direct Imaging Machine**

This machine includes a computer system for designing and sending translated and other materials. We have printed the Steps to Life Bible lessons, and also *LandMarks* magazine. A PDF of the most recent issue was downloaded from the Steps to Life website, printed by the machine, and distributed to eager recipients.

- **A cooling system for the equipment**
- **Pins for securing the copies of printed tabloids and others, etc.**

To accomplish our goal of widely distributing materials, our only challenge is printing paper, which, by His grace we will make efforts to secure some quantity on our part to commence printing.

We have translated the Steps to Life lessons into Tiv, and if our brethren in Eastern Nigeria can have the lessons translated into the Igbo language, they can be printed as well. We have also printed the lessons in English.

Having the lessons in the local language has become necessary now, since the pandemic has made large scale gatherings of people near impossible unless the Lord turns things around in the near future.

The use of the printed page for sending out truth cannot be overemphasized now. Door to door outreach efforts and giving personal Bible studies are the best means of sharing the truth, along with literature distribution, which has been planned by the various churches within our communities.

Sadly, we in Nigeria do not know when travel restrictions will be lifted so we can meet with our brethren from other parts of the country, especially at the Division level, but we will continue our efforts to reach out through whatever means the Lord makes available.

Thanks so very much to Steps to Life and most especially to the Most High King in heaven for His kindness and protection, giving us the privilege to be alive and share the final warning message to a dying world.

May His grace abound with us all as we work for the Master.

Your brother in the faith,

Daniel Terence
Nigeria

Elephant Shrew



The world is full of quirky creatures, and the elephant-shrew is a perfect example. These furry, long-nosed animals resemble a mix between miniature antelopes, anteaters, and rodents, says Galen Rathbun of the California Academy of Sciences in San Francisco. Even though their name and appearance suggest otherwise, elephant-shrews are more closely related to aardvarks, sea cows, and elephants than they are to shrews.

Checkered elephant shrews are found only in central and southeast Africa, Uganda, southern Tanzania, northern Zaire, northern and eastern Democratic Republic of Congo, northern and central Mozambique, northeastern Zambia, and Malawi. Although found in a range of habitats, the checkered elephant shrew is

more adapted to areas where water and plentiful supplies of food are available year-round. The thick ground cover of coastal bush forest, as well as highland and lowland forest, provides an ideal habitat.

Elephant shrews are terrestrial and are active during the day. Their ears and eyes are large, and, when alarmed, they run on their toes swiftly along paths that they construct and maintain, sometimes leaping over obstacles. When foraging, they move along the pathways, using their paws and the constantly moving proboscis to turn over leaf litter and soil in search of prey, which consists of small insects (especially ants and termites), other arthropods, and earthworms.

Elephant shrews take their name from their long pointed head and very long, mobile, trunk-like nose. Long, slim legs

and characteristic hunchbacked posture give them the appearance of a miniature antelope or perhaps a tiny pig with a long tail. A gland on the underside of the tail produces a strong scent used to mark territories. This musky smell apparently serves as a deterrent against many carnivores.

Unlike many small mammals, the checkered elephant shrew is only active during daylight. It feeds nearly all day, constantly poking its long nose under leaves and forest litter. The mouth is set back and below the nose, but the tongue is extremely long and can be extended beyond the end of the nose. It eats invertebrates like ants, termites, beetles, spiders, millipedes and worms.

www.animalstown.com/animals/e/elephant-shrew/elephant-shrew.php **LM**

Q:

What did Jesus mean by the terms “bind on earth” and “loose on earth”?

A:

“‘Verily I say unto you,’ Christ continued, ‘whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven’ (Matthew 18:18).

“This statement holds its force in all ages. On the church has been conferred the power to act in Christ’s stead. It is God’s instrumentality for the preservation of order and discipline among His people. To it the Lord has delegated the power to settle all questions respecting its prosperity, purity, and order. Upon it rests the responsibility of excluding from its fellowship those who are unworthy, who by their un-Christlike conduct would bring dishonor on the

truth. Whatever the church does that is in accordance with the directions given in God’s word will be ratified in heaven.” *Testimonies*, vol. 7, 263.

“Peter declared, ‘Thou art the Christ, the Son of the living God’ (Matthew 16:16). He waited not for kingly honors to crown his Lord, but accepted Him in His humiliation. ...

“Peter had expressed the truth which is the foundation of the church’s faith, and Jesus now honored him as the representative of the whole body of believers. He said, ‘I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatso-

ever thou shalt loose on earth shall be loosed in heaven’ (verse 19). ...

“The Saviour did not commit the work of the gospel to Peter individually. At a later time, repeating the words that were spoken to Peter, He applied them directly to the church. And the same in substance was spoken also to the twelve as representatives of the body of believers. If Jesus had delegated any special authority to one of the disciples above the others, we should not find them so often contending as to who should be the greatest. They would have submitted to the wish of their Master, and honored the one whom He had chosen.” *The Desire of Ages*, 412–414. **LM**



Let Your Skin Breathe!



Much of the fabric used today for making garments is made from synthetic materials. It is always good to know what fabric your clothes are made of and how they will affect the health of your body. We all need to take care of our skin. It is beneficial to your health when wearing clothes that allow the skin to breathe. A person dressed in a satin shirt would be much less comfortable than the person who chose to wear a cotton shirt. This is because of the breathability of the fabric. The following article will help you to understand the different fabrics and how they affect your skin and eventually your health.

“Breathability can be defined as the fabric’s ability to allow air and moisture to pass through it. This is determined by the composition of fibers and how tightly they are woven together. Wearing breathable fabric helps your skin breathe by allowing sweat to evaporate rather than block skin pores. This also helps regulate your body’s temperature. So, when you go shopping for your summer wardrobe, look out for these fabrics.

1. **Cotton:** Cotton is a natural fiber that can be found in a number of varieties. However, not all of them are

breathable. For your skin to breathe, avoid cotton blends and stick to 100% cotton fabric. Seersucker and madras cotton are great for summer. Cotton clothes are ideal for dry summers as well as humid conditions.


2. **Linen:** The light weight nature of linen makes it an extremely breathable fabric. This natural fiber also absorbs moisture very well.
3. **Light Silk:** Silk is often termed as a winter material but light silks are ideal for any weather. Silk is highly absorbent and dries quickly thus allowing your skin to breathe. It also has natural climate regulating properties that allow it to stay cool in summers and warm in winters. Silk is also the most hypoallergenic fabric available.
4. **Chambray:** Chambray is a breathable alternative to denims. While heavy weight chambray has a rugged appeal, light weight chambray can have a casual as well as dressy appeal.

On that note, here are a few fabrics to avoid

1. **Nylon:** Nylon is a completely synthetic material with low absorption and a water repellant nature. Thus

not only will it not allow sweat to evaporate, it will trap your sweat within your clothes. This is both uncomfortable and unhealthy.

2. **Polyester and Polyester blends:** Like nylon, polyester is water repellent and thus allows perspiration between your clothes and your skin causing the garment to stick to the body. Don’t assume a polyester cotton blend to be any better as even a 40% synthetic presence can keep the fabric from absorbing sweat.
3. **Viscose or Rayon:** Both these fabrics are often passed off as cotton. However they do not have the absorption or breathability nature of cotton. While it will not trap heat like nylon and polyester, rayon also repels water thus leading to a perspiration build up.
4. **Satin:** Satin is produced by weaving nylon and polyester together and hence is synthetic and does not allow the skin to breathe. Also satin is thick and heavy.

www.lybrate.com/topic/which-kind-of-clothing-lets-your-skin-breathe/261ae16ed-de88edf9cadof3d59393789 

Though a Prisoner, Still Free

By John J. Grosboll

There are many people among the higher classes today to whom vice, presenting its glittering allurements, ends up holding them willing captives. However, the gospel has always achieved its greatest success among the humble class of men and women of this world who are willing to make a break from sin.

The apostle Paul in his letter to the Corinthians says, “The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: ‘I will destroy the wisdom of the wise, and bring to nothing the understanding of the prudent.’ Where is the wise? Where is the scribe? Where is the disputer of this age? Has not God made foolish the wisdom of this world? For since, in the wisdom of God, the world through wisdom did not know God, it pleased God through the foolishness of the message preached to save those who believe. For the Jews request a sign, and Greeks seek after wisdom; but we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. Because the foolishness of God is wiser than men, and the weakness of God is stronger than men. For you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many noble, are called. But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are” (1 Corinthians 1:18–28).



“
*There are many
 people among the higher
 classes today to whom vice,
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 allurements, ends up
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 captives.*”

A good example of how this works is found in the experience of Paul when he was taken to Rome the second time. The first time he arrived in Rome with letters proclaiming his innocence from people like Festus and Felix and Lysias, and at his trial, he was acquitted and set free. But, when Paul was seized in the house of a disciple in Troas and arrested the second time, he was taken to Rome as a poor and friendless prisoner.

That time he would not be able to attract the attention of the wealthy nor the titled class of Roman citizens whose whole lives, physical, mental, and moral, were on a completely different plane than that of the apostle. To them, just as today among the higher classes, vice presented all its glittering allurements and held them willing captives. Within the city of Rome, there were a multitude of servants and slaves who were toil-worn, want-stricken victims of Roman oppression. There were poor slaves who were ignorant and degraded, but in spite of their condition, they were willing to listen to the words of Paul. They found in the faith of Christ a hope and a peace that sustained them and cheered them under the hardships of their lot in life.

So, the apostle's work in Rome as a prisoner began with the humble and the lowly, the servants, the slaves with whom he came in contact and who visited him at his home. However, this invitation of salvation soon reached the very palace of the emperor.

Rome was at this time the metropolis of the world and the haughty Caesars were making laws for nearly every nation upon the earth. The king and the court were either completely ignorant of who Jesus of Nazareth was, or they regarded Him with hatred and derision. Yet, in less than two years during the time of Paul's first imprisonment, the gospel found its way from the prisoner's lowly home into the imperial halls.

Paul was in bonds as an evil doer. His enemies thought that his life work as an apostle

was ended, that he could not go out and do public evangelism as he had done in Athens, Corinth, and Ephesus, and other cities in the Roman Empire. But, as Paul wrote to Timothy, “the word of God is not bound” (2 Timothy 2:9 KJV). And we find that Paul, in his chains in Rome, in a situation that seemed that it would be impossible for him to do anything for the cause of Christ, became one of the most effective evangelists that there has ever been in the history of the world.

In Philippians 4:22, Paul says, “All the saints greet you, but especially those who are of Caesar's household.” Nero was the Roman Caesar at that time. History shows that in no other place existed an atmosphere that was more hostile to Christianity than the Roman court when it was administered by such a monster of wickedness as was Nero.

Nero seemed to have obliterated from his soul every trace of the divine and even the human, and totally bear the impress of that which was Satanic. His attendants and his courtiers in general were of the same character as himself – fierce, debased, and corrupt. To all appearance it would be impossible for Christianity to gain a foothold in such a wicked place. And yet, in this case, as in so many others, Paul's assertion that he made to the Corinthians in his second letter to them was proved true.

He said, “The weapons of our warfare are not carnal but mighty in God for pulling down strongholds” (2 Corinthians 10:4). Trophies for the cross of Christ were won even in Nero's household. From the vile attendants of an even more vile king were gained converts who became the sons of God.

These servants in Nero's household were not Christians secretly. They were Christians openly and were not ashamed of their faith, even though they knew that at any time it could cost them their lives. These converts felt the warmest affection for those who were older in Christian faith and experience, and they were not afraid or ashamed to call them brethren sending special greetings to the other churches that had been raised by Paul.

Paul could no longer publicly proclaim the faith of Christ with winning power and with signs and miracles as he had done in previ-

ous years. Because he was under house arrest, he could only proclaim the truth to those who came in contact with him at his own house. He was apparently cut off from public labor, yet it was during that time when the greatest victory was won for the truth of the gospel in the headquarters of the Roman Empire.

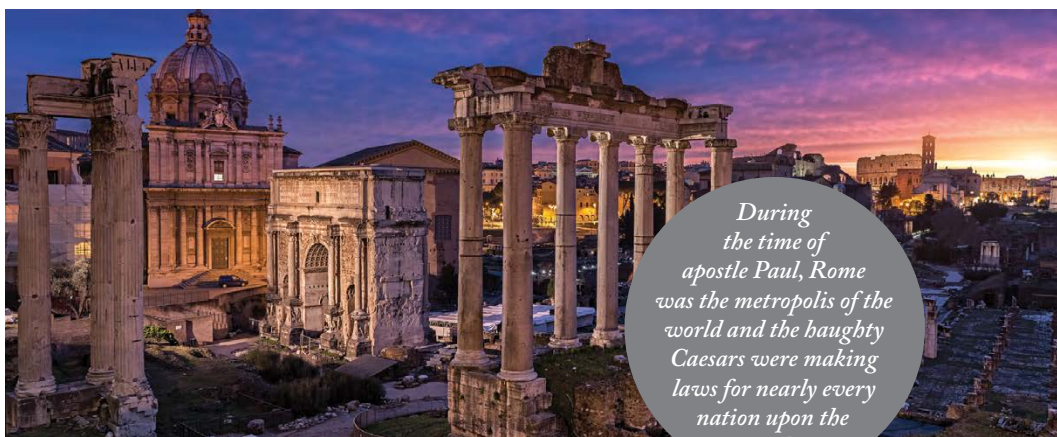
In his letter to the Philippians, Paul writes, “I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel, so that it has become evident to the whole palace guard, and to all the rest, that my chains are in Christ; and most of the brethren in the Lord, having become confident by my chains, are much more bold to speak the word without fear” (Philippians 1:12–14).

It was not by his sermons that the apostle gained this great victory, but by his chains. It was by his bonds that the attention of the court of the Caesar had been attracted to Christianity. It was as a captive that he had captured rulers. It was with his chains that he had broken the bonds of so many souls who had been held in the slavery of sin.

The patience and meekness with which Paul submitted to a long and unjust imprisonment resulted in drawing the attention of the public and forced the conviction on many people that where there was such willingness to suffer, there must be an unwavering faith in the doctrines that were being presented.

Paul’s cheerfulness under affliction and imprisonment was completely unlike anything they’d ever seen from other prisoners. People were impressed that there must be a power abiding with this man that is higher than any human influence.

His courage and his faith were a continual sermon. And so it happened that when to all appearance he could do the least, when his power and usefulness seemed to be wholly cut off, it was then that he was gathering souls for Christ from fields from which he was apparently totally excluded.



During the time of apostle Paul, Rome was the metropolis of the world and the haughty Caesars were making laws for nearly every nation upon the earth.

We need to learn a lesson from his example. When a servant of God is withdrawn from active duty and his voice is no longer heard in encouragement, or reproof, or counsel, as human beings we are short sighted, thinking that his or her usefulness as a servant of God is at an end. However, that is not how God regards it. These mysterious providences that we see, over which we so often lament, are designed by God to do something that otherwise would never get done.

When a Christian manifests patience and cheerfulness under bereavement or suffering and when a Christian meets death with the peace and calmness of an unwavering faith in God, then it is that he or she may accomplish more to subdue the opposition of enemies than could ever be done by active missionary labor.

When through the malice of Satan and his agents God’s children are persecuted and their active labor is hindered, and they are cast into prison as was Paul, or they are dragged to the scaffold or the stake, it is then that the truth gains a greater triumph. Those who before doubted are now convinced of their sincerity, and when a Christian seals his faith with his blood, from the martyr’s ashes spring forth an abundant harvest for the garner of God. As Tertullian said 1800 years ago, “The blood of Christians is seed.”

So, if you are a Christian and find yourself in a situation where you can no longer actively labor for God and His truth, God has not laid you aside. He will use you effectively whether you are well or sick, whether you are in trouble or affliction, trial or persecution. Whatever your situation, if you are trusting in God, He will use you to win other people to the gospel.

When the grave receives a child of God, the Bible says, “He being dead still speaks” (Hebrews 11:4). Patience as well as courage has its victories. Converts may be made to Christianity by meekness as well as by boldness in enterprise. The Christians had been hoping that when Paul came to Rome, he would be able to hold evangelistic campaigns and win people to Christ and that from Rome, Christians would go out to the whole inhabited world to finish the gospel story. The whole world would then be told the story of the cross and the resurrection and hope of the Christian.

However, their hopes were crushed when the apostle arrived at Rome in chains as a prisoner. Yet, we find it was as a prisoner that he had the greatest success. As a prisoner he gained access to people in the court and in the household of Caesar, that he would never have been able to have access to in any other way. O, friend, we need to learn the lesson from the apostle Paul’s imprisonment, that whatever situation we may be

in, if we are put in prison unjustly, if we are treated dishonestly, by the law, by the court, by the government, by whomever, as a Christian, we have a hope in Christ that should never be able to be daunted, whatever other men or groups of men do to us.

It is the witness we provide when we are being treated unjustly which proves that our religion is not just talk, but that it is real, and that the power of God is actually operating in our life. Paul wrote to the Philippians, "Greet every saint in Christ Jesus. The brethren who are with me greet you. All the saints greet you, but especially those who are of Caesar's household" (Philippians 4:21, 22). Whatever difficult or unpromising situation you may find yourself in, you can still be a Christian.

Nero was of a most despicable character. During the first year of his reign he poisoned his own stepbrother who was actually the rightful heir to the throne. After this, he descended from one vice and crime to another even worse than the former, until eventually he murdered his own mother. He then murdered his wife. In fact, there was no atrocity which he was not willing to perpetrate, no vile act to which he would not stoop. Anybody who had a noble mind felt abhorrence and contempt for this person. The details of the iniquity that was practiced in his court are too degrading and horrible for description. His abandoned wickedness created disgust and loathing even among those who were forced to share his crimes.

Even those who were the closest to him were in constant fear as to what

atrocities he would suggest next. In a place like that, how could anyone repent of their sins and choose to follow Christ? How could anybody render obedience? But the gospel was presented and there were souls in Caesar's household who decided that they would

obey and follow God at any cost. So, notwithstanding the obstacles and the dangers, they decided that they would walk in the light, trusting in God for an opportunity to let their light shine to others. Who could be placed in circumstances more unfavorable to a religious life or more dangerous for living a Christian life? Who could

bring upon himself more fierce opposition than would those who chose to exchange heathenism for Christianity in the court of the Caesar?

The fact of the matter is, friend, that no human being is so situated that he cannot obey God. Today Christians have too little faith. They are willing to work for Christ and His cause only when they themselves see prospects for favorable results. But divine grace is able to aid the efforts of every believer, no matter what the circumstance is, because the Lord said to the apostle Paul, in 2 Corinthians 12:9, "My grace is sufficient for you." The Spirit of the Lord will exert its renewing and perfecting power upon every person who chooses to follow Christ and to be obedient and faithful to his divine Lord and Master.

God is the great I Am. He is the source of being, the center of authority and power. Whatever the condition or situation of His creatures, they can have no sufficient excuse for refusing to answer the claims of God. The Lord holds

us responsible for the light shining upon our pathway. We may be surrounded by difficulties that appear formidable to us. Because the way they make a living involves disobeying the Lord, people say, "How will I make a living and obey the Lord?" People make all kinds of excuses, but Jesus said to the people that were listening to the Sermon on the Mount, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Paul said, "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it" (1 Corinthians 10:13).

God is above all human authority and power. You may be surrounded by all kinds of difficulties, but the Lord is able to give you the grace, the power, the strength to obey Him, and to do His will in any situation. We don't need to spend our time worrying about the future. All we need to do is remember the words of Jesus when He said, "Sufficient unto the day is the evil thereof" (Matthew 6:34 KJV). Do not worry about what will happen next month, or ten months from now. Decide to follow the Lord today, and you will find day by day that you will receive all the grace you need to follow the Lord for that day. You do not need the grace of tomorrow today; all you need is grace to follow the Lord today and He is willing to give you all that you need if you are willing to follow and obey as were the servants in Nero's household.

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

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September 27 – October 3, 2020

God's Chosen Leader

Key Text

"By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season" (Hebrews 11:24, 25).

Study Help: *Patriarchs and Prophets*, 241–251.

Introduction

"The strength of Moses was his connection with the Source of all power, the Lord God of hosts. He rises grandly above every earthly inducement, and trusts himself wholly to God. He considered that he was the Lord's." "Ellen G. White Comments," *The Seventh-day Adventist Bible Commentary*, vol. 1, 1098.

Sunday

1. SATAN TRIES TO DEFEAT GOD'S PURPOSE

1.a. As the children of Israel, dwelling in the land of Egypt, were fast becoming a numerous race, what did Pharaoh propose to do, fearing they would one day turn against him? Exodus 1:15–17, 22.

Note: "The king and his counselors had hoped to subdue the Israelites with hard labor, and thus decrease their numbers and crush out their independent spirit. Failing to accomplish their purpose, they proceeded to more cruel measures. Orders were issued to the women whose employment gave them opportunity for executing the command, to destroy the Hebrew male children at their birth. Satan was the mover in this matter. He knew that a deliverer was to be raised up among the Israelites; and by leading the king to destroy their children he hoped to defeat the divine purpose. But the women feared God, and dared not execute the cruel mandate. The Lord approved their course, and prospered them. The king, angry at the failure of his design, made the command more urgent and extensive." *Patriarchs and Prophets*, 242.

Monday

2. PREPARING A LEADER

2.a. What was Moses' heritage? Exodus 2:1; 6:20.

Note: "[Exodus 1:22 quoted.] While this decree was in full force a son was born to Amram and Jochebed, devout Israelites of the tribe of Levi. The babe was 'a goodly child' (Exodus 2:2); and the parents, believing that the time of Israel's release was drawing near, and that God would raise up a deliverer for His people, determined that their little one should not be sacrificed." *Patriarchs and Prophets*, 242, 243.

2.b. What did Moses' mother do to save his life? Exodus 2:2–4.

2.c. How did God overrule the plans of Satan to destroy God's planned deliverer? Exodus 2:5–10. What can we learn from the way Moses' mother fulfilled her sacred trust in training her son for God?

Note: "God had heard the mother's prayers; her faith had been rewarded. It was with deep gratitude that she entered upon her now safe and happy task. She faithfully improved her opportunity to educate her child for God. She felt confident that he had been preserved for some great work, and she knew that he must soon be given up to his royal mother, to be surrounded with influences that would tend to lead him away from God. All this rendered her more diligent and careful in his instruction than in that of her other children. She endeavored to imbue his mind with the fear of God and the love of truth and justice, and earnestly prayed that he might be preserved from every corrupting influence. She showed

him the folly and sin of idolatry, and early taught him to bow down and pray to the living God, who alone could hear him and help him in every emergency. ...

“The lessons learned at his mother’s side could not be forgotten. They were a shield from the pride, the infidelity, and the vice that flourished amid the splendor of the court.” *Patriarchs and Prophets*, 243, 244.

“Every child born into the home is a sacred trust. God says to the parents, ‘Take this child, and bring it up for Me, that it may be an honor to My name, and a channel through which My blessings shall flow to the world.’” *Counsels to Parents, Teachers, and Students*, 145.

Tuesday

3. AN EGYPTIAN EDUCATION

- 3.a. Following his early education in the home, what did the second phase of Moses’ education involve? Acts 7:22. Why do you think God placed him in Pharaoh’s palace?

Note: “From the humble home in Goshen the son of Jochabed passed to the palace of the Pharaoh, to the Egyptian princess, by her to be welcomed as a loved and cherished son. 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.

- 3.b. Because of the faithful early training from his parents what choice was Moses led to make later in his life? Hebrews 11:24–26.
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Note: “Moses was fitted to take pre-eminence among the great of the earth, to shine in the courts of its most glorious kingdom, and to sway the scepter of its power. His intellectual greatness distinguishes him above the great men of all ages. As historian, poet, philosopher, general of armies, and legislator, he

stands without a peer. Yet with the world before him, he had the moral strength to refuse the flattering prospects of wealth and greatness and fame, ‘choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season’ (Hebrews 11:25).

“Moses had been instructed in regard to the final reward to be given to the humble and obedient servants of God, and worldly gain sank to its proper insignificance in comparison. The magnificent palace of Pharaoh and the monarch’s throne were held out as an inducement to Moses; but he knew that the sinful pleasures that make men forget God were in its lordly courts. He looked beyond the gorgeous palace, beyond a monarch’s crown, to the high honors that will be bestowed on the saints of the Most High in a kingdom untainted by sin. He saw by faith an imperishable crown that the King of heaven would place on the brow of the overcomer. This faith led him to turn away from the lordly ones of earth and join the humble, poor, despised nation that had chosen to obey God rather than to serve sin.” *Patriarchs and Prophets*, 246.

Wednesday

4. FROM A PRINCE TO A SHEPHERD

- 4.a. When Moses tried to work out God’s plan for Israel in his own way, what were the results? Exodus 2:11–15; Acts 7:23–29.
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Note: “Moses had supposed that his education in the wisdom of Egypt fully qualified him to lead Israel from bondage. Was he not learned in all those things necessary for a general of armies? Had he not had the advantages of the best schools in the land? Yes, he felt that he was able to deliver his people. He set about his work by trying to gain their favor by redressing their wrongs. He killed an Egyptian who was imposing upon one of the Israelites. In this he manifested the spirit of him who was a murderer from the beginning, and proved himself unfit to represent the God of mercy, love and tenderness.

“Moses made a miserable failure of his first attempt; and, like many another, he immediately lost confidence in God and turned his back on his appointed work. He fled from the wrath of Pharaoh. He concluded that because of his great sin in taking the life of the Egyptian, God would not permit him to have any part in the work of delivering his people from their cruel bondage. But the Lord allowed these things that He might teach Moses the gentleness, goodness, and long-suffering that it is necessary for every laborer for the Master to possess in or-



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der to be a successful worker in His cause.” *Counsels to Parents, Teachers, and Students*, 407.

“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 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.

4.b. How did Moses find a home in the land of Midian, and who became his family? Exodus 2:16–22; 18:2–4.

4.c. What was Moses’ occupation in the land of Midian? Exodus 3:1.

Thursday

5. TRAINING IN THE SCHOOL OF HARDSHIP

5.a. What was later said of Moses, which showed the great change brought about by the years of training in the wilderness? Numbers 12:3. What lessons had he learned in the wilderness?

Note: “The education received by Moses, as the king’s grandson, was very thorough. Nothing was neglected that was calculated to make him a wise man, as the Egyptians understood wisdom. This education was a help to him in many respects; but the most valuable part of his fitting for his life work was that received while employed as a shepherd. As he led his flocks through the wilds of the mountains and into the green pastures of the valleys, the God of nature taught him the highest and grandest wisdom. In the school of nature, with Christ Himself for teacher, he contemplated and learned lessons of humility, meekness, faith, and trust, and of a humble manner of living, all of which bound his soul closer to God. In the solitude of the mountains he learned that which all his instruction in the king’s palace was unable to impart to him—simple, unwavering faith, and constant trust in the Lord.” *Fundamentals of Christian Education*, 342.

“In the school of self-denial and hardship he was to learn patience to temper his passions. Before he could govern wisely, he must be trained to obey. His own heart must be fully in harmony with God before he could teach the knowledge of His will to Israel. By his own experience he must be prepared to exercise a fatherly care over all who needed his help.” *Patriarchs and Prophets*, 247.

Friday

PERSONAL REVIEW QUESTIONS

- 1 How did Satan know that a deliverer was to be raised up from among the Israelites, and what did he do to try to prevent this?
- 2 How did Moses’ mother train the child whom she was sure had some great destiny? For what purpose should children be trained today?
- 3 What led Moses to choose poverty over worldly gain?
- 4 Why did Moses have to be re-educated in a desert place?
- 5 What did Moses learn in his years as a shepherd? What things can we learn from the trials we experience in our own lives?

October 4 – 10, 2020

A Message of Deliverance

Key Text

“And thou shalt take this rod in thine hand, wherewith thou shalt do signs” (Exodus 4:17).

Study Help: *Patriarchs and Prophets*, 251–256.

Introduction

“The time for Israel’s deliverance had come. But God’s purpose was to be accomplished in a manner to pour contempt on human pride. The deliverer was to go forth as a humble shepherd, with only a rod in his hand; but God would make that rod the symbol of His power.” *Patriarchs and Prophets*, 251.

Sunday

1. COMMUNICATION FROM GOD

1.a. While Moses was tending Jethro’s flocks, what was happening in Egypt? Exodus 2:23–25.

1.b. What experience did Moses have at the burning bush? Exodus 3:1–5.

1.c. What important lesson can we learn from this experience? Psalm 89:7.

Note: “Humility and reverence should characterize the deportment of all who come into the presence of God. In the name of Jesus we may come before Him with confidence, but we must not approach Him with the boldness of presumption, as

though He were on a level with ourselves. There are those who address the great and all-powerful and holy God, who dwelleth in light unapproachable, as they would address an equal, or even an inferior. There are those who conduct themselves in His house as they would not presume to do in the audience chamber of an earthly ruler. These should remember that they are in His sight whom seraphim adore, before whom angels veil their faces.” *Patriarchs and Prophets*, 252.

Monday

2. GOD CALLS MOSES

2.a. What was the Lord about to do in behalf of His people? Exodus 3:7–9.

2.b. How did Moses fit into God’s plan to accomplish this? Exodus 3:10; Acts 7:34, 35.

2.c. How did Moses respond to God’s call and what did the Lord want him to realize? Exodus 3:11–15.

Note: “Amazed and terrified at the command, Moses drew back, saying, ‘Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt’ (Exodus 3:11)? The reply was, ‘Certainly I will be with thee; and this shall be a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain’ (verse 12).

“Moses thought of the difficulties to be encountered, of the blindness, ignorance, and unbelief of his people, many of whom were almost destitute of a knowledge of God. ‘Behold,’ he said, ‘when I come unto the children of Israel, and shall say unto

them, The God of your fathers hath sent me unto you; and they shall say to me, What is His name? what shall I say unto them? (Exodus 3:13)? The answer was—"I AM THAT I AM." "Thus shalt thou say unto the children of Israel, I AM hath sent me unto you" (verse 14)" *Patriarchs and Prophets*, 252, 253.

"Moses did not expect that this was the manner in which the Lord would use him to deliver Israel from Egypt. He thought that it would be by warfare. And when the Lord made known to him that he must stand before Pharaoh, and in His name demand him to let Israel go he shrank from the task.

"The Pharaoh before whom he was to appear, was not the one who had decreed that he should be put to death. That king was dead, and another had taken the reins of government. Nearly all the Egyptian kings were called by the name of Pharaoh. Moses would have preferred to stand at the head of the children of Israel as their general, and make war with the Egyptians. But this was not God's plan. He would be magnified before his people, and teach not only them, but the Egyptians, that there is a living God, who has power to save, and to destroy." *Spiritual Gifts*, vol. 3, 189, 190.

Tuesday

3. GOD ASSURES MOSES

3.a. What message was Moses to give the elders of Israel? Exodus 3:16–20?

3.b. How was God going to fulfil His promise that His people would not leave Egypt empty-handed? Exodus 3:21, 22.

Note: "The Egyptians had been enriched by the labor unjustly exacted from the Israelites, and as the latter were to start on the journey to their new home, it was right for them to claim the reward of their years of toil. They were to ask for articles of value, such as could be easily transported, and God would give them favor in the sight of the Egyptians. The mighty miracles wrought for their deliverance would strike terror to the oppressors, so that the requests of the bondmen would be granted." *Patriarchs and Prophets*, 253.

3.c. As Moses was reluctant to accept God's calling, what further evidence did the Lord give him of His providence? Exodus 4:1–9. How should we respond to God's calling today?

Note: "Moses saw before him difficulties that seemed insurmountable. What proof could he give his people that God had indeed sent him? 'Behold,' he said, 'they will not believe me, nor hearken unto my voice: for they will say, The Lord hath not appeared unto thee' (Exodus 4:1). Evidence that appealed to his own senses was now given. He was told to cast his rod upon the ground. As he did so, 'it became a serpent; and Moses fled from before it' (verse 3). He was commanded to seize it, and in his hand it became a rod. He was bidden to put his hand into his bosom. He obeyed, and 'when he took it out, behold, his hand was leprous as snow' (verse 6). Being told to put it again into his bosom, he found on withdrawing it that it had become like the other. By these signs the Lord assured Moses that His own people, as well as Pharaoh should be convinced that One mightier than the king of Egypt was manifest among them." *Patriarchs and Prophets*, 253, 254.

"Who is ready at the call of Providence to renounce cherished plans and familiar associations? Who will accept new duties and enter untried fields, doing God's work with firm and willing heart, for Christ's sake counting his losses gain?" *Ibid.*, 127.

Wednesday

4. GOD CONTINUES TO ENCOURAGE MOSES

4.a. What shows that Moses was still unwilling to obey God's call? Exodus 4:10–13.

Note: "But the servant of God was still overwhelmed by the thought of the strange and wonderful work before him. In his distress and fear he now pleaded as an excuse a lack of ready

speech. ... He had been so long away from the Egyptians that he had not so clear knowledge and ready use of their language as when he was among them. ...

"These excuses at first proceeded from humility and diffidence; but after the Lord had promised to remove all difficulties, and to give him final success, then any further shrinking back and complaining of his unfitness showed distrust of God. It implied a fear that God was unable to qualify him for the great work to which He had called him, or that He had made a mistake in the selection of the man." *Patriarchs and Prophets*, 254.

4.b. What help did God provide for Moses, as He patiently tried to encourage His servant? Exodus 4:14–17. How does God encourage His people today?

Note: "Let them [the members of God's church] realize that the work in which they are engaged is one upon which the Lord has placed His signet. ... He bids us go forth to speak the words He gives us, feeling His holy touch upon our lips." *God's Amazing Grace*, 275.

4.c. With what further assurance did God provide Moses? Exodus 4:18–23.

Note: "A man will gain power and efficiency as he accepts the responsibilities that God places upon him, and with his whole soul seeks to qualify himself to bear them aright. However humble his position or limited his ability, that man will attain true greatness who, trusting to divine strength, seeks to perform his work with fidelity. Had Moses relied upon his own strength and wisdom, and eagerly accepted the great charge, he would have evinced his entire unfitness for such a work. The fact that a man feels his weakness is at least some evidence that he realizes the magnitude of the work appointed him, and that he will make God his counselor and his strength." *Patriarchs and Prophets*, 255.

Thursday

5. MOSES RETURNS TO EGYPT

5.a. As Moses accepted God's call and went to Egypt, what happened along the way? Exodus 4:24–26. What solemn parallel can be drawn from this event?

Note: "He [Moses] had failed to comply with the condition by which his child could be entitled to the blessings of God's covenant with Israel; and such a neglect on the part of their chosen leader could not but lessen the force of the divine precepts upon the people. ... In his mission to Pharaoh, Moses was to be placed in a position of great peril; his life could be preserved only through the protection of holy angels. But while living in neglect of a known duty, he would not be secure; for he could not be shielded by the angels of God.

"In the time of trouble just before the coming of Christ, the righteous will be preserved through the ministration of heavenly angels; but there will be no security for the transgressor of God's law. Angels cannot then protect those who are disregarding one of the divine precepts." *Patriarchs and Prophets*, 256.

5.b. When Moses and Aaron arrived in Egypt and gathered together the elders, how did the people react to the message of deliverance? Exodus 4:29–31.

Friday

PERSONAL REVIEW QUESTIONS

- 1 What does the account of Moses at the burning bush teach us regarding the manner in which we should approach God in prayer and in the sanctuary?
- 2 How did Moses expect God to deliver Israel from Egypt? Why didn't God deliver Israel in this manner?
- 3 Why are we sometimes reluctant to accept God's call to labor for Him?
- 4 What is a sign of the true greatness in those who serve God?
- 5 In the time of trouble before us, what do those who disregard just one of the divine precepts forfeit?

October 11 – 17, 2020

Stubbornness, a Fruit of Pride

Key Text

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap” (Galatians 6.7).

Study Help: *Patriarchs and Prophets*, 257–265.

Introduction

“Pharaoh sowed obstinacy, and he reaped obstinacy. He himself put this seed into the soil. There was no more need for God by some new power to interfere with its growth, than there is for Him to interfere with the growth of a grain of corn.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 1, 1100.

Sunday

1. PHARAOH RESISTS GOD

1.a. When Moses and Aaron came before the king of Egypt, what request did they present to him, and how did he respond? Exodus 5:1–3.

1.b. Why is it dangerous to ignore or resist a Divine warning? Hebrews 3:12–14; John 12:35.

Note: “Those who exalt their own ideas above the plainly specified will of God, are saying as did Pharaoh, ‘Who is the Lord, that I should obey His voice’ (Exodus 5:2, *first part*)? Every rejection of light hardens the heart and darkens the understanding; and thus men find it more and more difficult to distinguish

between right and wrong, and they become bolder in resisting the will of God.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, vol. 1, 1100.

“Let all be warned by the messages sent from heaven that when any man shall exalt his own ways and his own judgment as supreme, he will come under Satan’s jurisdiction and will be led blindfold by him until his spirit and his methods will conform to the archdeceiver, little by little, until his whole mind is under the influence of the spell. The serpent keeps its eye fixed upon a man, to charm him, until he has no power to go from the snare.” *The Publishing Ministry*, 175.

Monday

2. PHARAOH ADDS GREATER BURDENS

2.a. What accusation did the king bring against Moses and Aaron? Exodus 5:4, 5. To what “rest” was he referring?

Note: “In their bondage the Israelites had to some extent lost the knowledge of God’s law, and they had departed from its precepts. The Sabbath had been generally disregarded, and the exactions of their taskmasters made its observance apparently impossible. But Moses had shown his people that obedience to God was the first condition of deliverance; and the efforts made to restore the observance of the Sabbath had come to the notice of their oppressors.” *Patriarchs and Prophets*, 258.

2.b. What was the purpose of God in bringing Israel out of Egypt? Psalm 105:43–45. What implications does this have for us?

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 the 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.” *Testimonies*, vol. 6, 349, 350.

“And when the law of God is thus exemplified in the life, even the world will recognize the superiority of those who love and fear and serve God above every other people on the earth.” *Ibid.*, 12.

**2.c. What was the result of the interview with Pharaoh?
Exodus 5:6–14.**

Note: “The king, thoroughly roused, suspected the Israelites of a design to revolt from his service. Disaffection was the result of idleness; he would see that no time was left them for dangerous scheming. And he at once adopted measures to tighten their bonds and crush out their independent spirit.” *Patriarchs and Prophets*, 258.

Tuesday

3. GOD TESTS THE FAITH OF ISRAEL

3.a. With what reproach did the officers of the children of Israel come to Moses and Aaron? Exodus 5:19–21.

3.b. What part do trials have in preparing a people for deliverance? James 2:1–4.

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. The task of Moses would have been much less difficult had not many of the Israelites become so corrupted that they were unwilling to leave Egypt.” *Patriarchs and Prophets*, 260.

“The children of Israel were addicted to licentiousness, idleness, gluttony, and gross vices. This is ever the result of slavery. But the Lord looked upon His people, and after their deliverance He educated them. They were not left uncared for.” *The Southern Work*, 43.

3.c. As Moses complained to the Lord when new trials came upon Israel, what did the Lord promise to do for His people? Exodus 5:22, 23; 6:1–8.

Note: “In mercy to us, He [God] does not always place us in the easiest places; for if He did, in our self-sufficiency we would forget that the Lord is our helper in time of necessity. But He longs to manifest Himself to us in our emergencies, and reveal the abundant supplies that are at our disposal, independent of our surroundings; and disappointment and trial are permitted to come upon us that we may realize our own helplessness, and learn to call upon the Lord for aid, as a child, when hungry and thirsty, calls upon its earthly father.” *Reflecting Christ*, 353.

Wednesday

4. THE PEOPLE ARE DISHEARTENED

4.a. When Moses spoke to the children of Israel the second time, how did they receive the message of the Lord? Exodus 6:9. What promises should have been a source of hope for all the Israelites? Genesis 15:13, 14; 50:24.

Note: “The elders of Israel endeavored to sustain the sinking faith of their brethren by repeating the promises made to their fathers, and the prophetic words of Joseph before his death, foretelling their deliverance from Egypt. Some would listen and believe. Others, looking at the circumstances that surrounded them, refused to hope. The Egyptians, being informed of what was reported among their bondmen, derided their expectations and scornfully denied the power of their God. They pointed to their situation as a nation of slaves, and tauntingly said, ‘If your God is just and merciful, and possesses power above that of the Egyptian gods, why does He not make you a free people?’ They called attention to their own condition. They worshiped deities termed by the Israelites false gods, yet they were a rich and powerful nation. They declared that their gods had blessed them with prosperity, and had given them the Israelites as servants, and they gloried in their power to oppress and destroy the worshipers of Jehovah. Pharaoh himself boasted that the God of the Hebrews could not deliver them from his hand.

“Words like these destroyed the hopes of many of the Israelites. The case appeared to them very much as the Egyptians had represented. It was true that they were slaves, and must endure whatever their cruel taskmasters might choose to inflict. Their children had been hunted and slain, and their own lives were a burden. Yet they were worshiping the God of heaven. If Jehovah were indeed above all gods, surely He would not thus leave them in bondage to idolaters. But those who were true to God understood that it was because of Israel’s departure from Him—because of their disposition to marry with heathen nations, thus being led into idolatry—that the Lord had permitted them to become bondmen; and they confidently assured their brethren that He would soon break the yoke of the oppressor.” *Patriarchs and Prophets*, 259, 260.

4.b. With what argument did Moses try to excuse himself when the Lord told him to speak to Pharaoh again? Exodus 6:10–12.

Thursday

5. GOD SENDS SIGNS AND WONDERS

5.a. As the Lord encouraged Moses to return to Pharaoh, what did He say He would multiply in Egypt, and what would be the reaction of the Egyptians? Exodus 7:1–5.

Note: “Before the infliction of each plague, Moses was to describe its nature and effects, that the king might save himself from it if he chose. Every punishment rejected would be followed by one more severe, until his proud heart would be humbled, and he would acknowledge the Maker of heaven and earth as the true and living God. ... God would glorify His own name, that other nations might hear of His power and tremble at His mighty acts, and that His people might be led to turn from their idolatry and render Him pure worship.” *Patriarchs and Prophets*, 263.

5.b. How were God’s and Satan’s powers contrasted before Pharaoh? Exodus 7:8–12. What was Satan’s purpose in trying to counterfeit the work of God?

Note: “By counterfeiting the work of God through Moses, he [Satan] hoped not only to prevent the deliverance of Israel, but to exert an influence through future ages to destroy faith in the miracles of Christ. Satan is constantly seeking to counterfeit the work of Christ and to establish his own power and claims. He leads men to account for the miracles of Christ by making them appear to be the result of human skill and power. In many minds he thus destroys faith in Christ as the Son of God, and leads them to reject the gracious offers of mercy through the plan of redemption.” *Patriarchs and Prophets*, 265.

Friday

PERSONAL REVIEW QUESTIONS

- 1 How do we sometimes show the same pride as Pharaoh?
- 2 In what way is the Sabbath a distinguishing sign for God’s people today?
- 3 Why were so many of the Israelites unwilling to leave Egypt? Why are so many of us unwilling to let go of worldly customs and ideas today?
- 4 Why had God allowed the Israelites to become slaves?
- 5 Why did Satan try to counterfeit the miracles of God?

October 18 – 24, 2020

The Plagues of Egypt

Key Text

“Wherefore then do ye harden your hearts, as the Egyptians and Pharaoh hardened their hearts? When he had wrought wonderfully among them, did they not let the people go, and they departed” (1 Samuel 6:6)?

Study Help: *Patriarchs and Prophets*, 265–272.

Introduction

“God destroys no man. Everyone who is destroyed will have destroyed himself. Everyone who stifles the admonitions of conscience is sowing the seeds of unbelief, and these will produce a sure harvest.” *Christ’s Object Lessons*, 84.

Sunday

1. A PROTEST AGAINST SENSELESS WORSHIP

1.a. What was the first plague, and why was it sent? Exodus 7:14–21.

Note: “During the plagues on Egypt Pharaoh was punctual in his superstitious devotion to the river, and visited it every morning, and as he stood upon its banks he offered praise and thanksgiving to the water, recounting the great good it accomplished, and telling the water of its great power; that without it they could not exist; for their lands were watered by it, and it supplied meat for their tables.” *Spiritual Gifts*, vol. 4A, 54, 55.

1.b. What was the second plague, and how did God choose to remove the effects of this plague? Exodus 8:2–14.

Note: “The frog was regarded as sacred by the Egyptians, and they would not destroy it; but the slimy pests had now become intolerable. ...

“The Lord could have caused them to return to dust in a moment; but He did not do this lest after their removal the king and his people should pronounce it the result of sorcery or enchantment, like the work of the magicians. The frogs died, and were then gathered together in heaps.” *Patriarchs and Prophets*, 265, 266.

Monday

2. GOD CARES FOR HIS OWN

2.a. How did the Lord make a distinction in those affected by the fourth plague? Exodus 8:20–24.

Note: “Flies filled the houses and swarmed upon the ground, so that ‘the land was corrupted by reason of the swarms of flies’ (Exodus 8:24). These flies were large and venomous, and their bite was extremely painful to man and beast. As had been foretold, this visitation did not extend to the land of Goshen.” *Patriarchs and Prophets*, 266.

2.b. What further distinction was made by God in the fifth and ninth plagues? Exodus 9:1–6; 10:22, 23.

Note: “A more terrible stroke followed—murrain upon all the Egyptian cattle that were in the field. Both the sacred animals and the beasts of burden—kine and oxen and sheep, horses and camels and asses—were destroyed. It had been distinctly stated that the Hebrews were to be exempt; and Pharaoh, on sending messengers to the home of the Israelites, proved the truth of this declaration of Moses. ‘Of the cattle of the children of Israel died not one’ (Exodus 9:6). Still the king was obstinate.” *Patriarchs and Prophets*, 267.

“Suddenly a darkness settled upon the land, so thick and black that it seemed a ‘darkness which may be felt’ (Exodus 10:21, *last part*). Not only were the people deprived of light, but the atmosphere was very oppressive, so that breathing was

difficult. ‘They saw not one another, neither rose any from his place for three days: but all the children of Israel had light in their dwellings’ (Exodus 10:23). The sun and moon were objects of worship to the Egyptians; in this mysterious darkness the people and their gods alike were smitten by the power that had undertaken the cause of the bondmen.” *Ibid.*, 272.

2.c. What care did the Lord promise to have for His people? Deuteronomy 32:43?

Note: “Yet fearful as it was, this judgment [during the ninth plague] is an evidence of God’s compassion and His unwillingness to destroy. He would give the people time for reflection and repentance before bringing upon them the last and most terrible of the plagues.” *Patriarchs and Prophets*, 272.

TUESDAY

3. THE MAGICIANS ADMIT DEFEAT

3.a. What was the reaction of the magicians to the third plague? Exodus 8:18, 19.

Note: “At the command of God, Aaron stretched out his hand, and the dust of the earth became lice throughout all the land of Egypt. Pharaoh called upon the magicians to do the same, but they could not. The work of God was thus shown to be superior to that of Satan. The magicians themselves acknowledged, ‘This is the finger of God’ (Exodus 8:19). But the king was still unmoved.” *Patriarchs and Prophets*, 266.

3.b. How did God instruct Moses to introduce the plague of boils? Exodus 9:8–10. What was the significance about the ashes coming from the furnace?

Note: “Moses was next directed to take ashes of the furnace, and ‘sprinkle it toward heaven in the sight of Pharaoh’ (Exodus 9:8). This act was deeply significant. Four hundred years before, God had shown to Abraham the future oppression of His people, under the figure of a smoking furnace and a burning lamp. He had declared that He would visit judgments upon their oppressors, and would bring forth the captives with great substance. In Egypt, Israel had long languished in the furnace of affliction. This act of Moses was an assurance to them that God was mindful of His covenant, and that the time for their deliverance had come.” *Patriarchs and Prophets*, 267.

3.c. What effect did the boils have upon the magicians? Exodus 9:11.

Note: “As the ashes were sprinkled toward heaven, the fine particles spread over all the land of Egypt, and wherever they settled, produced boils ‘breaking forth with blains upon man, and upon beast’ (Exodus 9:10). The priests and magicians had hitherto encouraged Pharaoh in his stubbornness, but now a judgment had come that reached even them. Smitten with a loathsome and painful disease, their vaunted power only making them contemptible, they were no longer able to contend against the God of Israel. The whole nation was made to see the folly of trusting in the magicians, when they were not able to protect even their own persons.” *Patriarchs and Prophets*, 267.

WEDNESDAY

4. THE EGYPTIANS ARE FEARFUL

4.a. How did God warn the Egyptians in mercy concerning the seventh plague, and what were the results? Exodus 9:18–21.

Note: “Rain or hail was unusual in Egypt, and such a storm as was foretold had never been witnessed. The report spread rapidly, and all who believed the word of the Lord gathered in their cattle, while those who despised the warning left them in the field. Thus in the midst of judgment the mercy

of God was displayed, the people were tested, and it was shown how many had been led to fear God by the manifestation of His power. ...

“Ruin and desolation marked the path of the destroying angel. The land of Goshen alone was spared. It was demonstrated to the Egyptians that the earth is under the control of the living God, that the elements obey His voice, and that the only safety is in obedience to Him.” *Patriarchs and Prophets*, 269.

4.b. After God warned the Egyptians of the eighth plague of locusts, what showed that Pharaoh’s servants were afraid of God? Exodus 10:7.

Note: “The counselors of Pharaoh stood aghast. The nation had sustained great loss in the death of their cattle. Many of the people had been killed by the hail. The forests were broken down and the crops destroyed. They were fast losing all that had been gained by the labor of the Hebrews. The whole land was threatened with starvation. Princes and courtiers pressed about the king and angrily demanded, ‘How long shall this man be a snare unto us? let the men go, that they may serve the Lord their God: knowest thou not yet that Egypt is destroyed’ (Exodus 10:7)?” *Patriarchs and Prophets*, 271.

4.c. After all that had happened thus far, how did Pharaoh show that he was still not willing to let all of Israel go? Exodus 10:8–11.

Note: “Pharaoh had endeavored to destroy the Israelites by hard labor, but he now pretended to have a deep interest in their welfare and a tender care for their little ones. His real object was to keep the women and children as surety for the return of the men.” *Patriarchs and Prophets*, 271.

THURSDAY

5. REBELLION IS A CHOICE

5.a. What was the effect upon Pharaoh of each successive judgment of God? Exodus 9:7, 35; 10:3.

Note: “God speaks to men through His servants, giving cautions and warnings, and rebuking sin. He gives to each an opportunity to correct his errors before they become fixed in the character; but if one refuses to be corrected, divine power does not interpose to counteract the tendency of his own action. He finds it more easy to repeat the same course. He is hardening the heart against the influence of the Holy Spirit. A further rejection of light places him where a far stronger influence will be ineffectual to make an abiding impression.” *Patriarchs and Prophets*, 268.

5.b. As Pharaoh chose to be in rebellion to God, to what is this sin likened, and what is always the result of such a choice? 1 Samuel 15:23, first part; Proverbs 28:14.

Note: “He who manifests an infidel hardihood, a stolid indifference to divine truth, is but reaping the harvest of that which he has himself sown. It is thus that multitudes come to listen with stoical indifference to the truths that once stirred their very souls. They sowed neglect and resistance to the truth, and such is the harvest which they reap.” *Patriarchs and Prophets*, 268, 269.

FRIDAY

PERSONAL REVIEW QUESTIONS

- 1 How were the gods of Egypt shown to be inferior to the God of heaven during the first and second plagues?
- 2 During the plagues, how did God show His care of both His people and the Egyptians?
- 3 How did the lice and the boils defeat the magicians?
- 4 How did the Egyptians show that they believed God’s word concerning the coming plague of hail? How do we show belief in God’s word?
- 5 What two attitudes lead to unbelief?

October 25 – 31, 2020

The Passover

Key Text

“Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you” (John 6:53).

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

Introduction

“The followers of Christ must be partakers of His experience. They must receive and assimilate the word of God so that it shall become the motive power of life and action. By the power of Christ they must be changed into His likeness, and reflect the divine attributes. They must eat the flesh and drink the blood of the Son of God, or there is no life in them.” *Patriarchs and Prophets*, 278.

Sunday

1. A MERCIFUL WARNING

1.a. How was Moses regarded by the Egyptians? Exodus 11:3, *last part*.

1.b. What judgment was foretold before the tenth plague, and what would Pharaoh and his servants do? Exodus 11:1, 4–8; 12:12.

1.c. What can we learn about God’s character from the many warnings He sent to the Egyptians before sending the tenth plague? 2 Peter 3:9.

Note: “The judgment of which Egypt had first been warned, was to be the last visited. God is long-suffering and plenteous in mercy. He has a tender care for the beings formed in His image. If the loss of their harvests and their flocks and herds had brought Egypt to repentance, the children would not have been smitten; but the nation had stubbornly resisted the divine command, and now the final blow was about to fall.” *Patriarchs and Prophets*, 273.

“The Lord wills not that any soul should perish. His mercies are without number.” *The Upward Look*, 150.

Monday

2. THE PASSOVER INSTITUTED

2.a. Who was permitted to eat the Passover lamb? Exodus 12:43, 48, 49.

2.b. What were the Israelites instructed to do with the blood, and what was the purpose of that institution? Exodus 12:7, 13, 23.

Note: “Before obtaining freedom, the bondmen must show their faith in the great deliverance about to be accomplished. The token of blood must be placed upon their houses, and they must separate themselves and their families from the Egyptians, and gather within their own dwellings. Had the Israelites disregarded in any particular the directions given them, had they neglected to separate their children from the Egyptians, had they slain the lamb, but failed to strike the doorpost with blood, or had any gone out of their houses, they would not have been secure. They might have honestly believed that they had done all that was necessary, but their sincerity would not have saved them. All who failed to heed the Lord’s directions would lose their first-born by the hand of the destroyer.

“By obedience the people were to give evidence of their faith. So all who hope to be saved by the merits of the blood of Christ should realize that they themselves have something to do in securing their salvation. While it is Christ only that can redeem us from the penalty of transgression, we are to turn from sin to obedience. Man is to be saved by faith, not by works; yet his faith must be shown by his works.” *Patriarchs and Prophets*, 278, 279.

2.c. Who was to perform the work of slaying the Passover lamb and applying the blood to the doorpost? Exodus 12:21. What significance does this have for us today?

Note: “The father was to act as the priest of the household, and if the father was dead, the eldest son living was to perform this solemn act of sprinkling the doorpost with blood. This is a symbol of the work to be done in every family. Parents are to gather their children into the home and to present Christ before them as their Passover. The father is to dedicate every inmate of his home to God and to do a work that is represented by the feast of the Passover. It is perilous to leave this solemn duty in the hands of others.” *The Adventist Home*, 324.

Tuesday

THE SIGNIFICANCE OF THE PASSOVER

3.a. How were the Israelites to eat the lamb and the other provisions of the Passover feasts? Exodus 12:8–11. What change took place after they had settled down in their own land?

Note: “At the time of their deliverance from Egypt, the children of Israel ate the Passover supper standing, with their loins girded, and with their staves in their hands, ready for their journey. The manner in which they celebrated this ordinance harmonized with their condition; for they were about to be thrust out of the land of Egypt, and were to begin a painful and difficult journey through the wilderness. But in Christ’s time the condition of things had changed. They were not now about to be thrust out of a strange country, but were dwellers in their own land. In harmony with the rest that had been given them, the people then partook of the Passover supper in a reclining position.” *The Desire of Ages*, 653.

3.b. How was the marvelous deliverance of the Israelites from Egypt kept fresh in the minds of their children? Exodus 12:26, 27.

Note: “The Passover was ordained as a commemoration of the deliverance of Israel from Egyptian bondage. God had directed that, year by year, as the children should ask the meaning of this ordinance, the history should be repeated. Thus the wonderful deliverance was to be kept fresh in the minds of all.” *The Desire of Ages*, 652.

3.c. What is the relationship between the Passover service and the Lord’s Supper? What work is kept fresh in our minds by the communion service? Matthew 26:17–19, 26–29; 1 Corinthians 11:26.

Note: “As He [Christ] ate the Passover with His disciples, He instituted in its place the service that was to be the memorial of His great sacrifice. The national festival of the Jews was to pass away forever. The service which Christ established was to be observed by His followers in all lands and through all ages. ...

“The ordinance of the Lord’s Supper was given to commemorate the great deliverance wrought out as the result of the death of Christ. Till He shall come the second time in power and glory, this ordinance is to be celebrated. It is the means by which His great work for us is to be kept fresh in our minds.” *The Desire of Ages*, 652, 653.

Wednesday

4. THE SYMBOL AND THE SUBSTANCE

4.a. Of whom was the Passover lamb a type? John 1:29; 1 Corinthians 5:7.

Note: “God desired to teach them [Israel] that from His own love comes the gift which reconciles them to Himself.” *The Desire of Ages*, 113.

“The sacrificial lamb represents ‘the Lamb of God’ (John 1:29), in whom is our only hope of salvation. Says the apostle, ‘Christ our Passover is sacrificed for us’ (1 Corinthians 5:7). It was not enough that the paschal lamb be slain; its blood must be sprinkled upon the doorposts; so the merits of Christ’s blood must be applied to the soul. We must believe, not only that He died for the world, but that He died for us individually. We must appropriate to ourselves the virtue of the atoning sacrifice.” *Patriarchs and Prophets*, 277.

4.b. Who is symbolized by the bread and what reality should this remind us of? John 6:47, 48, 51.

Note: “To the death of Christ we owe even this earthly life. The bread we eat is the purchase of His broken body. The water we drink is bought by His spilled blood. Never one, saint or sinner, eats his daily food, but he is nourished by the body and the blood of Christ. The cross of Calvary is stamped on every loaf. It is reflected in every water spring. All this Christ has taught in appointing the emblems of His great sacrifice. The light shining from that Communion service in the upper chamber makes sacred the provisions for our daily life. The family board becomes as the table of the Lord, and every meal a sacrament.

“And how much more are Christ’s words true of our spiritual nature. He declares, ‘Whoso eateth My flesh, and drinketh My blood, hath eternal life’ (John 6:54). It is by receiving the life for us poured out on Calvary’s cross, that we can live the life of holiness. And this life we receive by receiving His word, by doing those things which He has commanded. Thus we become one with Him. [John 6:54, 56, 57 quoted.] To the holy Communion this scripture in a special sense applies. As faith contemplates our Lord’s great sacrifice, the soul assimilates the spiritual life of Christ. That soul will receive spiritual strength from every Communion. The service forms a living connection by which the believer is bound up with Christ, and thus bound up with the Father. In a special sense it forms a connection between dependent human beings and God.” *The Desire of Ages*, 660, 661.

Thursday

5. THE TENTH PLAGUE – DEATH OF THE FIRSTBORN

5.a. Describe the last plague. Exodus 12:29, 30.

5.b. How were the Israelites driven out of the land of Egypt? Why? Exodus 12:31–33.

Note: “Throughout the vast realm of Egypt the pride of every household had been laid low. The shrieks and wails of the mourners filled the air. King and courtiers, with blanched faces and trembling limbs, stood aghast at the overmastering horror. Pharaoh remembered how he had once exclaimed, ‘Who is Jehovah, that I should obey His voice to let Israel go? I know not Jehovah, neither will I let Israel go’ (Exodus 5:2). Now, his heaven-daring pride humbled in the dust, he ‘called for Moses and Aaron by night, and said, Rise up, and get you forth from among my people, both ye and the children of Israel; and go, serve the Lord, as ye have said. Also take your flocks and your herds, as ye have said. ... And be gone; and bless me also’ (Exodus 12:31, 32). The royal counselors also and the people entreated the Israelites to depart ‘out of the land in haste; for they said, We be all dead men’ (verse 33).” *Patriarchs and Prophets*, 280.

Friday

PERSONAL REVIEW QUESTIONS

- 1 How did God show mercy in His warnings before each plague and especially before the tenth plague?
- 2 How does the Passover service illustrate how faith and works are to be combined? How does this relate to my own personal experience?
- 3 What deliverance does the Lord’s Supper commemorate? Why do we need to observe it regularly?
- 4 How do we appropriate to our souls the saving blood of Christ?
- 5 How do we, as Pharaoh, sometimes wait until God has humbled us before we obey His voice?

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with
John Grosboll

September 11&12, 2020

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(Communion Sabbath afternoon)



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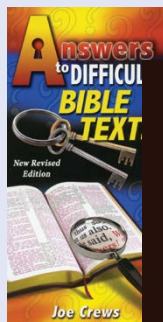
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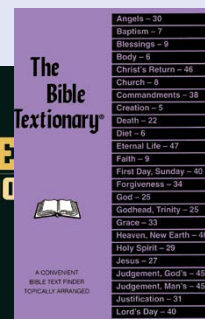


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Velvety Buttery Butter Bean

The Lima bean, *Phaseolus lunatus*, is commonly known as the lima bean or butter bean. These beans have a buttery, sweet, starchy taste and a smooth texture. The term *butter bean* is widely used for a large, flat and white variety of lima bean (*P. lunatus* var. *macrocarpus*).

Lima beans, named after its place of origin, Lima, Peru, are native to South America and are popular in Andean foods. They're also used widely in regional southern U.S. cuisine. In the southern United States the Sieva type are traditionally called butter beans, also otherwise known as the Dixie or Henderson type. In that area, lima beans and butter beans are seen as two

distinct types of beans. In the United Kingdom, "butter beans" refers to either dried beans, which can be purchased to re-hydrate or the canned variety, which is ready to use. These distinctions do not change the scientific terminology, and the two common terms used for the lima bean are often interchangeable regardless of regional or culinary preferences.

In culinary use, lima beans and butter beans are distinctly different, the former being small and green, the latter large and yellow. In areas where both are considered to be lima beans, the green variety may be labeled as "baby" limas.

Lima beans and butter beans add a protein-packing punch to soups, stews and even summer salads. Although

slightly bland in taste, there is nothing unremarkable about the beans' linguistic impact. Plump and creamy when fully cooked, they do in fact have a butter-like texture that is most appealing.

<https://sites.google.com/site/knowyourvegetables/know-your-beans/know-your-lima-bean>

LM



Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



BUTTER BEAN MASHED POTATOES

Ingredients

4 large baking potatoes, peeled and cut into equal size chunks
2 15-ounce cans, drained, or cook from scratch
½-1 cup vegetable broth
1 onion, diced
6 cloves garlic, minced
½ cup unsweetened plant milk
salt, to taste

Process

Place potatoes in a pot; cover with water; add a little salt. Bring to a boil. Reduce to medium-low; boil uncovered for 30 minutes or until potatoes are soft when pierced with a fork. Saute onions and garlic in a little water or oil until golden. In a small pan, heat butter beans through (an important step). Drain potatoes and return to pot. Add hot butter beans to potatoes. Add vegetable broth, onion and garlic, and mash with a potato masher. Add unsweetened plant milk; continue mashing until smooth. Season with salt. Serve with your favorite gravy.





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