

HISTORIC
LANDMARKS
OF ADVENTISM

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Obstacles

*We have all been confronted with a trial that seems
insurmountable. We do not have to be defeated.*

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From the Editor

John J. Grosboll

Teaching Courtesy to Children

Jesus was always an example of true courtesy. He “was never cold and unapproachable. The afflicted often broke in upon His retreat when He needed refreshment and rest, but He had a kind look and an encouraging word for all. He was a pattern of true courtesy.” *Testimonies*, Vol. 4, 488

Heaven is a place where all the inhabitants are courteous to each other, and now is the time to become courteous as Jesus always was. Ellen White wrote about 150 years ago of the necessity of teaching courtesy to our children.

“No pleasanter sight is there than a family of young folks who are quick to perform little acts of attention toward their elders. ... But if mamma never returns a smiling ‘Thank you, dear,’ if papa’s ‘Just what I was wanting, Susie,’ does not indicate that the little attention is appreciated, the children soon drop the habit. ... By example, a thousand times more quickly than by precept, can children be taught to speak kindly to each other, to acknowledge favors, to be gentle and unselfish, to be thoughtful and considerate of the comfort of the family.

“Scolding is never allowable; reproof and criticism from parents must have

their time and place, but should never intrude so far upon the social life of the family as to render the home uncomfortable. A serious word in private will generally cure a fault more easily than many public criticisms. In some families, a spirit of contradiction and discussion mars the harmony. ... It interferes seriously with social freedom when unimportant inaccuracies are watched for, and exposed for the mere sake of exposure. Brothers and sisters also sometimes acquire an almost unconscious habit of teasing each other, half in earnest, half in fun. This is particularly uncomfortable for everybody else, whatever doubtful pleasure the parties themselves may experience.

“In the home where true courtesy prevails, it seems to meet you on the very threshold. You feel the kindly welcome on entering. No rude eyes scan your dress. No angry voices are heard upstairs. No sullen children are sent from the room. No peremptory orders are given to cover the delinquencies of housekeepers or servants. A delightful atmosphere pervades the house—unmistakable, yet indescribable.” *The Health Reformer*, February 1, 1874 **LM**

HISTORIC

LANDMARKS

OF ADVENTISM

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

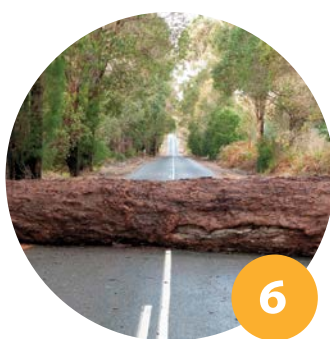
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The Enemy Within

By John J. Grosboll

In 1961, in the matter of *McGowan v. Maryland*, the Supreme Court of the United States ruled that it was constitutional to have a Sunday law. The effect of the Supreme Court's ruling was that the passing of new legislation and the administration of existing Sunday laws would be left within the purview of the States.

My family and I were living in Colorado. The Colorado legislature, at that time, was attempting to pass a statewide Sunday law. There was a great deal of agitation within Adventism. The Religious Liberty Department of the Seventh-day Adventist Church was very active in fighting against this legislative effort, and it is probably more the result of their

work that the law did not pass. However, the fight against Sunday laws was more than a legislative one. It was a battle against a false teaching, persecution, boycotting, the inability to buy or sell, the threat of imprisonment, or even death. But the real battle we face is a spiritual one, fought in our own minds and hearts; and winning the battle inside will make it possible to win the battle out there.

We all have a sinful nature. Some people think that when they surrender their heart to Christ and are born again, their sinful nature no longer exists. But the New Testament is clear that we will do battle against our fallen, sinful nature as long as life lasts. It is only by the grace of God that we will learn to be successful in winning this battle.

“Christ desires nothing so much as to redeem His heritage from the dominion of Satan. But before we are delivered from Satan’s power without, we must be delivered from his power within.” *Christ’s Object Lessons*, 174, 175. If we have sinful thoughts, sinful feelings, sinful words, and sinful actions, the devil still has a hold on our hearts. This is what the real battle is about. “Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles [trickery] of the devil.” Ephesians 6:10, 11. The devil uses trickery and deception to keep us in his grasp.

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.” Verse 12

Our battle is not with each other or with people in the world. Paul says our battle is with the world, the rulers of the darkness, with spiritual wickedness in heavenly places. One might say that this is the devil, and that would be correct, but it includes the agents of the devil as well.

Ephesians 6:13–17 continues: “Therefore, take up [put on] the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking up the shield of faith with which you will be able to quench all the fiery darts of the wicked one.

And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”

Notice that we are to be fully clothed with the armor of God, and that Paul describes both offensive and defensive weapons and says that we will need to use them all. Wearing the helmet of salvation and the breastplate of righteousness, being shod with the preparation of the gospel of peace, your waist girded about with truth, and bearing the shield of faith leaves no place where the devil can attack. Furthermore, carrying the sword of the word of God gives you the ability to mount an offensive attack against the devil. But here is an important question: Will the sword do you any good if you have never practiced using it?

Verses 18–20: “[P]rayer always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication of all the saints—and for me, that utterance may be given me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.”

“Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.” Philippians 2:12. This is the most important battle in which we will ever engage. It is a life or death battle, and if we lose this battle, we will lose our souls and eternal life. That is why Paul says to work out our own salvation with fear and trembling.

In the messages to the seven churches found in Revelation 2 and 3, each church is given a promise, but that promise is only given to a group of people in that church with a specific characteristic. “To him who overcomes [to conquer or gain the victory] I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne.” Revelation 3:21. Think of the stakes involved in this battle. If we lose this battle, we have eternal death, but if we win the battle, we will have eternal life and will be treated as royalty by the King of the universe. Jesus overcame in our behalf and gives to us an example of how we are to overcome.

“Then He who sat on the throne said, ‘Behold, I make all things new.’ And He said to me, ‘Write, for these words are true and faithful.’ And He said to me, ‘It is done! I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely [without cost] to him who thirsts. He who overcomes shall inherit all things, and I will be his God and he shall be My son.’ Revelation 21:5–7. God knows

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that the battle we are facing will be fierce. He knows that we will be tempted to quit. He wants you to see how high the stakes are in winning this battle, to encourage us to stay in the fight. Christians must understand that the only way we really lose is to give up.

God guarantees success in this fight, but only to those who do not quit.

Hebrews 12 talks about resisting sin unto blood. Paul told Timothy to fight the good fight. We must surrender to the Lord, but we must also resist the devil (James 4:7). This involves putting to death our carnal [fleshly] nature (Romans 8:13). It involves crucifying the old man (Romans 6:6). This is our battle.

Discouragement is one of the devil's main weapons, and God knows that we will be tempted to be discouraged. The devil brings to us thousands of temptations and we fall so many times. Then the devil tells us it isn't worth the fight, that it is impossible to win. How could we win? Just see how terrible we are! But it is up to us to determine that no matter how many times we may have fallen, we will get back up and stay in the fight with God's help.

We're in a battle against inward corruption and outward temptation. Outward temptations are so strong because the devil knows how to match the outward temptation to the inward corruption. The devil knows what our sinful natures crave and he knows exactly what our individual natures desire and how to tempt us. The world calls that addiction. We are addicted to sin.

"The warfare between good and evil has not grown less fierce than it was in the days of the Saviour. The path to heaven is no smoother now than it was then. All our sins must be put away. Every darling indulgence that hinders our religious life must be cut off." *The Review and Herald*, August 25, 1896

Jesus said, "[O]n this Rock I will build My church, and the gates [host] of Hades shall not prevail against it." Matthew 16:18. That is a divine promise. If we choose to surrender our wills and lives to Jesus, and if we choose

to resist the devil and stay in the fight, He has promised to give us the victory. These encouragements are placed in the Bible so that no matter how we feel, we will know that we cannot afford to quit. We have to win and we *can* win because God has promised victory in this battle. Every moment of every day He observes what is in our hearts, and if we have committed our lives to Him, He directs the battle. He allows temptations to come, some of a very severe nature, because unless the temptations come, and unless we fight them and overcome them, we will never develop spiritual strength. The Lord does not say He will take the temptations away; He says He will fight with us until we are overcomers (1 Corinthians 10:13).

Ellen White wrote, concerning the leaders in the Adventist church, "There are few ... men ... who have fought and conquered in the battle with self." *Testimonies*, Vol. 5, 82

"The warfare against self is the greatest battle that was ever fought." *Steps to Christ*, 43. That is quite a statement if you study history. There have been some very significant battles in this world, but she says that the battle one fights to overcome the natural, sinful heart and soul is the greatest battle that has ever been fought. No matter how long we have been Christians, day by day we must wage the battle against our sinful, fallen nature and overcome it, or else we will be overcome.

"Till the conflict is ended, there always will be a departing from God. Satan will so shape circumstances that unless we are kept by divine power, they will almost imperceptibly weaken the fortifications of the soul. We need to inquire at every step, 'Is this the way of the Lord?' *As long as life shall last*, there is need of guarding the affections and the passions with a firm purpose. Not one moment can we be secure except as we rely upon God, our lives hid with Christ. The safeguards of our purity must be watchfulness and prayer. We must do nothing to lower the standard of our religious principles." *The Review and Herald*, February 22, 1906

Ellen White also says, "There are many things to be overcome. Day by day the battle goes on. The struggle is lifelong; for Satan

watches every opportunity to take advantage of us, that he may ensnare us to our ruin.” *Manuscript Releases*, Vol. 18, 138

“Character will always be tested. If Christ dwells in us, day by day and year by year, we shall grow into a noble heroism. This is our allotted task, but it cannot be accomplished without help from Jesus, without resolute decision, unwavering purpose, continual watchfulness, and unceasing prayer. Each has a personal battle to fight; each must win his way through struggles and discouragements. Those who decline the struggle, lose the strength and joy of victory. No one, not even God, can make our characters noble or our lives useful unless we make the effort necessary on our part.” *The Youth’s Instructor*, October 29, 1907. Even God cannot save us if we are not willing to put forth effort in our own behalf. “We must put features of beauty into our lives. We must seek to expel the unlovely traits, while God works in us to will and to do of His good pleasure.” *Ibid.*

Imagine what would happen within a church if over 50 percent of the congregation had expelled all their unlovely traits of character. The latter rain of the Holy Spirit has not been poured out because we still possess unlovely traits of character. But if those traits are expelled, the Holy Spirit can then be poured out in the form of the latter rain, and by the power of God signs, wonders, and miracles will be seen and His work in the world will rapidly be finished. We will be able to go home.

We must ask the Lord to help us fight against our thoughts, feelings, words, and actions.

“Jesus came to this earth, marred and seared by the curse, for the purpose of bringing moral power to men. He fought the battle in man’s behalf in the wilderness of temptation, and it was the same battle that everyone of us must fight *till the close of time.*” *The Signs of the Times*, September 30,



1889. We must gain the victory for then we can lay down our weapons, lay off our armor, and enjoy the pleasures of eternity.

“Not one who complies with the conditions will be disappointed at the end of the race. Not one who is earnest and persevering will fail of success. The race is not to the swift, nor the battle to the strong. The weakest saint, as well as the strongest, may wear the crown of immortal glory. All may win ...” *The Acts of the Apostles*, 313

No matter how weak we may be, we can win. How do we know? Because Jesus has promised to help us gain the victory.

“You will show me the path of life; in Your presence is fullness of joy [satisfaction, pleasures]. At Your right hand are pleasures forevermore.” Psalm 16:11. In the presence of God there is fullness of joy, pleasures forever. Whatever sinful pleasure we are struggling with, is it worth losing this?

“To reject the Holy Spirit, through whose power we conquer the forces of evil, is the sin that surpasses all others; for it cuts us off from the source of our power—from Christ and communion with Him.” *The Review and Herald*, August 25, 1896

The power that enables us to overcome comes only from the Holy Spirit. In the book *Special Testimonies for*

Ministers and Workers, Series A, No. 10, 37, Ellen White, talking about the time of the apostles, said, “The prince of the power of evil can only be held in check by the power of God in the third person of the Godhead, the Holy Spirit.”

If there is no other way by which we can be overcomers, should we not be asking for the power of the Holy Spirit as we engage in this battle against self? Without Him we will not win. “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds [works] of the body [our sinful nature], you will live.” Romans 8:13. Only by the power of the Holy Spirit are we enabled to put to death the deeds of our sinful natures. Jesus says, “My grace is sufficient [enough] for you.” 2 Corinthians 12:9. That was written for every saint, the weakest as well as the strongest.

“The conflict is not yet ended; and as we draw near the close of time, the battle waxes more intense.” *The Review and Herald*, April 14, 1896

The Lord will give us the victory over self if we do not give up. [Emphasis supplied.] **LM**

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Obstacles

By John J. Grosboll

Neither the Old nor the New Testament predicts that the world will be converted in the last days. In fact, it predicts just the opposite, that almost all the world will worship the antichrist. Only a small group of people, a remnant in comparison to the world's population, will keep God's commandments in the last days.

Jesus said the last days would be like it was in the days of Noah. He gave Noah a message and 120 years to declare it. Some believed, but were laid to rest before the Flood came. But of all the people still alive on the day the Flood came, only eight people believed enough to be on that ark.

Imagine, eight inside the ark and something north of a billion outside. If you were one of the eight, would you have been thinking "I could be outside with so many more people"?

Almost the whole world right now thinks that way—billions of people, all dashing rapidly to destruction. But a few people still listen to the three angels' messages, and only this remnant will be saved from the destruction that is coming.

Let's look at three scriptures that all speak about a similar subject. These scriptures are Zechariah 4:7, *first part*, Isaiah 40:3, 4, and Matthew 21:18–22:

“Who are you, O great mountain? Before Zerubbabel you shall become a plain!”

“The voice of one crying in the wilderness: ‘Prepare the way of the Lord; make straight in the desert a highway for our God. Every valley shall be exalted and every mountain and hill brought low; the crooked places shall be made straight and the rough places smooth.’”

“Now in the morning, as He returned to the city, He was hungry. And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it, ‘Let no fruit grow on you ever again.’ Immediately the fig tree withered away. And when the disciples saw it, they marveled, saying, ‘How did the fig tree wither away so soon?’ So Jesus answered and said to them, ‘Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, “Be removed and be cast into the sea,” it will be done. And whatever things you ask in prayer, believing, you will receive.’”

So what are we to learn from these three scriptures?

Zechariah says that a great mountain will be turned into a plain. Is he talking about a literal mountain? Skeptics will say that they have never heard of such a thing. The Rocky Mountains, Mount Everest, the Himalayan Mountains, the Andes, they all are still where they have been. So these skeptics do not believe that this has happened or will happen. But this scripture isn't about a literal mountain.

Isaiah 40 sounds like the construction of an interstate highway, where you smooth out the mountains and the valleys, so the road is straight and level. But this isn't about the literal removal of a mountain and making rough terrain smooth to travel on. We know that Isaiah is predicting the work of John the Baptist, 700 years before he was born, as

not in him. For all that is in the world—the lust (craving) of the flesh, the lust of the eyes, and the pride of life—is not from the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.” These are the same three temptations that the devil brought to Jesus in Matthew 4.

Noah's Ark vs. World's Population

People Saved

8

People Lost

1,000,000,000 or more

the one who would come to prepare the way for the Messiah.

And if Jesus' purpose in Matthew 21 isn't to simply curse a literal, unproductive tree, what is He talking about?

Obstacles, friends, are the difficulties and trials that are in front of us that seem as big as a mountain, too big to go around and too high to climb over. We have all been confronted at some point in our lives with something that seems completely insurmountable—no way through, no way around, no way over and hedged about on every side. Jesus is talking about a spiritual mountain or obstacle in our lives that we do not know how to overcome. So Jesus says in Matthew 21:22, “[W]hatever things you ask in prayer, believing, you will receive.” Simply believe, ask for guidance and assistance, and these apparent impossibilities can be removed.

The Christian is faced with both external and internal obstacles. Let's look at some of the external obstacles first since they are the easier ones. The internal obstacles are harder.

In the New Testament, external obstacles are referred to as the world. First John 2:15–17 says, “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is

The lust of the flesh consists of sensual temptations that include sexual passions and the appetite for food and drink and other harmful substances that are sinful. It is not a sin to eat and drink, but we can sin by what and how we eat and drink. This temptation is very successful for the devil.

The devil took Jesus to the pinnacle of the temple and said, “Throw yourself down. For it is written that the Lord will send His angels to protect you.” This temptation is known as presumption. Presumption is when someone claims the promises of God and believes that they will be saved, all while breaking His commandments (see Matthew 7:21–23). It is one of the most common sins in the Christian world today, so much so, that Mrs. White says that the devil is successful nine times out of ten with this temptation (*Lift Him Up*, 80). We don't have a very good average when dealing with temptations of presumption.

It is often beyond comprehension just how easy it is to fall in love with the world. The devil promised Jesus the whole world. He didn't take it, but there are people that will yield to temptation for just a little piece of worldly real estate; they are willing to give up eternal life for just a little something

on this earth. But Jesus said, “What will it profit a man if he gains the whole world and loses his own soul?” Mark 8:36

The external temptations that every Christian faces—every man, woman, boy, and girl—are present in any one of a variety of ways that will result in breaking the law of God and make the lawbreaker a member of the devil’s ranks. “He who sins is of the devil.” 1 John 3:8

So, if the devil can entice us, seduce us, terrify us into sinning, desiring the world, with its sensuality, presumption, and love for things and possessions, then we have switched to his side of the great controversy; and unless we repent, we lose our souls, and that is his ultimate goal.

No matter how difficult facing these external temptations can be, it is the internal obstacles that are the most difficult for a Christian to overcome.

As Christians, we are to surrender to Jesus Christ and acknowledge Him as our Saviour from sin and the Lord of our lives. The entire purpose of the Christian life is to become like Jesus, to be Christlike. “Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.” 1 John 3:2. Becoming Christlike is hearing and doing what God says.

But many Christians who claim the name of Jesus too often forget the hearing and doing part. “But why do you call Me ‘Lord, Lord’ and not do the things which I say?” Luke 6:46. We cannot call Him Lord and not obey His commands if we are to be true Christians.

So let’s consider this: if a person wishes to be made Christlike, but there is something inside him or her that is not Christlike, what is the problem? There is an obstacle that must be overcome so that there is nothing left inside but the character of Christ. “And everyone who has this hope in Him purifies himself, just as He is pure.” 1 John 3:3

“

*God gives the talents,
the powers of the mind;
we form the character. It is
formed by hard, stern battles
with self.*

God is able to remove even the most difficult obstacles outside, but it won’t matter if the internal obstacles are not removed first. It is only when the devil’s power over a person’s nature has been replaced by the indwelling of the Holy Spirit, that his power to cause difficulties in a person’s life can be overcome.

Individual Christians are not the only ones who experience obstacles; Christians as a church group also must meet obstacles. One of the greatest obstacles for a church is that of false teaching, or heretical doctrines. Jesus talked about this in Matthew 24, as well as other places in the Bible. He said that many false prophets would arise and deceive many (verse 24). When revival and reformation is happening in a church, then all kinds of heretical and fanatical doctrines will be seen, instigated by Satan to counteract that revival.

However, a much bigger obstacle for the church is found in *Last Day Events*, 156: “We have far more to fear from within than from without. The hindrances to strength and success are far greater from the church itself than from the world. ... [H]ow often have the professed advocates of the truth proved the greatest obstacle to its advancement!”

“If we hope to wear the crown, we must expect to bear the cross. Our greatest trials will come from those who profess godliness. ... The opposition which Christ received came from His own nation, who would have been greatly blessed had they accepted Him. In like manner the remnant church receive opposition from those who profess to be their brethren.” *The Review and Herald*, August 28, 1883

Another obstacle, particularly for new Christians, is similar to something that the children of Israel said while wandering in the wilderness. They had given their lives to God, had chosen to follow and obey all that He said, but now they were experiencing more trouble in their lives than they had ever experienced before. People are tempted to think that if God is all powerful, and if He is really leading them, then they should be having an easy life, but they aren’t. Why?

“Trial is part of the education given in the school of Christ, to purify God’s chil-

dren from the dross of earthliness. It is because God is leading His children that trying experiences come to them. Trials and obstacles are His chosen methods of discipline, and His appointed conditions of success.” *Reflecting Christ*, 362

Trials and obstacles are the appointed conditions to successfully take us from where we are to where we need to be if we would spend eternity with God. God never sends a trial that we do not need.

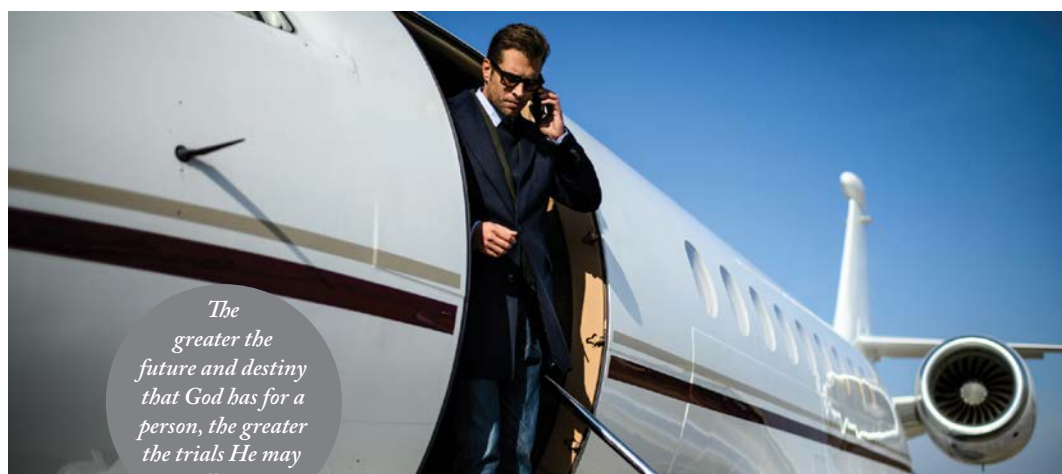
“God’s care for his heritage is unceasing. He suffers no affliction to come upon His children but such as is essential for their present and eternal good. He will purify His church, even as Christ purified the temple during His ministry on earth. All that He brings upon His people in test and trial comes that they may gain deeper piety and greater strength to carry forward the triumphs of the cross.” *Ibid*.

Trials and obstacles are God’s chosen methods of discipline and the appointed conditions of success, meaning God has something wonderful in store for us. Let’s look in the Bible for some examples of great men who suffered great obstacles.

Joseph’s life was one of severe trial—sold as a slave at a young age, forced to learn a new language, culture and customs, falsely accused and imprisoned. But the greater the future and destiny that God has for a person, the greater the trials He may allow. Because of his obedience and loyalty to God, Joseph ultimately, according to God’s plan, was exalted to a high position in Egypt, enabling him to save his father and his entire people from famine.

God made David perhaps the greatest king of Israel, but David made many very serious mistakes—a fugitive, an adulterer, a conspirator, a murderer. But when he repented and committed his life to obeying God, he was once again restored to God’s favor.

Daniel was taken captive to Babylon at a young age, but he remained committed to following the things he had



*The
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allow.*

been taught regarding obedience to God, specifically how he should eat and drink. While this was a hard trial for him to endure, his most difficult trial came when he was an old man. He had become the prime minister of Persia, but was hated by the other government officials. They conspired together to create a law that they knew Daniel would break because obeying it would mean disobeying God. The law required that all men would worship only King Darius for 30 days. If anyone failed to do so, they would be thrown into the lions’ den. We are all familiar with the story. Rather than attempting to hide his prayers, Daniel chose to continue to pray to God three times a day—as was his custom—with his face set toward Jerusalem. He was thrown into the lions’ den, but God sent His angel to save his life.

Friends, God knows how to deliver us from the obstacles that stand in our way, but He delivers us because we are faithful to Him, as were Joseph, David, and Daniel.

There are many reactions when obstacles come. For instance, someone might say, “Well, my spouse won’t accept the truth” or “I love my son/daughter so much that if he/she doesn’t go to heaven, I don’t want to go either.” Revelation 21:8 tells us, “But the cowardly [fearful] ... shall have their part in the lake which burns with fire and brimstone, which is

the second death.” When the obstacle came, they gave up.

Another common reaction is unbelief. This is what the children of Israel did. Their unbelief was so bad that the Lord must have thought, “I can’t lead these people into the land of Canaan, because they are not ready. They don’t even believe in Me or that I am able to bring them into the promised land.” God could not do for them what He wanted to do because they did not believe.

A third common reaction is discouragement. Someone might say, “But you just don’t know how bad my situation is.” And they would be right. But God does know and He knows how to remove that obstacle or how to get the person through it. However, we will never get through the obstacles that come to us if we have a halting, unbelieving spirit.

Some people in the world today, think that the Christian religion isn’t true because they have encountered an obstacle that they didn’t overcome. They either gave up, experienced unbelief, or became discouraged and did nothing. However, the Christian religion does work because many people have overcome all kinds of apparently insurmountable obstacles when united with the power of God’s grace.

The children of Israel thought their trek through the wilderness to the



Billions
of people are
dashing rapidly
to destruction.

promised land would be obstacle free because God was leading the way, but God allowed trials and troubles to help perfect their characters, and He does the same for us.

The apostle Paul wrote to the Christian churches in Acts 14:22, “[S]trengthening the souls of the disciples, exhorting them to continue in the faith, and saying, ‘We must through many tribulations enter the kingdom of God.’” In John’s vision recorded in Revelation 7:13 and 14, we are told that those who will be in God’s kingdom will be those “who come out of the great tribulation.”

The most serious obstacles that we must conquer are not external ones, but rather those that are internal such as pride, selfishness, covetousness, and love of the world. So how do we face them?

There are four necessary steps to successfully meeting our obstacles:

1. Persistent prayer

“Men always ought to pray and not lose heart.” Luke 18:1

“There was in a certain city a judge who did not fear God nor regard man. Now there was a widow in that city; and she came to him, saying, ‘Get justice for me from my adversary.’ And he

would not for a while; but afterward he said within himself, ‘though I do not fear God nor regard man, yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.’” Then the Lord said, ‘Hear what the unjust judge said. And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?’ ” Luke 18:2–8

What is the lesson found in this parable? Be persistent in prayer. As we fulfill the conditions of the promises that the Lord has made, we can believe that He will not go back on His word. When the insurmountable obstacle comes, we are to go to God in prayer and He will deliver us.

2. Faith like Caleb

In Numbers 13, the children of Israel were camped at the border of the promised land. Twelve spies had been secretly sent to spy out the conditions and people there. Ten of the spies were afraid and expressed their fear openly, telling them that there were mighty giants in the land, and the people then took up

the cry of fear and complaining, as they most typically did. But two of the spies, Caleb and Joshua, said, “Let us go up at once and take possession, for we are well able to overcome it.” Verse 30, *last part*.

Instead of exercising faith in the One who had brought them through the wilderness and the Red Sea, they refused to believe Caleb and, as a result, they were left in the wilderness to wander another 40 years before finally being permitted to enter the promised land. Even after 40 additional years of wandering, Caleb’s faith was strong and he prayed that the Lord would cleanse his inside obstacles away—any pride, selfishness, covetousness—so that he would have the power to overcome the outside obstacles and defeat the giants. He was 85 years old and yet, by the power of the Lord, he conquered the giants in the land.

3. Action

We must pray and exercise faith, but we must also act. We must press against the obstacle.

“You will have obstacles and difficulties to encounter at every turn and you must, with firm purpose decide to conquer them, or they will conquer you.” *Gospel Workers*, 133

“Success will come to them as they struggle against difficulties.” *Prophets and Kings*, 595

We have to do something, press against the obstacle, ask for God’s help, and keep going.

“The obstacles they encounter, instead of leading them to seek help from God, the only Source of strength, separate them from Him, because they awaken unrest and repining.

“Do we well to be thus unbelieving? Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare; and our anxiety and fear grieve the Holy Spirit of God. We should not indulge in a solicitude that only frets and wears us but does not help us to bear trials. . . . It is not the will of God that His people should be

weighed down with cares.” *Patriarchs and Prophets*, 293, 294

There are so many people who have a trial or difficulty in their lives, and they try so hard to overcome it, but fail, and since they failed, they just stop trying. What would have happened to the widow in Luke 18 if she had given up after the first try? Not a thing. But she was persistent and, in the end, the judge granted her request.

“There are strong and subtle influences to bind them to the ways of the world; but the power of the Lord can break these chains. He will remove every obstacle from before the feet of His faithful ones or give them strength and courage [faith] to conquer every difficulty, if they earnestly beseech His help. All hindrances will vanish before an earnest desire and persistent effort to do the will of God at any cost to self, even if life itself is sacrificed.” *Testimonies*, Vol. 4, 147

4. Correct physical habits.

These habits are very important and have a great deal to do with our state of mind and whether or not we will have the determination to attack and solve the problem with the help of God.

For example, if a person is using alcoholic beverages, the very first drink has an anesthetizing effect on the frontal lobe of the brain. This anesthetizing effect weakens the willpower. The devil takes advantage of that weakened state and sends the imbiber strong, sinful temptations. He may tempt them to try drugs or to smoke while he or she continues drinking. When we do things that weaken our bodies and minds or fail to do the things that strengthen them, the door is opened wide for the devil to work his will against us.

It is important for us to remember that when meeting an obstacle or trial, we should do so in accordance with a way that aligns with God’s direction. When we do this, He promises that mountains of difficulty will be re-



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moved. We must pray for strength in meeting them, but our obstacles will not be moved while we sit and expect God to do all the work. We must work with Him.

Christian men and women who meet their obstacles in the way the Lord directs—with prayer, faith, persistent action and following the right physical habits—will overcome them, one after another. It is God’s purpose in allowing obstacles and trials, so that we might become men and women of power who will not be moved.

“When hedged about on every side, this is the time above all others to trust in God and in the power of His Holy Spirit. We are not to walk in our own strength, but in the strength of the Lord God of Israel. It is folly to trust in man or to make flesh our arm. We must trust in Jehovah; for in Him is everlasting strength.” *The Review and Herald*, January 16, 1908

We are in a battle against the devil, against the world, but most importantly we are in a battle against our own sin-

ful, carnal nature. The internal enemy is the most dangerous of all, but we can overcome this enemy if we are willing to fight.

“There are few who are really consecrated, few who have fought and conquered in the battle with self.” *The Watchman*, June 12, 1906

The Bible teaches that from the beginning to the end, if we want to inherit eternal life, we must fight this battle with self.

“Let the tempted soul remember ... it is only by coming in contact with obstacles and difficulties and overcoming them that we become strong. Our necessity is God’s opportunity. If we will hold fast to Christ, every trial will work out for our good.” *The Signs of the Times*, October 17, 1900

“Christ has given us no assurance that to attain perfection of character is an easy matter. A noble, all-around character is not inherited. It does not come to us by accident. A noble character is earned by individual effort through the merits and grace of Christ. God gives the talents, the powers of the mind; we form the character. It is formed by hard, stern battles with self. Conflict after conflict must be waged against hereditary tendencies. We shall have to criticize ourselves closely, and allow not one unfavorable trait to remain uncorrected.” *Christ’s Object Lessons*, 331

This process does not happen in a day, but every one of us can be certain that we can become like Jesus Christ. We can surmount these internal obstacles in the character that are unchristlike. Then by facing our obstacles and trials head on with prayer, faith, persistent action, having the right physical habits, and following God’s direction, we will become just like Him. **LM**

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The Road Less Traveled

By Judy Rebarchek

A while ago the phrase “well beaten path” came up during a conversation with a friend. That made me think of the Robert Frost poem:

The Road Not Taken

**“Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;”**

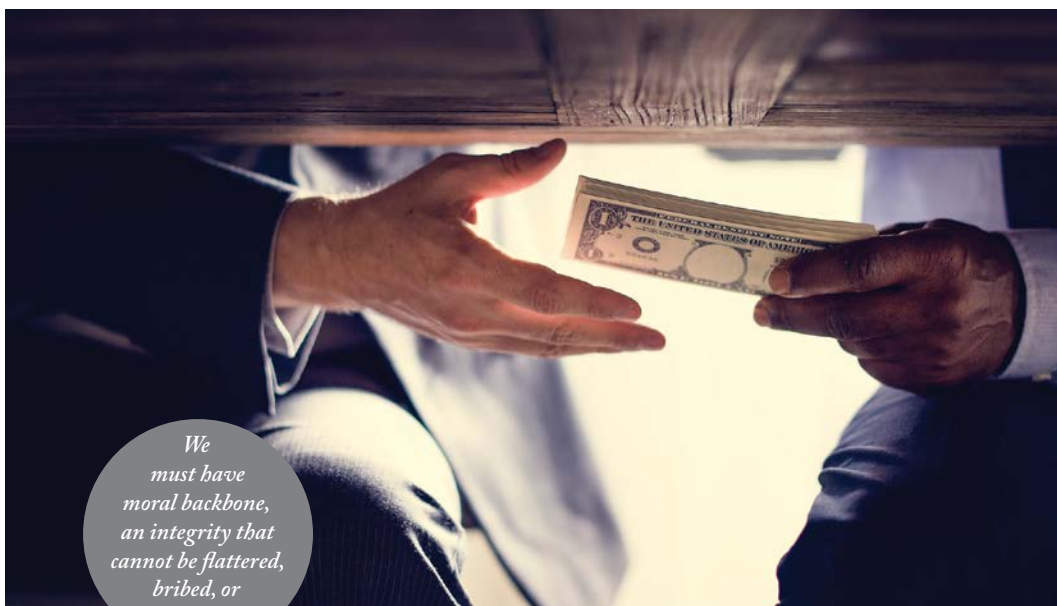
So often we stand at a crossroads in our Christian experience, a simple matter of choosing to do or not do something. More importantly, it is the choice between the complete surrender of our will and following God’s guidance or following after the world. Matthew 7:13, 14 says, “Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.”

In Luke 16:13, the Bible says, “No servant can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”

As we look at our lives on this earth, we can see that there is far more than just living, working, and then dying. There is a future to be considered. A future that we must choose or we will live just to work and ultimately die. John 14:6 tells us how we may choose that future. Jesus says, “I am the way, the truth, and the life. No one comes to the Father except through Me.” And Paul tells us in Acts 4:12 that Jesus is the only way we can obtain salvation. “Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.”

“‘For their sakes I sanctify Myself,’ Christ said, ‘that they also might be sanctified through the truth.’ The Lord Jesus is the way, the truth, and the life; and those who unite with Him, putting Him on, will work as collaborators with Him, by conforming to the principles of truth. By beholding, they become imbued with truth, and unite with Christ to transform the living temple given to idols, that human beings may become cleansed, refined, sanctified, temples for the indwelling of the Holy Spirit.” *Fundamentals of Christian Education*, 466

“When Christ bowed on the banks of Jordan, after His baptism, the heavens, were opened, and the Spirit descended in the form of a dove, like burnished gold, and encircled Him with its glory; and the voice of God from the highest heaven was heard, saying, “This is my beloved Son, in whom I am well pleased” (Matthew 3:17). The prayer of Christ in man’s behalf opened the gates of heaven, and the Father had responded, accepting the petition for the fallen race. Jesus prayed as our Substitute and Surety, and now the human family may find access to the Father through the merits of His well-beloved Son. ... Jesus is ‘the way,



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the truth, and the life’ (John 14:6). The gate of heaven has been left ajar, and the radiance from the throne of God shines into the hearts of those who love Him.

“The word that was spoken to Jesus at the Jordan. ... embraces humanity. God spoke to Jesus as our representative. With all our sins and weaknesses, we are not cast aside as worthless. ... The glory that rested upon Christ is a pledge of the love of God for us. It tells us of the power of prayer—how the human voice may reach the ear of God, and our petition find acceptance in the courts of heaven. By sin, earth was cut off from heaven, and alienated from its communion; but Jesus has connected it again with the sphere of glory. His love has encircled man, and reached the highest heaven. The light which fell from the open portals upon the head of our Saviour will fall upon us as we pray for help to resist temptation. The voice which spoke to Jesus says to every believing soul, This is My beloved child, in whom I am well pleased. ... Our Redeemer has opened the way so that the most sinful, the most needy, ... may find access to the Father. All may have a home in the mansions which Jesus has gone to prepare” *God’s Amazing Grace*, 83

And yet, we linger, as Frost’s poem suggests, looking from one road to the other, seemingly unable to make a choice, and in not making one, we make one. We must clearly understand that without Jesus Christ, without the transformation of the Holy Spirit, we are and will always be on one road. Without a determined choice, our sinful nature keeps us on the road that leads away from eternal life.

I recently heard a young man’s response to the question, Why does God send people to hell? He said that God doesn’t send people to hell, that it is by nature that we are on the road leading there and unless we choose to follow Christ, we will simply take ourselves further away from Him, ultimately to destruction. Simple. We are by nature destined for eternal death. We say we have two choices, but in truth, we really only have one. We choose to follow Jesus or by nature we take the broad road to destruction.

“All along the path that leads to death there are pains and penalties, there are sorrows and disappointments, there are warnings from God’s messengers not to go on, and God will make it hard for the heedless and the headstrong to destroy

“

God, has given us His word as a lamp to our feet and a light to our path.



themselves. All the way up the steep path leading to eternal life are wellsprings of joy to refresh the weary. The true, strong joy of the soul begins when Christ is formed within, the hope of glory. If you now choose the path where God leads, and go forward where the voice of duty calls, the difficulties which Satan has magnified before you will disappear.” *Notebook Leaflets from the Elmhaven Library*, Vol. 1, 76

Did you catch that? God makes it hard for us to destroy ourselves. He is determined that while He will force no one to accept Him, He will not let them choose otherwise without putting forth His powerful efforts to save him. And more, He has prepared “wellsprings of joy to refresh the weary” all along the path to eternal life. He promises to be with us every step of the way inviting us to “Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.” Psalm 55:22

As we read further in Frost’s poem, we see that a choice was made to take the road less traveled. Matthew 7 describes that road as narrow, difficult, and few choose it. And why is that? In *Lift Him Up*, 222, Ellen White writes, “The path of the upright is the path of peace. It is so plain that the humble, God-fearing man can walk in it without stumbling and without making crooked paths. It is a narrow path; but men of different temperaments can walk side by side if they but follow the Captain of their salvation. Those who wish to carry along all their evil traits and selfish habits cannot walk in this path, for it is too straight and narrow.”

She also writes, “It is the path which requires a denial of sinful pleasures; it is a narrow path, cast up for the ransomed of the Lord to walk in. None can walk this path and carry with them their burdens of pride, self-will, deceit, falsehood, dishonesty, passion, and the carnal lusts. The path is so narrow that these things will have to be left behind by those who walk in it, but the broad road is wide enough for sinners

to travel it with all their sinful propensities.” *Testimonies*, Vol. 4, 364

During his discourse with his three friends, Job says, “My foot has held fast to His steps; I have kept His way and not turned aside.” Job 23:11. Paul says, “Make straight paths for your feet.” Hebrews 12:13, *first part*

“What must we do to make straight paths for our feet? We must speak no unkind word, either at home or abroad; we must be gentle and considerate toward all. We cannot be fretful and impatient, and still be Christians; for a fretful, impatient spirit is not the Spirit of Christ. With such a spirit, you are making crooked paths, and someone else will follow you; and so you are not only making crooked paths for your own feet, but for the feet of others. You ask how shall you perfect a Christian character? Look to the life of Jesus. He is your pattern. See what kind of spirit be manifested, and endeavor to show the same in your daily life and conversation. Make just such paths as He made. You are to follow Him, that you may know that ‘His going forth is prepared as the morning.’ His path is a most precious path in which to walk.” *The Review and Herald*, August 14, 1888

How do we perfect Christian character? Seek with perseverance the spirit that Jesus manifested in His daily life and surrender to the transforming power of the Holy Spirit so that we may show in our lives and conversation every day the same spirit that Jesus manifested. We need not be fainthearted or discouraged, for Psalm 16:11 says, “You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.”

“Christian life is more than many take it to be. It does not consist wholly in gentleness, patience, meekness, and kindliness. These graces are essential; but there is need also of courage, force, energy, and perseverance. The path that Christ marks out is a narrow, self-denying path. To enter that path and press on through difficulties and discouragements, requires men who are more than weaklings.

“Men of stamina are wanted, men who will not wait to have their way smoothed and every obstacle removed; men who will inspire with

fresh zeal the flagging efforts of dispirited workers; men whose hearts are warm with Christian love, and whose hands are strong to do their Master's work.

"... Those who would win success must be courageous and hopeful. They should cultivate not only the passive but the active virtues. While they are to give the soft answer that turns away wrath, they must possess the courage of a hero to resist evil. With the charity that endures all things, they need the force of character that will make their influence a positive power.

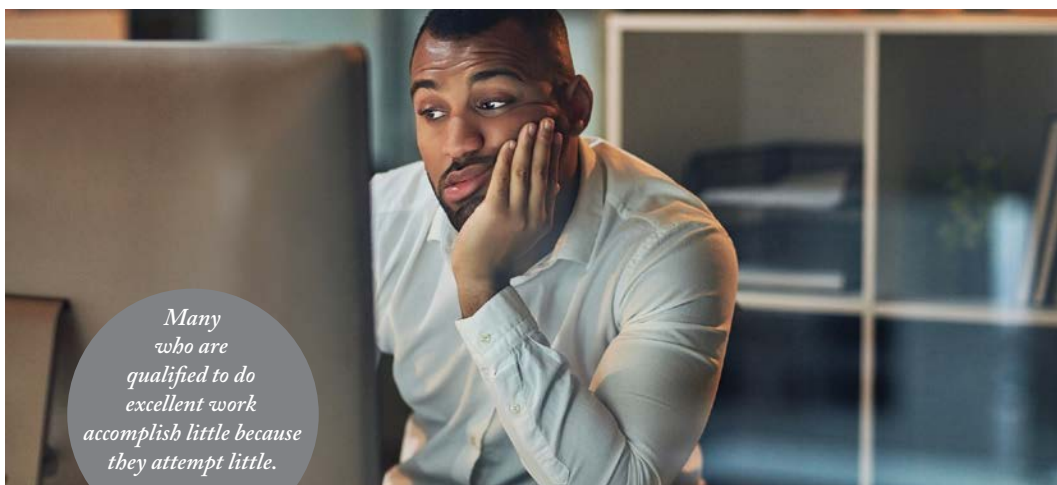
"... There is in true Christian character an indomitableness that cannot be moulded or subdued by adverse circumstances. We must have moral backbone, an integrity that cannot be flattered, bribed, or terrified.

"God desires us to make use of every opportunity for securing a preparation for His work. He expects us to put all our energies into its performance, and to keep our hearts alive to its sacredness and its fearful responsibilities.

"Many who are qualified to do excellent work accomplish little because they attempt little. Thousands pass through life as if they had no great object for which to live, no high standard to reach. One reason for this is the low estimate which they place upon themselves. Christ paid an infinite price for us, and according to the price paid He desires us to value ourselves.

"Be not satisfied with reaching a low standard. We are not what we might be, or what it is God's will that we should be. God has given us reasoning powers, not to remain inactive, or to be perverted to earthly and sordid pursuits, but that they may be developed to the utmost, refined, sanctified, ennobled, and used in advancing the interests of His kingdom." *Gospel Workers*, 290, 291

How do we find this path less traveled? If Jesus' life is the pattern we are to follow, how can we know it? "Your word is a lamp to my feet and a light to my path." Psalm 119:105



"We all need a guide through the many strait places in life as much as the sailor needs a pilot over the sandy bar or up the rocky river, and where is this guide to be found? We point you ... to the Bible.

"God, has given us His word as a lamp to our feet and a light to our path. Its teachings have a vital bearing on our prosperity in all the relations of life. ...

"The Bible is the great standard of right and wrong, clearly defining sin and holiness. Its living principles, running through our lives like threads of gold, are our only safeguard in trial and temptation. The Bible is a chart, showing us the waymarks of truth. Those who are acquainted with this chart will be enabled to tread with certainty in the path of duty, wherever they may be called to go.

"When faith in God's word is lost, the soul has no guide, no safeguard. ...

"To this cause may in great degree be attributed the widespread iniquity in our world today. When the word of God is set aside, its power to restrain the evil passions of the natural heart is rejected.

"When God's word is made the man of our counsel, when we search the Scriptures for light, heavenly angels come near to impress the mind and to enlighten the understanding, so that it can be truly said, 'The entrance of Thy words giveth light. ...' Psalm 119:130

"The word of God is light and truth. ... It is able to guide every step of the way to the city of God." *The Faith I Live By*, 7

We are cautioned to turn away from the ways of the world. "Do not enter the path of the wicked, and do not walk in the way of evil. Avoid it, do not travel on it; turn away from it and pass on. For they do not sleep unless they have done evil; and their sleep is taken away unless they make someone fall. For they eat the bread of wickedness, and drink the wine of violence." Proverbs 4:14-17

"The path of implicit obedience is the only path of safety, for this is the path cast up for the Christian to travel—the path which leads him close to the side of his Redeemer. He will have a converted body. His soul is in harmony with the laws of God. He is daily receiving renovating grace and is made rich by his title to an immortal inheritance. He is walking in the path of the overcomer." *Manuscript Releases*, Vol. 20, 283

"The path of uprightness is the path of peace. Those who have the meekness and lowliness of Christ can walk this humble path calmly, restfully, trustfully. No matter what may be our temperament, we may walk this path if we will. It is plain, and there is no need of constant

Continued on page 18

Titus

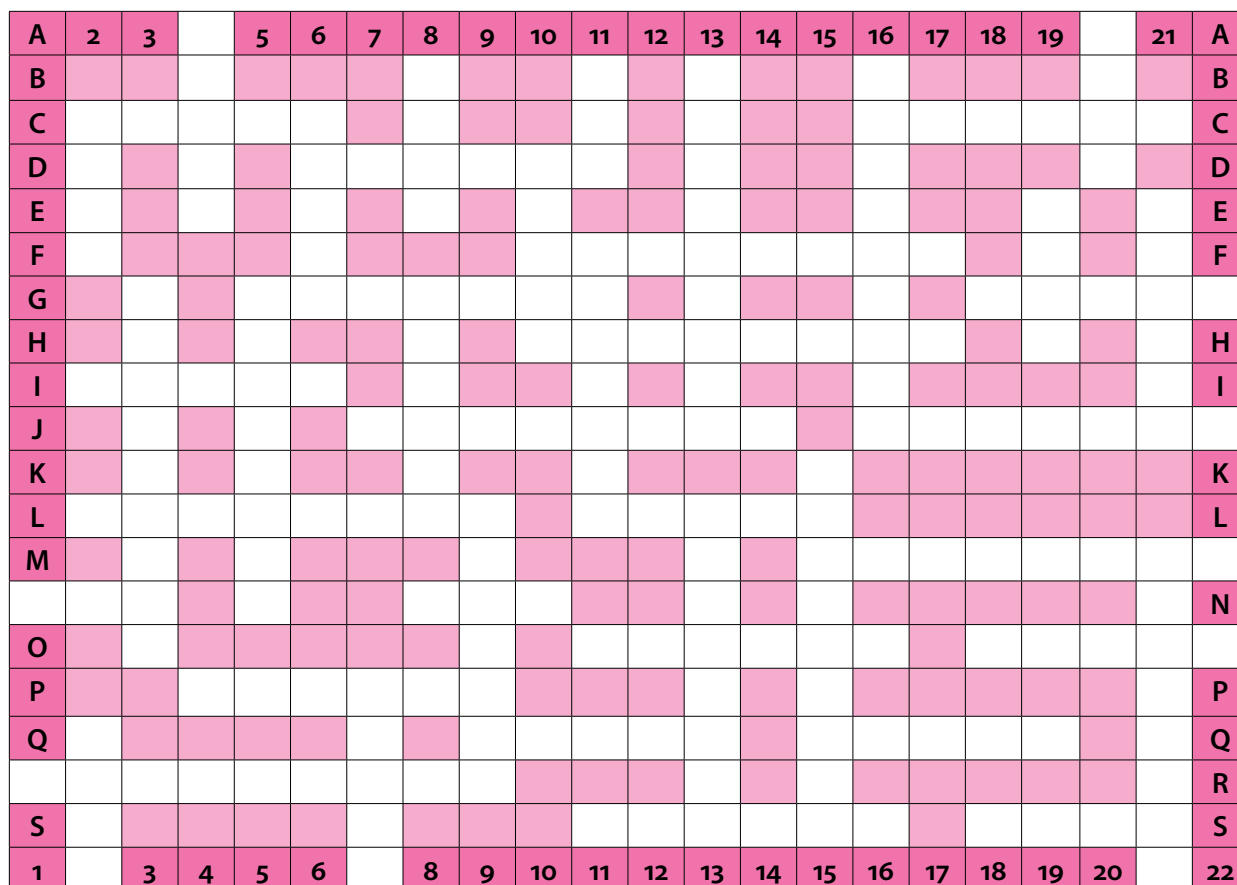
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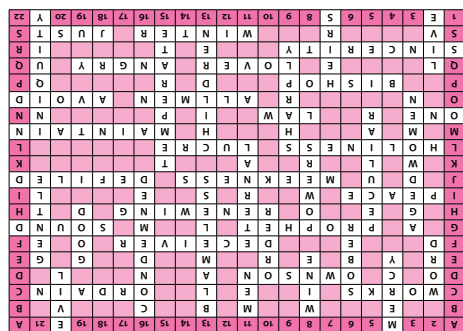
- C2 Some who profess to know God deny Him in their1:16
 C16 As a leader, Titus was to the elders in the churches1:5
 D6 Paul referred to Titus endearingly as his (two words)1:4
 F10 We must beware of the in the world and church (singular)1:10
 G5 One who said the Cretians were liars was a false1:12
 G18 To become an elder, a man must adhere to doctrines1:9
 H10 We are sanctified by the of the Holy Spirit3:5
 I2 Paul desired grace, mercy and for Titus and us1:4
 J7 As a true Christian, we should always display towards others3:2
 J16 Even the conscience of an unbeliever is1:15
 L2 The behavior of women in the church should reveal their2:3
 L11 To become an elder, a man must not be given to1:7
 M15 We must be careful to our good works3:8
 N1 To become an elder, a man must have only wife1:6
 N8 We should avoid arguments about the3:9
 O11 God's grace in offering salvation is for (two words)2:11
 O18 We should foolish questions3:9
 P4 Another term for an elder1:7
 Q9 To become an elder, a man must be a of hospitality1:8
 Q15 To become an elder, a man must not be quick to be1:7
 R1 We must all display in our doctrines2:7
 S11 Paul had determined to spend in Nicopolis3:12
 S18 To become an elder, a man must be1:8

Down:

- A4 God has provided us salvation because of His great3:5
 A20 As a Christian, we should never speak of another3:2
 B8 To become an elder, a man must not be given to1:7
 B11 We must not be led astray by the teachings of1:14
 B13 Only a man who was could become an elder1:6
 B16 Our speech must always be such that it cannot be2:8
 C2 God has revealed His to us through the preaching and writings of Paul1:3
 C6 To become an elder, a man must be1:8
 D10 Certain things in the church were/are to be set in1:5
 E19 We all must be a pattern of works2:7
 E21 As Christians, we should always be in dealing with others3:2
 F11 Christians have hope for life3:7
 G3 These are to teach younger women in the church to be Godly (two words)2:3-5
 G5 As we are purified by good works for the Lord, the world will consider us2:14
 G8 We Christians are to be subject to the civil3:1
 K15 To become an elder, a man must be1:8



Answer Key:



L9 How are we to rebuke false teaching?I:I3

L13 To become an elder, a man's _____ must be faithful and disciplinedI:6

M21 Jesus has redeemed us from _____2:I4

P7 Once we have become justified, we are _____3:7

Q2 We must _____ soberly, righteously, and godly in this wicked world2:I2

Continued from page 15

“
A pure and noble
life, a life of victory ...
is possible to everyone who
will unite his will to the
omnipotent, unwavering
will of God.

anxiety and fear, fretting and worry, lest we shall lose the way. This path is the highway of holiness, cast up for the ransomed of the Lord to walk in. It is the glorious path of the just, which ‘shineth more and more unto the perfect day.’ Those who walk in this way will wear a cheerful, happy countenance; for it is lighted up by bright beams from the Sun of Righteousness.” *The Review and Herald*, July 8, 1884

Yes, the road less traveled is the sweet, peaceful path of obedience, oneness with Jesus our Redeemer. It is only with committed effort, by continuous choosing to be like Him, that we are able to stay on this narrow, difficult road. “Thus says the Lord: ‘Stand in the ways and see, and ask for the old paths, where the good way is, and walk in it; then you will find rest for your souls. ...’” Jeremiah 6:16

“Whatever path God chooses for us, whatever way He ordains for our feet, that is the only path of safety. We are daily to cherish a spirit of childlike submission, and pray that our eyes may be anointed with the heavenly eyesalve in order that we may discern the indications of the divine will, lest we become confused in our ideas, because our will seems to be all-controlling.” *Our Father Cares*, 133

“In all your ways acknowledge Him, and He shall direct your paths.” Proverbs 3:6

“Let us make straight paths, lest the lame be turned out of the way. Let no one follow a crooked path that someone else has made; for thus he would not only go astray himself, but would make this crooked path plainer for someone else to follow. ... Determine that as for yourself, you will walk in the path of obedience. Know for a certainty that you are standing under the broad shield of Omnipotence. Realize that the characteristics of Jehovah must be revealed in your life, and that in you must be accomplished a work that will mold your character after

the divine similitude. Yield yourself to the guidance of Him who is head over all. ...” *Reflecting Christ*, 235

The end of Robert Frost’s poem reads,

**“I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.”**

Friends, the road less traveled may be more difficult to choose, the attractions and pleasures of the world may be hard to resist, but Jesus says, “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.” Isaiah 41:10

Taking the road less traveled will make all the difference. “Ages and ages hence,” may we all be in that eternal home that Jesus has gone to prepare for us.

“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

“A pure and noble life, a life of victory ... is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God.” *The Faith I Live By*, 154

“In every trying situation we are to ask, ‘Were Christ placed as I am, what would He do?’ We are to go to God in humble faith, and on our knees give ourselves wholly and entirely to Him. We are to make it our choice to do as Christ would do ...” *Manuscript Releases*, Vol. 14, 348

May each of us be able to say, “And I—I took the road less traveled by, and that has made all the difference.” **LM**

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Telling Mother

A cluster of young girls stood about the door of the schoolroom one afternoon, engaged in close conversation, when a little girl joined them, and asked what they were doing.

"I am telling the girls a secret, Kate, and we will let you know, if you will promise not to tell anyone as long as you live," was the reply.

"I won't tell anyone but my mother," replied Kate. "I tell her everything, for she is my best friend."

"No, not even your mother, no one in the world."

"Well, then I can't hear it; for what I can't tell mother, is not fit for me to know."

After speaking these words, Kate walked away slowly, and perhaps sadly, yet with a quiet conscience, while her companions went on with their secret conversation.

I am sure that if Kate continued to act on that principle, she became a virtuous, useful woman. No child of a pious mother will be likely to take a sinful course, if Kate's reply is taken for a rule of conduct.

As soon as a boy listens to conversation at school, or on the playground, which he would fear or blush to repeat to his mother, he is in the way of temptation,



and no one can tell where he will stop. Many a man dying in disgrace, in prison or on the scaffold, has looked back with bitter remorse to the time when first a sinful companion gained his ear, and came between him and a pious mother.

Boys and girls, if you would be honored and respected here in this life, and form characters for heaven, make Kate's reply your rule: "What I cannot tell my

mother, is not fit for me to know;" for no other person can have as great an interest in your welfare and prosperity as a true Christian mother.

Every child and youth should always remember that a pious mother is their best earthly friend, from whom no secret should be kept.

Sabbath Readings for the Home Circle,
Vol. 1, ©1877, 220, 221 

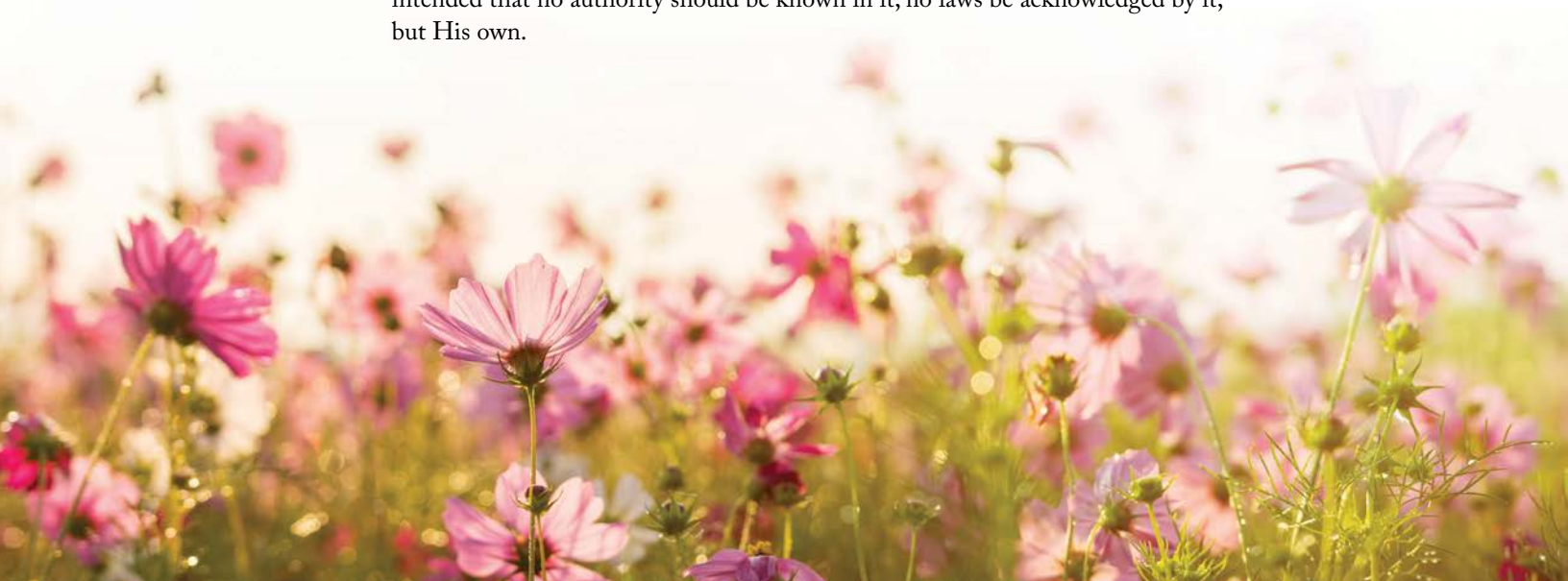




God's Love for the Church

I testify to my brethren and sisters that the church of Christ, enfeebled and defective as it may be, is the only object on earth on which He bestows His supreme regard. While He extends to all the world His invitation to come to Him and be saved, He commissions His angels to render divine help to every soul that cometh to Him in repentance and contrition, and He comes personally by His Holy Spirit into the midst of His church. "If Thou, Lord, shouldest mark iniquities, O Lord, who shall stand? But there is forgiveness with Thee, that Thou mayest be feared. I wait for the Lord, my soul doth wait, and in His word do I hope. My soul waiteth for the Lord more than they that watch for the morning." "Let Israel hope in the Lord: for with the Lord there is mercy, and with Him is plenteous redemption. And He shall redeem Israel from all his iniquities."

Ministers and all the church, let this be our language, from hearts that respond to the great goodness and love of God to us as a people and to us individually, "Let Israel hope in the Lord from henceforth and forever." "Ye that stand in the house of the Lord, in the courts of the house of our God, praise the Lord; for the Lord is good: sing praises unto His name; for it is pleasant. For the Lord hath chosen Jacob unto Himself, and Israel for His peculiar treasure. For I know that the Lord is great, and that our Lord is above all gods." Consider, my brethren and sisters, that the Lord has a people, a chosen people, His church, to be His own, His own fortress, which He holds in a sin-stricken, revolted world; and He intended that no authority should be known in it, no laws be acknowledged by it, but His own.



Satan has a large confederacy, his church. Christ calls them the synagogue of Satan because the members are the children of sin. The members of Satan's church have been constantly working to cast off the divine law, and confuse the distinction between good and evil. Satan is working with great power in and through the children of disobedience, to exalt treason and apostasy as truth and loyalty. And at this time the power of his satanic inspiration is moving the living agencies to carry out the great rebellion against God that commenced in heaven.

At this time the church is to put on her beautiful garments,—“Christ our righteousness.” There are clear, decided distinctions to be restored and exemplified to the world in holding aloft the commandments of God and the faith of Jesus. The beauty of holiness is to appear in its native luster in contrast with the deformity and darkness of the disloyal, those who have revolted from the law of God. Thus we acknowledge God, and recognize His law, the foundation of His government in heaven and throughout His earthly dominions. His authority should be kept distinct and plain before the world; and no laws are to be acknowledged that come in collision with the laws of Jehovah. If in defiance of God's arrangements the world be allowed to influence our decisions or our actions, the purpose of God is defeated. However specious the pretext, if the church waver here, there is written against her in the books of heaven a betrayal of the most sacred trusts, and treachery to the kingdom of Christ. The church is firmly and decidedly to hold her principles before the whole heavenly universe and the kingdoms of the world; steadfast fidelity in maintaining the honor and sacredness of the law of God will attract the notice and admiration of even the world, and many will, by the good works which they shall behold, be led to glorify our Father in heaven. The loyal and true bear the credentials of heaven, not of earthly potentates. All

men shall know who are the disciples of Christ, chosen and faithful, and shall know them when crowned and glorified as those who honored God and whom He has honored, bringing them into possession of an eternal weight of glory. ...

The Lord has provided His church with capabilities and blessings, that they may present to the world an image of His own sufficiency, and that His church may be complete in Him, a continual representation of another, even the eternal world, of laws that are higher than earthly laws. His church is to be a temple built after the divine similitude, and the angelic architect has brought his golden measuring rod from heaven, that every stone may be hewed and squared by the divine measurement, and polished to shine as an emblem of heaven, radiating in all directions the bright, clear beams of the Sun of Righteousness. The church is to be fed with manna from heaven, and to be kept under the sole guardianship of His grace. Clad in complete armor of light and righteousness, she enters upon her final conflict. The dross, the worthless material, will be consumed, and the influence of the truth testifies to the world of its sanctifying, ennobling character. ...

The Lord Jesus is making experiments on human hearts through the exhibition of His mercy and abundant grace. He is effecting transformations so amazing that Satan, with all his triumphant boasting, with all his confederacy of evil united against God and the laws of His government, stands viewing them as a fortress impregnable

to his sophistries and delusions. They are to him an incomprehensible mystery. The angels of God, seraphim and cherubim, the powers commissioned to cooperate with human agencies, look on with astonishment and joy, that

fallen men, once children of wrath, are through the training of Christ developing characters after the divine similitude, to be sons and daughters of God, to act an important part in the occupations and pleasures of heaven.

To His church, Christ has given ample facilities, that He may receive a large revenue of glory from His redeemed, purchased possession. The church, being endowed with the righteousness of Christ, is His depository, in which the wealth of His mercy, His love, His grace, is to appear in full and final display. The declaration in His intercessory prayer, that the Father's love is as great toward us as toward Himself, the only-begotten Son, and that we shall be with Him where He is, forever one with Christ and the Father, is a marvel to the heavenly host, and it is their great joy. The gift of His Holy Spirit, rich, full, and abundant, is to be to His church as an encompassing wall of fire, which the powers of hell shall not prevail against. In their untainted purity and spotless perfection, Christ looks upon His people as the reward of all His suffering, His humiliation, and His love, and the supplement of His glory—Christ, the great center from which radiates all glory. “Blessed are they which are called to the marriage supper of the Lamb.” *Christian Experience and Teachings of Ellen G. White*, 206–209 **LM**

“
*The beauty of holiness
is to appear in its native
luster in contrast with the
deformity and darkness of
the disloyal.*”

Camp Meeting 2022

Back to Normal!



May 25 – 28, 2022

Steps to Life is planning to return to its traditional format for this year's camp meeting. You should already have received a notice so that you can begin planning.

A full schedule of speakers will be included in the May/June "In His Steps" newsletter.

Start your plans now.

May Sermon of the Month

Clothes of Character

By John J. Grosboll

The Bible often uses clothing as a metaphor to represent the type of character we might have. What are you wearing? Your own filthy rags or the white robe?

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

May 2022

Dear Friend,

You and I have a mission to perform. "Our work is to proclaim to the world the first, second, and third angels' messages. In the discharge of our duties we are neither to despise nor to fear our enemies. To bind ourselves up by contracts with those not of our faith is not in the order of God. We are to treat with kindness and courtesy those who refuse to be loyal to God, but we are never, never to unite with them in counsel regarding the vital interests of His work. Putting our trust in God, we are to move steadily forward, doing His work with unselfishness, in humble dependence upon Him, committing to His providence ourselves and all that concerns our present and future, holding the beginning of our confidence firm unto the end, remembering that we receive the blessings of heaven, not because of our worthiness, but because of Christ's worthiness and our acceptance, through faith in Him, of God's abounding grace." *Counsels on Health*, 238

"In every religious movement there are some who, while they cannot deny that the cause is God's, still hold themselves aloof, refusing to make any effort to help. It were well for such ones to remember the record kept on high—that book in which there are no omissions, no mistakes, and out of which they will be judged. There every neglected opportunity to do service for God is recorded; and there, too, every deed of faith and love is held in everlasting remembrance." *Prophets and Kings*, 639

In the providence of God, the *LandMarks* magazine has been used to help many people to learn of and accept the three angels' messages found in Revelation 14:6-12. It can go many places where you and I cannot—into prisons, detention centers, and other restricted places. If you know someone in one of these places, you could send them the *LandMarks* magazine with the goal not just of bringing hope and freedom of spirit, but of helping them to gain eternal life.

You may not be able to visit the prison yourself, but you can still send a visitor, a messenger offering hope to the hopeless, and not only forgiveness, but restoration to holiness.

Your brother in the mission field,

Pastor John J. Grosboll

A decorative border of various flowers, including purple and white blossoms, frames the top and sides of the page. The background is a soft, out-of-focus green and yellow.

Knowest Thou Not?

Knowest thou not that the Lord, thy Creator—
He who made heaven and earth and the sea,
He who to the ends of the earth is all-powerful—
Fainteth not ever, nor weary can be?

Even though pain 'most beyond human bearing
Keeps one from rest and the eyelids from sleep,
Knowest thou not that a Friend is still caring,
Who through the night faithful vigil doth keep?

Knowest thou not, though thy strength is exhausted,
He the Almighty hath promised for thee
That His own strength—nay, not for tomorrow,
But for this moment—sufficient shall be?

Canst not remember, God wearies not ever?
Though thou art weary, so prostrate with ill,
God is still watching, His arm is beneath thee,
Working in love for thee, working His will.

Knowest thou not that the God who created
Heaven's vast host, and each star knows by name,
Still doth uphold them? How much more His children!
Lean on His love—now and ever the same.

Through the Waters, by Pearl Waggoner Howard, 27.



Getting Acquainted in Kenya

By Zachary Okeyo Makworo

Greetings to you, Brothers and Sisters in Christ. I am Zachary Okeyo Makworo, manager of the Kenya outreach program for the Steps to Life Ministry. I wanted to introduce myself and give you a short narrative of who I am, my qualifications and vision for the work in Kenya.

Early Life and Education

I was born on February 12, 1975, in Kisii, Kenya. I enjoyed a privileged childhood growing up in Kericho town, where my parents worked.

I began participating in church programs when I was young and was baptized in the Kericho Seventh-day Adventist Church on November 7, 1987. I attended Kapsongoi primary school

and later attended Kericho high school for my secondary school studies.

From an early age, I have had an interest in matters pertaining to church as I would guide fellow students to attend fellowship programs.

Upon completing my secondary school studies, I joined Kericho Central Church in 2001 for lay evangelist training. This training included homiletics, the gospel and how it pertains to prophecy and the sanctuary, and evangelism and once I completed the training, I became certified in these subjects. I also spent a great amount of time studying the Bible and the Spirit of Prophecy.

In 2002, I became a church elder after completing a program that trained me in the areas of the church organization,

the qualifications and responsibilities of an elder, church worship service, and church leadership. With all this training, I can now spread the gospel and guide the church here in Kenya.

Family Life

I married my lovely wife Margaret Nyanchama in 2004, and together we are blessed with six children, three daughters and three sons: Ruth Mokeira, Vivian Nyambeki, Faith Mokeira, David Mariera, Joshua Ondoro, and Forcced Edward.

Work and Career

It is my desire to know God and make Him known by sharing with everyone the love of God in obedience to the



Brother Zachary with his family.



great commission mandate. I began my career in evangelism soon after I completed my evangelism training and have since pursued that path. I have participated in issuing Bibles to families and school children in the region to ensure an effective spreading of the gospel.

In 2010, I joined the Steps to Life Ministry, spreading the gospel through training and other related programs as a three angels' messenger. While working for Steps to Life, I completed courses in knowing the Bible, the Steps to Life Bible studies, and the Training Program for Ministers and Church Leaders (TPMCL). These courses were completed in 2014 and have helped me greatly in following my vision of working for the Lord.

In 2020, I was promoted to a manager working under the Steps to Life Ministry and am currently based in the Kisii office. My role is to provide

the TPMCL training to the Bible workers. In addition, I train Bible workers in the knowledge that helps them spread the gospel across different regions, and teach them to uphold the pillars of the Seventh-day Adventist faith including the three angels' messages, health reform promoting a vegetarian diet, dress reform and the foundational Seventh-day Adventists beliefs and teachings.

In spite of the Covid pandemic throughout 2020 and 2021, the Lord has blessed us and we have been able to spread the gospel in many regions of Kenya.

As we continue to work with the Holy Spirit for the saving of souls in Kenya, remember us in your prayers. We appreciate your prayers and support so much.

To donate specifically to the work in Kenya, please mark your donation *Missions-Kenya*. **LM**

The Tale of Two Seeds

Last June, I planted a few sunflower seeds in the mulch in front of our house, just as an experiment, to see if they would grow there. I wanted giant, tall sunflowers to grow in front of our porch windows. I waited and waited all summer, and then September came, but no sunflowers. My experiment failed as did my vision of bright cheerful sunflowers that I thought would grow out of the mulch.

But in a short time, I was astounded to see where I planted sunflowers something else was growing. There were four of them and as I looked closer, I could see that they each had bright lime green needles sticking out of its small central stalk. These four plants seemed to be growing in the very spots where I thought I had planted the sunflowers. The plants were only about an inch in height, if that, but so inspiringly beautiful that instead of being further disappointed that my sunflowers hadn't grown, I was totally delighted to see

these tiny green things, whatever they were. I was determined to identify them right away. Beyond all reason, I was still hoping they were sunflowers!

I immediately went next door to visit my new neighbor, who is also a gardener. She came to inspect these new little wonders and I was astounded to hear her say, "These are fir trees!" She said the seeds could have flown from somewhere into the mulch, or a bird could have brought them (and planted them?). Mighty fir trees. How did this happen? I was truly perplexed. Could a bird have eaten the sunflower seed and planted a fir tree instead? She further told me if I did not want the foundation to our front porch ruined, that I must kill these tiny fir trees or transplant them as they will grow several feet tall. I did a little investigation on the internet and learned that fir trees can grow from 2 to about 9 feet and are basically shaped like Christmas trees.

I wondered, could it be that these little fir trees grew in the same space as

I was hoping to see sunflowers grow to remind me of what great things God has planned for us, things far beyond our imagination—from this life to the next—things that will continually surprise and amaze us in eternity. We will experience the surprises, the joy, and bliss that He has planned for us from the foundation of the world.

We are now waiting in earnest expectation of the things He has prepared for us. Like the wondrous surprise of fir trees, God has things to show us in heaven that will defy anything we can think or hope for in this life. With determined effort on our part, and with God's help and guidance, we can all be there to experience life in the heavenly realm. Continual adoration and worship of our Heavenly Father will be what no words can express here. All afflictions we suffer here will be forever ended. Not only will there be no more pain and suffering, but we will not even remember how these things felt.

My friends, let us get ready to see Jesus. Find someone today who wants to know the good news, and help them to get ready, too, because we know with certainty that Jesus is coming soon. Whether alive or in the grave when He comes, we can be ready to meet Jesus with the joy and anticipation of life never ending.

As for the fir trees, I planted them on our property line and have been watching them grow into what they should be, reminding me to grow into what I should be as I prepare for my heavenly home. [LM](#)



It Clicked, it Whirred, but Nothing



A friend related to me an experience she had while taking photographs at an event. As she took the pictures, the camera would make a whirring sound when she clicked the button to take the picture and then the flash would go off. After a while she got to thinking that she had taken a lot of pictures for one roll of film. She wondered if it was possible that she had forgotten to put film in the camera. The camera had been doing everything it was supposed to do, but had it taken any pictures? She wanted to look to see if there was film in the camera, but then she didn't want to look, because if there wasn't any ... Finally, she did look and sure enough, there was no film in the camera.

This made me think of the scripture we find in John 15:5, *last part*: “[F]or without Me you can do nothing.” My

friend took pictures for a long time, but without the film in the camera, she was simply going through the motions of photographing the events around her; there would be no photographs.

Let's think about that from a spiritual perspective. The first part of John 15:5 says, “I [Jesus] am the vine, you are the branches. He who abides in Me, and *I in him*, bears much fruit ...” Many people consider themselves to be Christians and yet Christ does not live in them. Most of these people aren't even aware that all the while they claim the name, they actually lack the very thing that makes them Christian—a Christlike character, Christlikeness.

“When true conversion takes place, there is a transformation of character. Christlikeness is seen.” *Manuscript Releases*, Vol. 18, 142

“The life of Christ on earth was a perfect expression of God's law, and when those who claim to be children of God become Christlike in character, they will be obedient to God's commandments. Then the Lord can trust them to be of the number who shall compose the family of heaven.” *God's Amazing Grace*, 148

We may do all the right things—pay tithe, go to church, help others—but if the Holy Spirit has been unable to perform the transforming work in our hearts, writing the law of God there, making it a fit place in which Christ may dwell, then we are no better than the Pharisees, described by Jesus as being “... like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead men's bones and all uncleanness. ... outwardly appear[ing] righteous to men, but inside ... full of hypocrisy and lawlessness.” Matthew 23:27, 28

“These fearful denunciations were made upon the Jews, because, while teaching the law of God to the people, they were not doers of the word. ... So it is in our day.” *The Review and Herald*, August 29, 1899

Let this be our prayer:

Lord help us “to make our lives what Christ designs them to be, full of the fragrance of love to God and our fellow men, full of Christ's own divine Spirit, full of holy aspirations toward God, rich in the beauty of Christlikeness.” *Our High Calling*, 274

[Emphasis supplied.] **LM**

The Possibility of Peace

Today's headlines, portraying a world seemingly on the verge of self-destruction, were foretold in the Scriptures many years ago. "And ye shall hear of wars and rumours of wars. ... For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows." Matthew 24:6-8

"And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming upon the earth: for the powers of heaven shall be shaken." Luke 21:25, 26



Not surprisingly, many people are overwhelmed by fear, useless fear. As I see them in the medical office, they are afraid they might die, even to the point that some demand unwarranted medical testing, treatment, and even surgery and hospitalization—in an effort to guarantee what no human can guarantee.

Fear can cause a person to be too worried about his or her health. But even worse is the fact that fear can literally paralyze a person, so they are not able to do the things that they ought to be doing.

Closely allied to fear of death is worry—worry about things that *are* happening, and worry about things that *might* happen. Both are useless.

A person must give concern and thought, enough to take appropriate action to meet situations that arise. Once he has done all he can, then he must accept what cannot be changed, and what God will allow.

How can one accept a bad situation and stop worrying?

Prescription for Rest

“Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light.” Matthew 11:28–30

Jesus is the Burden Bearer. Can you not give Him your heavy burdens in exchange for His light yoke? In the quiet hour of meditation, why not tie up your burdens in a bundle and give them to Jesus? Then quietly wait, and He will give you an assignment for the day.

Who Makes the Agenda for Your Day?

Many people simply try to do too much. It is true that some people are just lazy, but they are not the ones reading this article. Work is important. Work is life. Your work can also be considered your “calling.” But be sure your calling is



of God and get your instructions every day. In fact,

1. Look at those interruptions carefully. Some of them are special assignments that Jesus is trying to give you.
2. Look again at your agenda for the day. Some of those things you *must do* are not necessary, and simply make up the burden that Jesus wants you to hand over to Him.

“Christ in His life on earth made no plans for Himself. He accepted God’s plans for Him, and day by day the Father unfolded His plans. So should we depend upon God, that our lives may be the simple outworking of His will. As we commit our ways to Him, He will direct our steps.” *The Ministry of Healing*, 479

Are you really willing to hand over your day and your time schedule to Him? If so, your day will be different. You will be busy, maybe busier than you expected, but the yoke will also be light and easy.

Getting the Work Done

Just being a follower of Christ, obeying His great commission, inevitably opens before us the great needs of mankind. How can this work be done and the promise of rest be fulfilled?

“Then saith He unto His disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest.” Matthew 9:37, 38

“And He said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.” Mark 6:31

It is clear that we, the followers of Christ, have a great work to do, but we are not expected to do it all. In fact, Jesus instructs us to pray for more laborers. His promise to be with us is in direct connection with our fulfilling the great commission, and in context, the invitation to rest with Him comes after a period of productive work for Him.

The psychology of work is that a man is most energetic and most effective when impulse strongly urges an action, and his will gives complete and unqualified approval. This response is called *integrity* and produces interest, confidence, and enthusiasm. There is no fatigue until the muscles themselves get tired.

Conversely, complete and utter fatigue is brought about when impulse strongly urges action, and the will strongly disapproves. The resulting conflict produces fatigue.

Prompt action is often required in daily life, but sometimes the reasoning powers move too slowly, and the will is not enlisted. The action may be performed as required, but accomplished by fear, anger, worry, or dislike. These instinctive reactions introduce inhibitions which require a tremendous amount of energy to overcome. A person can be five times as effective if he is willing and likes his job, and he won’t get tired.



Fatigue is also the cardinal symptom of depression and often is the only symptom. People who are depressed have very weak impulses and find it hard to start any activity. Coping with life is a real problem, and they have a tendency to retreat—not do much, no initiative, sit around and sleep a lot. There is a lack of motivation. The person has given up, and his self-image is low.

Persons who are depressed will actually feel better if they get involved in some activity, especially if it is interesting and vigorous. A good exercise program is one of the best things such a person can engage in.

Depression must be resisted. Another helpful activity is to write down ten things one is thankful for each morning. Thus the day is begun in a grateful, optimistic frame of mind.

Rest

When a person is tired, the first thing he thinks about is rest. In many cases rest restores energy so that a person can work efficiently again.

Rooted in the story of Creation is the seven-day week, with the seventh day set aside for rest. Many have attempted to disregard this principle in the drive to make a living, get rich, or accomplish certain goals. It was proved during World War II that factory production actually increased as the work week was shortened from 60 hours to 40 hours.

“Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and

do all thy work: but the seventh day is the Sabbath of the Lord thy God.” Exodus 20:8–10

Why Is Sleep Needed?

When the body is denied sleep long enough, the electroencephalogram, a machine that records the brain’s electrical activity, will begin to show repeated sleep spindles. These are episodes of microsleep which last just three to six seconds each, but do add up over a period of time. In many activities they might not be noticed, but are most dangerous when one is driving a car.

One has no control over these microsleep episodes. They occur suddenly and without warning when sleep is lacking. Just a few hours’ sleep will restore alertness.

After as short a time as 36 hours without sleep, there is impaired thinking, loss of attention, and poor memory. Time sense is lost. Eye symptoms occur—itching, burning, blurred vision, and double vision.

With continued sleep loss, perception of reality is weakened; delusions and hallucinations may occur similar to schizophrenia. There is an 80 percent decrease in ability to perform tasks that require accuracy.

If dreaming rapid eye movement or REM sleep is suppressed, irritability or depression can occur, and some persons become severely anxious. Experiments have also shown that dream-deprived subjects are much less able to adapt to stress. REM sleep loss tends to be cumulative, and must be made up in

part. It is also thought that memory is consolidated, organized, and corrected during REM sleep.

Sleeping is closely bound to the daily cycle of life. If the sleeping habits are irregular, such as having to work a night shift from time to time, a person may become hyperirritable, critical, irrational, or even childish. The sleep pattern may require up to two weeks to return to normal.

How to Sleep Well

- 1. Keep active during the day.** Moderate-to-vigorous exercise is most helpful. Nothing promotes sleep like being tired physically.
- 2. Go to bed on an empty stomach.** Supper had best be a light meal, and at least several hours before bedtime, so that digestion is completed.
- 3. Have a regular time for sleep.** You will tend to get sleepy at the same time every night.
- 4. Avoid drugs.** Avoid drinks containing caffeine, which will keep you awake. Get off sleeping pills that suppress REM sleep. Alcohol is also a drug, and will suppress REM sleep even in small amounts.
- 5. Be at peace with God and your fellow man.** “The peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” Philippians 4:7

Remember, you are trading in your burdens of fear, worry, insecurity, compulsion to work all the time, lack of time, and your health problems. In exchange, He has an assignment for you that is “light and easy,” and He promises rest.

With Jesus as Lord of your life, you will have time to eat two or three meals every day, time to exercise and enjoy recreation with family and friends, and time to keep Sabbath holy.

[All scripture taken from the King James Version]

Health for Today, Hope International ©1991, Hubert F. Sturges, M.D., 14–16. [LM](#)



Time of the End

By John J. Grosboll

Thousands of years ago, the Lord gave man this challenge: “Assemble yourselves and come; draw near together, you who have escaped from the nations. They have no knowledge, who carry the wood of their carved image, and pray to a god that cannot save. Tell and bring forth your case; yes, let them take counsel together. Who has declared this from ancient time? Who has told it from that time? Have not I, the Lord? And there is no other God besides Me, a just God and a Saviour; there is none besides Me.” Isaiah 45:20, 21. He gave the same declaration in Isaiah 46:9, 10: “Remember the former things of old, for I am God and there is no other; I am God, and there is none like Me. Declaring the end from the beginning, and from ancient times things that are not yet done, saying, ‘My counsel shall stand, and I will do all My pleasure.’”

“

*200 years ago, a person
was born, lived, and died
within a relatively small
radius.*

Can we accurately predict the future? God is saying in these two passages from Isaiah that if we think we can, to try it. But the truth is, none of us can. We cannot even predict what will happen next week, much less what will happen a hundred years into the future. But the Bible has been depicting the events of the future and just exactly when they will occur for millennia.

A careful study of the prophecy of Daniel 12 tells us that the last days or the time of the end actually began at the close of the 18th century. “But you, Daniel, shut up the words, and seal the book until the time of the end; many shall run to and fro, and knowledge shall increase.” Verse 4. It is very clear that knowledge has increased amazingly since the end of the 18th century. People are traveling all around the world, much more so than two hundred years ago.

At the end of the 18th century, there were no cars, planes, or internal combustion engines, so if people went anywhere, they had to walk or travel by horseback or in carriages and wagons pulled by an animal. And if a person wanted to travel to a different country, they would have to sail over the ocean on some type of sailing vessel. There were no telephones, telegraphs, typewriters, or computers, so if they wanted to go to school, they had to do their homework by hand. They wrote letters by hand. In fact, at the end of the 18th century, mankind was still living very much like those in Abraham’s time.

But the Bible says that at the end of time, people would travel much more and knowledge would increase. I have been in several international airports in England, France, Germany, and Holland. These airports are teeming with people traveling to and from places all around the world. A couple hundred years ago, a person was born, lived, and died within a relatively small radius. Only a few people such as the wealthy, soldiers, sailors, and royalty were able to travel ex-

tensively. But that has changed here in the time of the end.

We should, however, note that while the Bible predicted all these amazing developments, it has also predicted that terrible things will happen in the time of the end. Jesus said, “But as the days of Noah were, so also will the coming of the Son of man be. For as in the days before the flood, they were eating and drinking, marrying and giving in marriage, until the day that Noah entered the ark, and did not know until the flood came and took them all away, so also will the coming of the Son of man be.” Matthew 24:37–39

This is an interesting scripture to think through. Noah spent 120 years building a 500-foot-long boat, on the land, with no place to launch it. During that time, he also preached to everyone in the world of the coming flood and the need for repentance. So how could it be that the world did not know that the flood was coming? They knew he was building a boat. They heard what he was saying and called him an alarmist, a fool, a crazy man, even a lunatic. But still he preached that when the boat was finished, the flood would come and destroy the whole world.

So how could Jesus say in Matthew 24 that they didn’t know that the flood was coming? It was because they did not *believe* what they had been told. Jesus says that the last days will be just like that. The Bible is more accessible today than it has ever been in the history of the world. People have access to Bible prophecy, but they do not believe what they read. The end of days will be a time of great unbelief.

The world is not interested in knowing that the Bible says that we are living in the last days or that the world will soon come to an end. Like those in Noah’s day, they have been told, they can know, but—what they hear, what they read, what they see—they simply do not believe.

The people in Noah’s day scoffed at him and would not believe that a flood was coming. They had proved to themselves, scientifically, that a flood was impossible. There were no oceans and most of the water was under the earth. The Bible calls them the fountains

of the deep. It had never rained; the earth was watered by a dew or mist that came up from the ground and watered everything. It did not appear to them that there was enough water to even cover the earth. They felt that God loved those He had made and would not destroy them. So they did not believe and they did not get on the boat.

Peter talks about this same attitude in the last days, “[K]nowing this first: that scoffers will come in the last days, walking according to their own lusts, and saying, ‘Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation.’” 2 Peter 3:3, 4

And then we read in verses 5–7, “For this they willfully forget: that by the word of God the heavens were of old, and the earth standing out of water and in the water, by which the world that then existed perished, being flooded with water. But the heavens and the earth which are now preserved by the same word, are reserved for fire until the day of judgment and perdition of ungodly men.”

So, the world was told that the flood would come, but they did not believe. And the Bible says that in the last days the same attitude would exist. Men will know that the world will come to an end, but they will not believe. Consequently, when the world does end, most of the people alive today will not be ready.

Imagine how God must feel. What more could He do? He has given them the Bible as a guide, sent prophets, increased knowledge, but the people of the world will not listen and will choose instead to go on their own way. If you were God, what would you do?

Genesis 6:5 says, “Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually.” Evil imaginations and thoughts lead to nothing good. “The earth also was corrupt before God, and the earth



was filled with violence.” Verse 11. If the world in the last days is to be like the world in Noah’s day, then we will see increasing wickedness and violence. And as a result of this wickedness, the Bible predicts very clearly that the last days will be a time of great lawlessness. People will keep neither the law of God nor the laws of man.

“And because lawlessness will abound, the love of many will grow cold. But he who endures to the end shall be saved.” Matthew 24:12, 13. Paul says it a different way in 2 Thessalonians 2:7 and 9, “For the mystery of lawlessness is already at work; only He who now restrains will do so until he [the anti-christ] is taken out of the way. And then the lawless one will be revealed, whom the Lord will consume with the breath of His mouth and destroy with the brightness of His coming.

“The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and

with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved. And for this reason God will send them strong delusion, that they should believe the lie, that they all may be condemned who did not believe the truth but had pleasure in unrighteousness.”

Jesus also said that the last days would be like the days of Lot. “Likewise as it was also in the days of Lot; they ate, they drank, they bought, they sold, they planted, they built; but on the day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even so will it be in the day when the Son of man is revealed.” Luke 17:28–30. Life went on as usual, until suddenly great calamity came and the world as they knew it ended.

This is one of the great signs in Bible prophecy regarding the last days. Almost all the world will be living lawless lives, unwilling to keep the laws of God or

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The Bible is more accessible in the world today than it has ever been in the history of the world.

man, but, when the Lord comes, all those who have practiced lawlessness will be destroyed. “But the rest of mankind, who were not killed by these plagues, did not repent of the works of their hands, that they should not worship demons, and idols of gold,

silver, brass, stone, and wood, which can neither see nor hear nor walk. And they did not repent of their murders or their sorceries or their sexual immorality or their thefts.” Revelation 9:20, 21

There are many Bible prophecies that predict the things happening in the world today. Luke 21 lists several signs that will occur over time, specifically for the last generation.

“There will be great earthquakes in various places.” Verse 11.

If you do some research regarding the number of earthquakes over the last hundred years, you will find that earthquake occurrences have increased, not only in number, but also in severity. In fact, in the ten-year period between 1980 and 1990, the same number of major earthquakes occurred as those that occurred between 526 and 1797, a period of almost 1,300 years.

Verse 11 also predicts that famines and pestilences will occur in the last days. Again, in the last hundred years, there have been 56 recorded famines somewhere in the world. Two such famines occurred in Russia and northwest China. Over two million people starved to death in the Russian famine and more than twelve million people died in China. It was said of them both that they were the worst famines in all the history of the world.

A pestilence is a contagious or infectious epidemic that is very virulent and devastating. There have been 90 virulent epidemics caused either by known or new viruses within the last 50 years—as we have experienced over the last two years with Covid-19 and its numerous mutations. The Spanish influenza pandemic of 1918 has been described as, “[t]he crowning tragedy of so many tragic years. At least twenty

United States

Year 1925	Year 2021
270 Millionaires	22M Millionaires
1 Billionaire	630 Billionaires

million people perished.” (The Encyclopedia Britannica).

Joel 1:4 tells us that there will be great destruction by insects. “What the chewing locust left, the swarming locust has eaten; what the swarming locust left, the crawling locust has eaten; and what the crawling locust left, the consuming locust has eaten.” Beginning in the spring of 2019 after Cyclone Mekunu produced heavy rains in the Arabian Peninsula, swarms of locusts developed in Ethiopia, Eritrea, Somalia, Kenya, Saudi Arabia, Yemen, Egypt, Oman, Iran, India, and Pakistan. By mid-2020, a new swam had appeared in Paraguay and Argentina in South America, and the travel restrictions implemented as a result of the Covid pandemic has hindered efforts to end this plague.

In the business world, the Bible predicts that in the last days there will be a rapid accumulation of wealth. There are more extremely wealthy people today than ever before in the history of the world. In 1925, there were 207 individual millionaires in America and one billionaire. As of 2021, there are 22 million individual millionaires in America and 630 billionaires. This rapid increase in wealth is described in James 5:1-3: “Come now, you rich, weep and howl for your miseries that are coming upon you! Your riches are corrupted, and your garments are moth-eaten. Your gold and silver are corroded, and their corrosion will be a witness against you and will eat your flesh like fire. You have heaped up treasure in the last days.”

The Bible predicts racial hatred, troubles, and uprisings throughout the world, great corruption in world governments, disregard for justice, contempt for authority, increased pressure for religious legislation, and a growing prestige for hierarchical church government in the last days. (See Micah chapters 1–4 and Revelation 13)

There will be a moral breakdown within society and lawlessness (law breaking) will abound. The love of money will become so great that the acquisition of it will be the determined goal of most people. Crime will increase and we are certainly seeing that today in numbers almost beyond imagination.

The seeking of pleasure, perversion in the marriage relationship, immorality of every kind will become (has become!) widespread—an easy accomplishment as knowledge increases and man can travel throughout the world at any time.

Social problems will increase as real spirituality declines. “But know this, that in the last days perilous times will come: for men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power.” 2 Timothy 3:1–5, *first part*

There will be a rebellion against the straight truths found in God’s word. People will demand that their preachers speak only smooth things. “For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables.” 2 Timothy 4:3, 4

And we read in Matthew 24:6, “[Y]ou will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet.” Whenever you say something



There will be a moral breakdown within society and lawlessness will abound.

like that people will say, “Oh, I know, but there’s always been wars.” Yes, it is true, ever since sin entered the world, there have always been wars. But, there has never, ever been a war like World War I from 1914 to 1918. Regarding this war, Winston Churchill said, “It was different from all ancient wars and from all modern wars. All the horrors of all the ages were brought together. Henceforth whole populations will take part in war. Mankind has never been in this position before.” During World War II, whole nations were engaged in war and taken into captivity. Millions of people died of hunger, starvation, and forced labor, as well as from bombardment, from land and sea and the air. And then war took on an entirely new dimension with the creation of the atomic bomb.

In the midst of this fighting and killing, the Bible predicts that there will be a great international peace movement. All the while the nations are marching to war, they will be talking peace.

But the Bible doesn’t only predict wickedness and destruction. It also predicts that in the last days there will be a small group of people, a remnant, who

have been and will be keeping God’s commandments. They are described in Revelation 14:12, “Here is the patience of the saints; here are those who keep the commandments of God and have the faith of Jesus.” When you understand the context of this scripture, you will see that this remnant group is found to exist in the last days, when almost the whole world will be deceived by lawless teachings and false doctrines.

So, we can see in our world today exactly what the Bible has predicted would happen in the time of the end and we are quickly approaching the very last days. We must leave this world and the things in it behind and determine to follow Jesus, accepting Him as our Lord and Saviour, so that we may be included in the remnant; that small group who keep the commandments of God and have the faith of Jesus. Are we ready for that last day to come? **LM**

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May 29 – June 4, 2022

The Temptation and Fall

Key Text

“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned.” Romans 5:12

Study Help: *Patriarchs and Prophets*, 52–62

Introduction

“Obedience, perfect and perpetual, was the condition of eternal happiness. On this condition he [Adam] was to have access to the tree of life.” *Patriarchs and Prophets*, 49

Sunday

1 GOD’S COMMANDMENT

1.a. What explicit command was given to Adam and Eve in paradise? Genesis 2:16, 17

Note: “The tree of knowledge, which stood near the tree of life in the midst of the garden, was to be a test of the obedience, faith, and love of our parents. While permitted to eat freely of every other tree, they were forbidden to taste of this, on pain of death.” *Patriarchs and Prophets*, 48, 49

1.b. How did Jesus explain the meaning of the great commandment of God? Matthew 22:35–38. What result is obtained by heeding God’s command? Proverbs 6:23; 19:16

Note: “The joy of the Christian is not found in transgression of the law of God, but in obedience of all its precepts. None are in slavery and bondage to the law but those who transgress it. Obedience produces love to God and man—the two great principles of the law of God. This obedience and this love brings fullness of joy to the disciples of Jesus.” *The Signs of the Times*, January 24, 1878

“When we are daily under the control of God’s Spirit, we shall be commandment-keeping people. We may show to the world that obedience to God’s commands brings its own reward, even in this life, and in the future life eternal blessedness.” *The Upward Look*, 353

Monday

2 YIELDING TO TEMPTATION

2.a. Explain how Eve was tempted as she lingered around the forbidden tree. Genesis 3:6; 2 Corinthians 11:3

Note: “The serpent plucked the fruit of the forbidden tree and placed it in the hands of the half-reluctant Eve. Then he reminded her of her own words, that God had forbidden them to touch it, lest they die. She would receive no more harm from eating the fruit, he declared, than from touching it. Perceiving no evil results from what she had done, Eve grew bolder. When she ‘saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat.’ It was grateful to the taste, and as she ate, she seemed to feel a vivifying power, and imagined herself entering upon a higher state of existence. Without a fear she plucked and ate. And now, having herself transgressed, she became the agent of Satan in working the ruin of her husband. In a state of strange, unnatural excitement, with her hands filled with the forbidden fruit, she sought his presence, and related all that had occurred.” *Patriarchs and Prophets*, 55, 56

“His [Adam’s] love for Eve was strong, and in utter discouragement he resolved to share her fate. He seized the fruit and quickly ate it. Then Satan exulted. ... Adam, through his love for Eve, disobeyed the command of God, and fell with her.” *Early Writings*, 148

2.b. Why were Adam and Eve unable to humbly confess their sin? Romans 6:16, 20. Whom did they blame for it? Genesis 3:12, 13

Note: “After Adam and Eve had eaten of the forbidden fruit, they were filled with a sense of shame and terror. At first their only thought was how to excuse their sin and escape the dreaded sentence of death. When the Lord inquired concerning their sin, Adam replied, laying the guilt partly upon God and partly upon his companion. ... Why did You make the serpent? Why did You suffer him to come into Eden? These were the questions implied in her [Eve’s] excuse for her sin, thus charging God with the responsibility of their fall. The spirit of self-justification originated in the father of lies and has been exhibited by all the sons and daughters of Adam. Confessions of this order are not inspired by the divine Spirit and will not be acceptable to God. True repentance will lead a man to bear his guilt himself and acknowledge it without deception or hypocrisy.” *Steps to Christ*, 40

Tuesday

3 KNOWING GOOD AND EVIL

3.a. The serpent said that in the day Adam and Eve ate of the forbidden fruit, their “eyes shall be opened” and they shall know “good and evil.” Were these words true? Genesis 3:5, 7

Note: “The tempter intimated that the divine warning was not to be actually fulfilled; it was designed merely to intimidate them. How could it be possible for them to die? Had they not eaten of the tree of life? God had been seeking to prevent them from reaching a nobler development and finding greater happiness.

“Such has been Satan’s work from the days of Adam to the present, and he has pursued it with great success. He tempts men to distrust God’s love and to doubt His wisdom. He is constantly seeking to excite a spirit of irreverent curiosity, a restless, inquisitive desire to penetrate the secrets of divine

wisdom and power. In their efforts to search out what God has been pleased to withhold, multitudes overlook the truths which He has revealed, and which are essential to salvation. Satan tempts men to disobedience by leading them to believe they are entering a wonderful field of knowledge. But this is all a deception. Elated with their ideas of progression, they are, by trampling on God’s requirements, setting their feet in the path that leads to degradation and death.” *Patriarchs and Prophets*, 54, 55

“Satan desired to make it appear that this knowledge of good mingled with evil would be a blessing, and that in forbidding them to take of the fruit of the tree, God was withholding great good.” *Education*, 24

3.b. Were the words of the serpent “Ye shall not surely die” and “ye shall be as gods” true? Genesis 3:4, 5. What was the result of listening to the serpent?

Note: “It was Satan’s plan that Adam and Eve should by disobedience incur God’s displeasure; and then, if they failed to obtain forgiveness, he hoped that they would eat of the tree of life, and thus perpetuate an existence of sin and misery. But after man’s fall, holy angels were immediately commissioned to guard the tree of life. Around these angels flashed beams of light having the appearance of a glittering sword. None of the family of Adam were permitted to pass the barrier to partake of the life-giving fruit; hence there is not an immortal sinner.” *Patriarchs and Prophets*, 60

Wednesday

4 EXPELLED FROM PARADISE

4.a. What were the properties of the tree of life from which Adam and Eve had freedom to eat? Genesis 2:9

Note: “The tree of life is a representation of the preserving care of Christ for His children. As Adam and Eve ate of this tree, they acknowledged their dependence upon God. The tree of life possessed the power to perpetuate life, and as long

as they ate of it, they could not die.” *The Review and Herald*, January 26, 1897

“Man was dependent upon the tree of life for immortality, and the Lord took these precautions lest men should eat of that tree ‘and live forever’—become immortal sinners.” *Testimonies to Ministers and Gospel Workers*, 134

4.b. After Adam and Eve sinned, what was God compelled to do, and why? Genesis 3:22–24

Note: “For transgression of the law of God, Adam and Eve were banished from Eden.” *The Desire of Ages*, 741

“After their sin Adam and Eve were no longer to dwell in Eden. They earnestly entreated that they might remain in the home of their innocence and joy. They confessed that they had forfeited all right to that happy abode, but pledged themselves for the future to yield strict obedience to God. But they were told that their nature had become depraved by sin; they had lessened their strength to resist evil and had opened the way for Satan to gain more ready access to them. In their innocence they had yielded to temptation; and now, in a state of conscious guilt, they would have less power to maintain their integrity.

“In humility and unutterable sadness they bade farewell to their beautiful home and went forth to dwell upon the earth, where rested the curse of sin. The atmosphere, once so mild and uniform in temperature, was now subject to marked changes, and the Lord mercifully provided them with a garment of skins as a protection from the extremes of heat and cold.” *Patriarchs and Prophets*, 61

“Adam was driven from Eden, and the angels who, before his transgression, had been appointed to guard him in his Eden home, were now appointed to guard the gates of paradise and the way of the tree of life, lest he should return, gain access to the tree of life, and sin be immortalized.” *Confrontation*, 15

Thursday

5 A CURSE UPON THE EARTH

5.a. What was the sentence pronounced upon the serpent, upon Eve, and upon Adam? Genesis 3:14–19

Note: “As they witnessed in drooping flower and falling leaf the first signs of decay, Adam and his companion mourned more deeply than men now mourn over their dead. The death of the frail, delicate flowers was indeed a cause of sorrow; but when the goodly trees cast off their leaves, the scene brought vividly to mind the stern fact that death is the portion of every living thing.” *Patriarchs and Prophets*, 62

5.b. In spite of the curse resting upon the earth, what can we see in nature? Psalm 19:1–4; Romans 1:20

Note: “Adam ... was shown the curse of God resting more and more heavily upon the human race, upon the cattle, and upon the earth, because of man’s continued transgression. He was shown that iniquity and violence would steadily increase; yet amid all the tide of human misery and woe, there would ever be a few who would preserve the knowledge of God, and would remain unsullied amid the prevailing moral degeneracy.” *The Spirit of Prophecy*, Vol. 1, 52

“After the transgression of Adam, God might have destroyed every opening bud and blooming flower, or He might have taken away their fragrance, so grateful to the senses. In the earth, seared and marred by the curse, in the briars, the thistles, the thorns, the tares, we may read the law of condemnation; but in the delicate color and perfume of the flowers, we may learn that God still loves us, that His mercy is not wholly withdrawn from the earth.” *The Review and Herald*, November 8, 1898

Friday

PERSONAL REVIEW QUESTIONS

- 1 Why is obedience to God vital to our own happiness and stability?
- 2 Whenever a mistake, shortcoming, or sin of our doing is brought to our attention, what human tendency must we steadfastly resist?
- 3 In what sense is having our eyes “opened” not always good?
- 4 Why is it a blessing that the tree of life was barred after sin?
- 5 As we see the bitter results of sin, what encouragement shines through?

June 5 – 11, 2022

The Plan of Redemption

Key Text

“He [the Father] has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, [even] the forgiveness of sins.” Colossians 1:13, 14

Study Help: *The Desire of Ages*, 19–26

Introduction

“The Godhead was stirred with pity for the race, and the Father, the Son, and the Holy Spirit gave Themselves to the working out of the plan of redemption.” *The Review and Herald*, May 2, 1912

Sunday

1 A LOVING DEVICE

1. When was the plan for the redemption of fallen man formulated, and by whom? Romans 16:25, 26; Colossians 1:26

Note: “Christ, our Substitute and Surety, did not stand alone in the wondrous undertaking of the ransom of man. In the plan to save a lost world, the counsel was between Them both; the covenant of peace was between the Father and the Son.” *The Signs of the Times*, December 23, 1897

“The purpose and plan of grace existed from all eternity. Before the foundation of the world it was according to the determinate counsel of God that man should be created and endowed with power to do the divine will. The fall of man, with all its consequences, was not hidden from the Omnipotent. Redemption was not an afterthought, a plan formulated after the fall of Adam, but an eternal purpose, suffered to be wrought out for the blessing, not only of this atom of a world, but for the good of all the worlds that God had created.” *Ibid.*, February 13, 1893

“The Godhead was stirred with pity for the race, and the Father, the Son, and the Holy Spirit gave Themselves to the working out of the plan of redemption. In order fully to carry out this plan, it was decided that Christ, the only begotten Son of God, should give Himself an offering for sin.” *The Review and Herald*, May 2, 1912

Monday

2 THE WORD WAS GOD

- 2.a. What words are used by John to describe Jesus Christ? John 1:1–4

Note: “In speaking of His preexistence, Christ carries the mind back through dateless ages. He assures us that there never was a time when He was not in close fellowship with the eternal God.” *The Signs of the Times*, August 29, 1900

“The Lord Jesus Christ, the divine Son of God, existed from eternity, a distinct person, yet one with the Father. He was the surpassing glory of heaven. He was the commander of the heavenly intelligences, and the adoring homage of the angels was received by Him as His right.” *The Review and Herald*, April 5, 1906

“‘In Him was life; and the life was the light of men’ (John 1:4). It is not physical life that is here specified, but immortality, the life which is exclusively the property of God. The Word, who was with God, and who was God, had this life. Physical life is something which each individual receives. It is not eternal or immortal; for God, the Lifegiver, takes it again. Man has no control over his life. But the life of Christ was unborrowed. No one can take this life from Him. ... In Him was life, original, unborrowed, underived.” *Selected Messages*, Book 1, 296

- 2.b. What titles are given to Christ in the Old Testament? Isaiah 9:6. What part does Jesus have in the eternal Godhead? Colossians 2:9

Note: “Jehovah is the name given to Christ.” *The Signs of the Times*, May 3, 1899

“[The] doctrine that denies the absolute Godhead of Jesus Christ, denies also the Godhead of the Father.” Ibid., June 27, 1895

“While God’s word speaks of the humanity of Christ when upon this earth, it also speaks decidedly regarding His preexistence. The Word existed as a divine being, even as the eternal Son of God, in union and oneness with His Father. From everlasting He was the Mediator of the covenant, the One in whom all nations of the earth, both Jews and Gentiles, if they accepted Him, were to be blessed. ‘The Word was with God, and the Word was God’ (John 1:1). Before men or angels were created, the Word was with God, and was God.” *Lift Him Up*, 74

Tuesday

3 THE WORD WAS MADE FLESH

3.a. How is the incarnation of Christ described by the apostles? John 1:14; Philippians 2:5–8; Hebrews 2:14

Note: “In contemplating the incarnation of Christ in humanity, we stand baffled before an unfathomable mystery, that the human mind cannot comprehend. The more we reflect upon it, the more amazing does it appear. How wide is the contrast between the divinity of Christ and the helpless infant in Bethlehem’s manger! How can we span the distance between the mighty God and a helpless child? And yet the Creator of worlds, He in whom was the fullness of the Godhead bodily, was manifest in the helpless babe in the manger. Far higher than any of the angels, equal with the Father in dignity and glory, and yet wearing the garb of humanity! Divinity and humanity were mysteriously combined, and man and God became one. It is in this union that we find the hope of our fallen race. Looking upon Christ in humanity, we look upon God, and see in Him the brightness of His glory, the express image of His person.” *The Signs of the Times*, July 30, 1896

“The Pattern Man, who thought it not robbery to be equal with God, took upon Himself our nature, and lived nearly thirty years in an obscure Galilean town, hidden away among the hills. All the angel host was at His command, yet He did not claim to be anything great or exalted. He did not attach ‘Professor’ to His name to please Himself. He was a carpenter, working for wages, a servant to those for whom He labored, showing that heaven may be very near us in the common walks of life.” *Selected Messages*, Book 2, 164

“Christ did not make believe take human nature; He did verily take it. He did in reality possess human nature.” Ibid., Book 1, 247

3.b. What is Christ’s incarnation called? 1 Timothy 3:16

Note: “Although Christ’s divine glory was for a time veiled and eclipsed by His assuming humanity, yet He did not cease to be God when He became man. The human did not take the place of the divine, nor the divine of the human. This is the mystery of godliness. The two expressions ‘human’ and ‘divine’ were, in Christ, closely and inseparably one, and yet they had a distinct individuality. Though Christ humbled Himself to become man, the Godhead was still His own.” *The Signs of the Times*, May 10, 1899

Wednesday

4 REDEEMING LOVE

4.a. Why did the Father and Jesus agree to make a supreme sacrifice for the fallen race? John 3:16, 17; 1 John 4:10; Luke 19:10

Note: “The love of God was to be revealed to the world in the death of His beloved Son, crucified on Calvary for the sins of the world. He was to present to the world the gospel, which was to be the power of God unto salvation. This was not a new truth, but through the traditions of men it had become obscured, and the original truths, by separation from their Author, had lost their meaning to the world.” *The Signs of the Times*, May 8, 1893

“It was the marvel of all the universe that Christ should humble Himself to save fallen man. That He who had passed from star to star, from world to world, superintending all, by His providence supplying the needs of every order of being in His vast creation—that He should consent to leave His glory and take upon Himself human nature, was a mystery which the sinless intelligences of other worlds desired to understand.” *Patriarchs and Prophets*, 69

“Christ came to redeem humanity. He is interested in all our actions. He desires to mold and fashion us after the divine similitude. Not until every case is decided will Christ be at rest. I have been permitted to behold His solicitude, and the great love wherewith He has loved us.” *This Day With God*, 91

4.b. Besides the redemption of humankind, what else is included in the plan of salvation? Revelation 12:12; Ephesians 3:9–11

Note: “Not only had man come under the power of the deceiver, but the earth itself, the dominion of man, was usurped by the enemy. Through the plan of salvation, through the sacrifice of Christ, not only man, but his dominion, was to be redeemed. Because of the merits of Christ, all that man lost through sin was to be restored. The time would come when there should be no more curse, but the throne of God should be in the earth renewed, and His servants should serve Him.” *The Bible Echo*, July 15, 1893

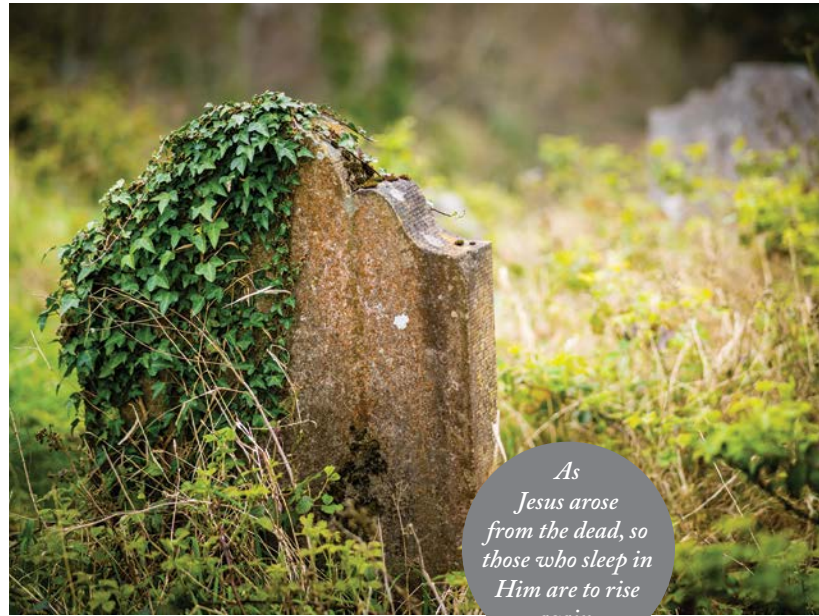
“The great plan of redemption results in fully bringing back the world into God’s favor. All that was lost by sin is restored. Not only man but the earth is redeemed, to be the eternal abode of the obedient.” *Patriarchs and Prophets*, 342

Thursday

5 REDEMPTION ACCOMPLISHED

5.a. What words of the prophet are to be fulfilled when sin and sinners will be no more? Isaiah 53:11, *first part*; John 17:24

Note: “The despised remnant are clothed in glorious apparel, nevermore to be defiled by the corruptions of the world. Their names are retained in the Lamb’s book of life, enrolled among the faithful of all ages. They have resisted the wiles of the deceiver; they have not been turned from their loyalty by the dragon’s roar. Now they are eternally secure from the tempter’s devices. Their sins are transferred to the originator of sin. And the remnant are not only pardoned and accepted, but honored. ‘A fair miter’ is set upon their heads. They are to be as kings and priests unto God.” *Testimonies*, Vol. 5, 475



5.b. Besides meeting and recognizing each other, what will bring great joy to the redeemed? 1 Corinthians 13:12; Matthew 5:8; 1 John 3:1, 2

Note: “The pure communion with holy beings, the harmonious social life with the blessed angels and with the faithful ones of all ages who have washed their robes and made them white in the blood of the Lamb ... help to constitute the happiness of the redeemed.” *The Great Controversy*, 677

“As Jesus arose from the dead, so those who sleep in Him are to rise again. We shall know our friends, even as the disciples knew Jesus. They may have been deformed, diseased, or disfigured, in this mortal life, and they rise in perfect health and symmetry; yet in the glorified body their identity will be perfectly preserved. Then shall we know even as also we are known.” *The Desire of Ages*, 804

Friday

PERSONAL REVIEW QUESTIONS

- 1 What reveals the amazing forethought of our loving Creator?
- 2 Why is the incarnation of Christ such a mystery?
- 3 How far-reaching is the plan of salvation?
- 4 To what glorious reunion can the redeemed look forward?

June 12 – 18, 2022

The Flood

Key Text

“By faith Noah, being divinely warned of things not yet seen, moved with godly fear, prepared an ark to the saving of his household, by which he condemned the world and became heir of the righteousness which is according to faith.” Hebrews 11:7

Study Help: *Patriarchs and Prophets*, 90–110

Introduction

“Before the Flood God sent Noah to warn the world, that the people might be led to repentance, and thus escape the threatened destruction.” *Patriarchs and Prophets*, 102

Sunday

1 INIQUITY ABOUNDED

- 1.a. What was the condition of the world in the days of Noah, and what message did God give this patriarch as wickedness increased on the earth? Genesis 6:5, 12–14, 17

Note: “After the Fall, men chose to follow their own sinful desires; and as the result, crime and wretchedness rapidly increased. Neither the marriage relation nor the rights of property were respected. Whoever coveted the wives or the possessions of his neighbor, took them by force, and men exulted in their deeds of violence. They delighted in destroying the life of animals; and the use of flesh for food rendered them still more cruel and bloodthirsty.” *Patriarchs and Prophets*, 92

- 1.b. Besides immorality and violence, what was the sin of the antediluvians? Matthew 24:38; Luke 17:27

Note: “The sin of the antediluvians was in perverting that which in itself was lawful. They corrupted God’s gifts by using them to minister to their selfish desires. The indulgence of appetite and base passion made their imaginations altogether corrupt. The antediluvians were slaves of Satan, led and controlled by him.” *Manuscript Releases*, Vol. 19, 246, 247

Monday

2 A MAN OF FAITH

- 2.a. What did the Lord say of Noah’s character? Genesis 6:8; 7:1

Note: “What constituted the difference between Enoch and Noah, and those who were destroyed by the flood? Enoch and Noah were obedient to the law of God; the others walked in the imagination of their own hearts, and corrupted their ways before the Lord, disregarding all His requirements.” *The Signs of the Times*, February 11, 1897

“Noah stood like a rock amid the tempest. He was surrounded by every species of wickedness and moral corruption; but amid popular contempt and ridicule, amid universal wickedness and disobedience, he distinguished himself by his holy integrity and unwavering faithfulness.” *Reflecting Christ*, 322

- 2.b. What does the Bible say about the unflinching faith and work of Noah? Hebrews 11:7; 2 Peter 2:5

Note: “Noah was to preach to the people, and also to prepare an ark as God should direct him for the saving of himself and family. Not only was he to preach, but his example in building the ark was to be a continual testimony of warning to the world, showing that he believed what he preached. His simple, childlike faith, and his implicit obedience, notwithstanding the opposition he received, was an evidence to the world of his sincerity. He was firm as a rock to duty, directing the work of that singular building, under the guidance of the divine Architect. Every blow struck upon the ark was a witness to the people.” *The Signs of the Times*, February 27, 1879

“The ark was built upon dry land. Noah walked by faith, and when the time came and they [the people] saw the beasts two by two going into the ark, and the heavens darkened by the fowls that were going two by two into the ark, these were they that were obedient to God; but man was not obedient, but the beasts and fowls were finding a place of refuge. Yet notwithstanding this wonderful sight, still the people were unbelieving.

“At last God bade Noah and his family to go into the ark; and He shut them in. There they remained one week enclosed in the ark before it began to rain. How then did these wicked men mock and deride those in the ark! Was it not a trial of their faith to be shut in there for one week and yet have no rain? But after seven days it began to rain.” *Manuscript Releases*, Vol. 19, 133

Tuesday

3 THE ARK OF NOAH

3.a. What were the dimensions of the ark, and what material was used for building it? Genesis 6:14–16

Note: “Human wisdom could not have devised a structure of so great strength and durability. God was the designer, and Noah the master builder. It was constructed like the hull of a ship, that it might float upon the water, but in some respects it more nearly resembled a house. It was three stories high, with but one door, which was in the side. The light was admitted at the top, and the different apartments were so arranged that all were lighted. The material employed in the construction of the ark was the cypress, or gopher wood, which would be untouched by decay for hundreds of years. The building of this immense structure was a slow and laborious process. On account of the great size of the trees and the nature of the wood, much more labor was required then than now to prepare timber, even with the greater strength which men then possessed. All that man could do was done to render the work perfect, yet the ark could not of itself have withstood the storm which was to come upon the earth. God alone could preserve His servants upon the tempestuous waters.” *Patriarchs and Prophets*, 92–95

3.b. How much time was given to finish the ark and for the wicked to repent? Genesis 6:3. Did anyone heed Noah’s warning?

Note: “A power attended his [Noah’s] words, for it was the voice of God to man through His servant. Connection with God made him strong in the strength of infinite power, while for one hundred and twenty years his solemn voice fell upon the ears of that generation.” *Patriarchs and Prophets*, 96

“Noah’s faith was mingled with fear; for it is written that Noah, being warned of God, moved with fear, prepared an ark for the saving of his house. His faith intensified his fear; for it was no cowardly fear that moved him. He dared not suppress the words of God for fear of men, or withhold his message in dread of the consequences that might result because of the opposition and hate of the wicked and unbelieving about him. He knew the power of God, and realized that God would fulfill His word.” *The Signs of the Times*, April 18, 1895

“Some of the carpenters he [Noah] employed in building the ark believed the message, but died before the flood; others of Noah’s converts backslid.” *Fundamentals of Christian Education*, 504

Wednesday

4 THE FLOOD COVERED THE EARTH

4.a. Describe the phenomenon that took place among the living creatures that entered the ark with Noah. Genesis 7:7–9

Note: “The ark was finished in every part as the Lord had directed, and was stored with food for man and beast. And now the servant of God made his last solemn appeal to the people. With an agony of desire that words cannot express, he entreated them to seek a refuge while it might be found. Again they rejected his words, and raised their voices in jest and scoffing. Suddenly a silence fell upon the mocking throng. Beasts of every description, the fiercest as well as the most gentle, were seen coming from mountain and forest and quietly making their

way toward the ark. ... Animals obeyed the command of God, while men were disobedient." *Patriarchs and Prophets*, 97, 98

"There were a class of very large animals which perished at the flood. God knew that the strength of man would decrease, and these mammoth animals could not be controlled by feeble man." *Spiritual Gifts*, Vol. 4a, 121

4.b. After seven days in which the faith of Noah was tested once more, what took place? Genesis 7:17–24

Note: "For seven days after Noah and his family entered the ark, there appeared no sign of the coming storm. During this period their faith was tested. It was a time of triumph to the world without. The apparent delay confirmed them in the belief that Noah's message was a delusion, and that the Flood would never come. Notwithstanding the solemn scenes which they had witnessed—the beasts and birds entering the ark, and the angel of God closing the door—they still continued their sport and revelry, even making a jest of these signal manifestations of God's power. They gathered in crowds about the ark, deriding its inmates with a daring violence which they had never ventured upon before.

"But upon the eighth day dark clouds overspread the heavens. There followed the muttering of thunder and the flash of lightning. Soon large drops of rain began to fall. The world had never witnessed anything like this, and the hearts of men were struck with fear. ...

"The [idol] worshipers were made to tremble at the power of the living God and to know that it was their corruption and idolatry which had called down their destruction." *Patriarchs and Prophets*, 98, 99

Thursday

5 THE EARTH DURING AND AFTER THE FLOOD

5.a. What was the reaction of the wicked to Noah's message? 1 Peter 3:20

Note: "Satan himself, who was compelled to remain in the midst of the warring elements, feared for his own existence. ... Many of the people, like Satan, blasphemed God, and had they been able, they would have torn Him from the throne of power. Others were frantic with fear, stretching their hands toward the ark and pleading for admittance. But their entreaties were in vain. Conscience was at last aroused to know that there is a God who ruleth in the heavens. They called upon Him earnestly, but His ear was not open to their cry. In that terrible hour they saw that the transgression of God's law had caused their ruin." *Patriarchs and Prophets*, 99, 100

5.b. What sign and promise were given to Noah and his family? Genesis 8:15–19; 9:8–16. What was the earth like after the Flood?

Note: "In the time of the Flood, the people, and the beasts also, gathered to the highest points of land, and as the waters disappeared, dead bodies were left upon the mountains and hills, as well as on the plains. The surface of the earth was strewn with the bodies of men and beasts. But God would not have these remain to decompose and pollute the atmosphere, therefore He made of the earth a vast burying ground. He caused a powerful wind to pass over it for the purpose of drying up the waters, which moved them with great force, in some instances carrying away the tops of the mountains like mighty avalanches, forming hills and mountains where there were none to be seen before, and burying the dead bodies with trees, stones, and earth." *The Signs of the Times*, March 13, 1879

Friday

PERSONAL REVIEW QUESTIONS

- 1 How are we in danger of repeating today the sin of the antediluvians?
- 2 Why can we be inspired by the example of Noah?
- 3 Describe the conditions under which Noah labored.
- 4 Why were some animals not preserved in the ark?
- 5 What evidences of the Flood remain on earth even today?

June 19 – 25, 2022

God's Amazing Grace

Key Text

"For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast." Ephesians 2:8, 9

Study Help: *The Acts of the Apostles*, 557–567

Introduction

"Grace is unmerited favor, and the believer is justified without any merit of his own, without any claim to offer to God. He is justified through the redemption that is in Christ Jesus, who stands in the courts of heaven as the sinner's substitute and surety." *Selected Messages*, Book 1, 398

Sunday

1 UNDESERVING SINNERS

1.a. What did sin cause between humanity and God?
Isaiah 59:1, 2

Note: "It was Satan's purpose to bring about an eternal separation between God and man." *The Desire of Ages*, 25

"His [man's] nature became so weakened through transgression that it was impossible for him, in his own strength, to resist the power of evil. He was made captive by Satan, and would have remained so forever had not God specially interposed." *Steps to Christ*, 17

1.b. Without the grace of God, what would be our fate, and how only can we be delivered from it? Romans 5:12, 15; 6:23

Note: "By sin man was shut out from God. Except for the plan of redemption, eternal separation from God, the darkness of unending night, would have been his. Through the Saviour's sacrifice, communion with God is again made possible." *Education*, 28

"God's love and justice have provided one way, and one only, whereby man can be saved from eternal separation from heaven and alienation from God, and that is by faith in Christ and obedience to His law." *The Signs of the Times*, December 15, 1887

Monday

2 SHORT OF GOD'S GLORY

2.a. What happened to the beautiful light that enshrouded Adam and Eve when they sinned? Genesis 3:7

Note: "The white robe of innocence was worn by our first parents when they were placed by God in holy Eden. They lived in perfect conformity to the will of God. All the strength of their affections was given to their heavenly Father. A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God, it would ever have continued to enshroud them. But when sin entered, they severed their connection with God, and the light that had encircled them departed." *Christ's Object Lessons*, 310, 311

2.b. To cover up their nakedness, what did Adam and Eve do? Genesis 3:7. What did God provide to clothe the guilty pair? Genesis 3:21

Note: "Naked and ashamed, they [our first parents] tried to supply the place of the heavenly garments by sewing together fig leaves for a covering.

"This is what the transgressors of God's law have done ever since the day of Adam and Eve's disobedience. They have sewed together fig leaves to cover the nakedness caused by transgression. They have worn the garments of their own devising, by works of their own they have tried to cover their sins, and make themselves acceptable with God.

“But this they can never do. Nothing can man devise to supply the place of his lost robe of innocence. No fig-leaf garment, no worldly citizen dress, can be worn by those who sit down with Christ and angels at the marriage supper of the Lamb.

“Only the covering which Christ Himself has provided can make us meet to appear in God’s presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul. . . . This robe, woven in the loom of heaven, has in it not one thread of human devising. Christ in His humanity wrought out a perfect character, and this character He offers to impart to us.” *Christ’s Object Lessons*, 311

Tuesday

3 GOD LOVES AND PITIES US

3.a. What was, and still is, the Lord’s attitude towards fallen human beings? Psalm 103:13; 1 John 4:10

Note: “He [Christ] pitied and loved not only those who sought to be obedient and loving, but those also who were wayward and perverse. Jesus has not changed; He is the same yesterday, today, and forever, and He still loves and pities the erring, seeking to draw them to Himself, that He may give them divine aid. He knows that a demon power is struggling in every soul, striving for the mastery; but Jesus came to break the power of Satan and to set the captives free.” *My Life Today*, 300

“While upon the earth, He [the Lord] was ever touched with human woe. Although He is now ascended to His Father, and is adored by angels who quickly obey His commands, His heart, which loved, pitied, and sympathized, knows no change. It remains a heart of unchangeable tenderness still. That same Jesus was acquainted with all your trials, and did not leave you alone to struggle with temptations, battle with evil, and be finally crushed with burdens and sorrow.” *Testimonies*, Vol. 2, 271

3.b. How did God show His infinite love to men and women who have not loved Him? 1 John 4:9, 10, 16, 19; John 3:16, 17

Note: “Jesus looked upon the world in its fallen state with infinite pity. He took humanity upon Himself that He might touch and elevate humanity. He came to seek and to save that which was lost.” *Fundamentals of Christian Education*, 199

“In the gracious blessings which our heavenly Father has bestowed upon us we may discern innumerable evidences of a love that is infinite, and a tender pity surpassing a mother’s yearning sympathy for her wayward child. When we study the divine character in the light of the cross we see mercy, tenderness, and forgiveness blended with equity and justice.” *Testimonies*, Vol. 4, 461

“He [the world’s Redeemer] came to this world all seared and marred by the curse, that He might come close to man in his woe and affliction. With His long human arm He encircled the race, while with His divine arm He grasped the throne of the Infinite, bringing to fallen man divine power to cooperate with His human effort.” *The Review and Herald*, November 21, 1899

Wednesday

4 ABUNDANT GRACE

4.a. To how many does God wish to extend His tender mercy and grace? John 1:12; 2 Peter 3:9; 1 Timothy 2:4; Hebrews 7:25

Note: “Christ is the atoning sacrifice. He left the glory of heaven, He parted with His riches, He laid aside His honor, not in order to create love and interest for man in the heart of God, but to be an exponent of the love that existed in the heart of the Father. He came into the world to make man accept the fact that although man had sinned against God, ‘God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.’ Jesus paid the price of all His riches, He assumed humanity, He condescended to a life of poverty and humiliation, in order that He might seek and save that which was lost.

“Through the grace of Christ we may be strengthened and matured, so that though now imperfect we may become complete in Him. We have mortgaged ourselves to Satan, but Christ came to ransom and redeem us. We cannot purchase anything from God. It is only by grace, the free gift of God in Christ, that we are saved.” *The Youth Instructor*, September 5, 1895

4.b. What is the sure result of justification? Matthew 1:21; Titus 2:11–14

Note: “When the Spirit of God controls mind and heart, the converted soul breaks forth into a new song; for he realizes that in his experience the promise of God has been fulfilled, that his transgression has been forgiven, his sin covered. He has exercised repentance toward God for the violation of the divine law, and faith toward Christ, who died for man’s justification. ‘Being justified by faith,’ he has ‘peace with God through our Lord Jesus Christ.’ Romans 5:1.

“But because this experience is his, the Christian is not therefore to fold his hands, content with that which has been accomplished for him. He who has determined to enter the spiritual kingdom will find that all the powers and passions of unregenerate nature, backed by the forces of the kingdom of darkness, are arrayed against him. Each day he must renew his consecration, each day do battle with evil. Old habits, hereditary tendencies to wrong, will strive for the mastery, and against these he is to be ever on guard, striving in Christ’s strength for victory.” *The Acts of the Apostles*, 476, 477

Thursday

5 SAVED BY GRACE

5.a. By what means will the redeemed enter the kingdom of God? Ephesians 2:8–10; Hebrews 4:16; 12:28

Note: “Man cannot transform himself by the exercise of his will. He possesses no power by which this change can be effected. The heaven—something wholly from without—must be put into the meal before the desired change can be wrought in it. So the grace of God must be received by the sinner before he can be fitted for the kingdom of glory. All the culture and education which the world can give will fail of making a degraded child of sin a child of heaven. The renewing energy must come from God. The change can be made only by the Holy Spirit. All who would be saved, high or low, rich or poor, must submit to the working of this power.” *Christ’s Object Lessons*, 96, 97

“Your obedience to God’s commandments will prove your right to an inheritance with the saints in light. God has elected a certain excellence of character; and everyone who, through the grace of Christ, shall reach the standard of His requirement, will have an abundant entrance into the kingdom of glory.” *Christian Education*, 118



5.b. What encouraging words are given us to proceed in our pilgrimage to the very end? Philippians 1:6; Hebrews 12:12–14

Note: “He [the Father] desires to restore you to Himself, to see His own purity and holiness reflected in you. And if you will but yield yourself to Him, He that hath begun a good work in you will carry it forward to the day of Jesus Christ. Pray more fervently; believe more fully. As we come to distrust our own power, let us trust the power of our Redeemer, and we shall praise Him who is the health of our countenance.” *Steps to Christ*, 64

Friday

PERSONAL REVIEW QUESTIONS

- 1 What is our natural condition without Christ in our life?
- 2 What changes occurred in Adam and Eve once they experienced sin?
- 3 Why do we have reason for deep gratitude for the gift of Christ?
- 4 What shows the great personal interest God has for each individual?
- 5 How does the grace of Christ work to restore us to His image?

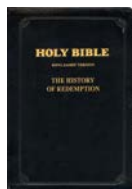
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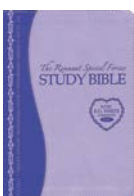
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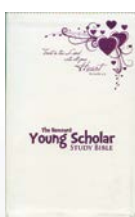
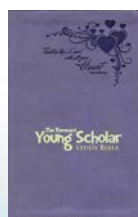
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The Carrot

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The carrot is a root vegetable first grown in Afghanistan around 900 AD. While it is known best for its orange color, it also comes in other hues, including purple, yellow, red, and white. Early carrots were purple or yellow, but the orange carrot was developed in Central Europe around the 15th or 16th century.

The carrot is a popular and versatile veggie. Its taste can vary slightly depending on the color, size, and where it's grown. Sugar contained in carrots can give them a slightly sweet flavor, but they also can taste earthy or bitter.

One serving of carrots is a half cup and has:

- 25 calories
- 6 grams of carbohydrates
- 2 grams of fiber
- 3 grams of sugar
- 0.5 grams of protein

Carrots are a great source of vitamins A, C, and K, as well as potassium, calcium, iron and fiber.

The carrot offers many health benefits. It is rich in beta-carotene which keeps our eyes healthy, protecting them from the sun and reducing the risk of cataracts and other eye problems. The yellow carrot contains lutein and has been found to help prevent macular degeneration.

Antioxidants have been proven to reduce the risk of developing cancer and the carrot contains two antioxidants: carotenoid and anthocyanin. Carotenoid gives the carrot its orange and yellow colors, while anthocyanin is responsible for its red and purple coloring.

These same antioxidants are also good for the heart and the potassium found in the carrot helps keep blood pressure in check. The fiber in a carrot helps maintain a healthy weight and also lowers the chance of heart disease.

WebMD by Angela Nelson (Medically Reviewed by Hansa D. Bhargava, MD on September 10, 2020) [LMI](#)

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



VEGETABLE SPLIT-PEA SOUP

Ingredients

2 quarts water
2 cups dried green split peas
1 stalk celery, coarsely chopped
1 large carrot, chopped
1 small onion, chopped
¼ tsp. ground thyme
1 whole bay leaf
Salt to taste
1 package golden George Washington Broth or 1 tsp. McKay's Chicken-Style Seasoning

Process

1. Rinse peas thoroughly in fine strainer under cold water, picking out debris and any blemished peas. Prepare vegetable as directed.
2. In large pan, combine all the above prepared ingredients and bring to a boil for 20 minutes. Cover and let simmer for an additional 30 minutes. Remove bay leaf before serving.





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