

HISTORIC

# LANDMARKS

OF ADVENTISM

*He Was Not Mine  
to Lose*

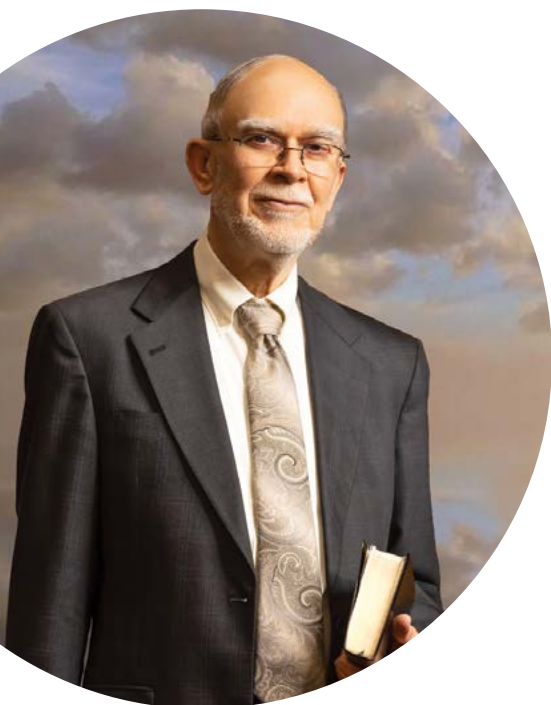
*p. 12*

*The  
Heavenly  
Citizen*

*p. 2*

*Divine  
Help*

*p. 7*



## From the Editor

*John J. Grosboll*

# About Not Giving Up

**A**braham Lincoln failed in romance, business, and politics, but today, he is remembered as one of the greatest men—greatest presidents—of all time. Imagine what would have happened if he had given up.

Thomas Edison's teachers thought him to be a failure in school and that he would never amount to much. But Edison had a quality of mind his teachers didn't see—he didn't give up. He said, "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." In spite of many failures, he succeeded in perfecting and patenting the first electric light and pioneering public electricity in New York City.

We need this same tenacity and persistence in the endeavor to be fit to receive the gift of eternal life and immortality when Jesus comes. "Strive," said Jesus, 'to enter in at the strait gate'

(Luke 13:24). ... All his endeavors will be in vain if he has not virtue of character, a practical knowledge of Christ through obedience to all His requirements. Those who have faith must be careful to show their faith by their works.

"It is common for men and women to speak of themselves as Christians whose whole claim lies in the assuming of the name. They do not reveal that they are partakers of the divine nature. They do not reveal love for Jesus or for religious things. As far as their words and their spirit and their character are concerned, no one would suspect they were Christians. Their assent to the truth has no virtue. This counts for nothing in the sight of God.

"True faith works by love and purifies the soul. Truth is an active, working principle, molding heart and life so that there is a constant upward movement."

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HISTORIC

## LANDMARKS

OF ADVENTISM

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

# In this Issue



## The Heavenly Citizen

In heaven, we will once again live the Eden life. But what must we first become here in order to be a good heavenly citizen there?

By John J. Grosboll



## Divine Help

Peter's denial of Christ is an example of the pride and self-reliance exhibited today by the majority of the world. Only with divine help can we shed these traits and overcome the tendencies of the natural heart.

By John R. Pearson



## He Was Not Mine to Lose

We have all experienced grief. The loss of a loved one, a friend, even a beloved pet. We all have asked the question: Why? But, how do we deal with grief when God doesn't tell us why?

By Judy Rebarchek

## More in this Issue

### 16 Bible Puzzle

1 Peter

### 19 Pen of Inspiration

We are Christ's Representatives

### 20 Story Time

Missing Grandpa

### 21 Keys to the Storehouse

Together with Him

### 23 Songs We Love

It Is Well With My Soul

### 24 From the Mission Fields

Testimony of Sahara Gomez

### 26 Nature

Morning Glory Cloud

### 27 Health Nugget

Rest

### 30 Facts about the Future

Who Must Give an Account?

### 34 Testimony

To Obey God

### 36 Bible Study Guide

This We Believe (2)

### 49 Recipe

Popcorn



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All Bible texts, unless appearing in quoted references, the Bible Study guides or otherwise identified, are from the New King James Version.

# *The Heavenly Citizen*

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By John J. Grosboll

**H**eaven is a real place. Heaven is a good place. The Bible says, “Eye has not seen, nor ear heard, nor have entered into the heart of man [into your imagination] the things which God has prepared for those who love Him.” 1 Corinthians 2:9. Heaven is an indescribable place.

Heaven will be a school. We are going to graduate from the school of Christ down here and then go on to a higher school in which the Lord Himself will be our teacher. The central location of this future school is the New Jerusalem.



Revelation 21 tells us heaven is a place where there is no more death or suffering or pain, no more sorrow or crying. There all tears will be wiped away. There will be no more funerals, and we will never again have to visit a hospital. We are told in Isaiah 60:21 that in heaven everyone will be righteous, and will inherit the land forever. Revelation 21:3 tells us that God Himself will be with us and will live with us. Revelation 22:4 says we will see His face. Revelation 22:1, 2 tell us that there is a river of water in this city called the river of life. On this river there is a tree of life with two trunks—one on each side of the river—coming together at the top as one tree, and it bears fruit every month.

First Corinthians 13 says that we will know as we are known and that we will again see the people we knew who died in Christ. God has a wonderful reunion planned for His children in heaven.

In heaven we will once again live the Eden life, the life in garden and field. “They shall build houses and inhabit them; they shall plant vineyards and eat their fruit.” Isaiah 65:21. Heaven is a place where we will build homes and plant vineyards.

Paul says that in heaven God will do for us exceedingly abundantly above all that we can ask or think, and forever God’s gifts will be given to His children. What we are in character and holy service here and now is a sure foreshadowing of what we shall be in heaven.

Speaking to the Christians of the Philippian church, Paul says, “Our citizenship is in heaven, from which we also eagerly wait for the Saviour, the Lord Jesus Christ.” Philippians 3:20. As a baptized member of the body of Christ, your name is written down in the book of life. You are a citizen of heaven and heaven is your future home.

Heaven has a very large population, the great majority of which are angels. Angels all have very important jobs. Most of them, as guardian angels, look after each and every person in the world.



*Heaven  
is a place  
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It doesn’t matter how much trouble and trial Satan and his host of evil angels may bring into our lives, our guardian angels are always there to protect and help. God will even dispatch an army of angels if that is what is needed to help us at any time. “The angel of the Lord encamps all around those who fear Him, and delivers them.” Psalm 34:7.

Since the day we were born, our guardian angels have been by our sides and they will remain there even after death. Mrs. White tells us that our guardian angel will mark our resting places and protect them until Jesus comes. What loving care God has for His children! “No evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone.” Psalm 91:10–12

Angels are not the only citizens of heaven actually in heaven today. Enoch, Elijah, Moses and those who were resurrected when Jesus rose from the grave (Matthew 27:52, 53) are all in heaven right now. And, of course, God is there (Ecclesiastes 5:2) and Jesus, too. Remember what Jesus told His troubled disciples before He left, “Let not your heart be troubled; you believe in God, believe also in Me. In My Father’s house are many mansions [permanent dwell-

ings]; 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. That has been the Christian’s hope ever since Jesus left. Jesus is coming back and when He does, He will take all of His children to heaven where they will live with Him.

Paul was talking about this in Hebrews 12:22, 24, *first part*, when he said, “You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels, ... to Jesus the Mediator of the new covenant.” If you have been baptized, your citizenship is in heaven right now, and if you are saved, then one day you will become a physical inhabitant of heaven.

Let’s look at the characteristics of the heavenly citizen:

**1** As heavenly citizens, we will associate every day with angels, so it is important that we be like them in character. “Bless the Lord, you His angels, who excel in strength, who do His word, heeding the voice of His word.” Psalm 103:20. Angels obey God’s word. They listen to what God says and they do what He says to do. So if we are to be fellow citizens with angels, we will obey God’s word and do

“  
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1 Corinthians 2:9

whatever He says to do. In heaven, God's will is always done. Since the expulsion of Satan and his angels, not one angel in heaven ever says, “I don't think I want to do what the Lord wants me to do today.” So if we are to be citizens of heaven and live with the angels, we, too, must have a character that will always do God's will.

Many scriptures in the Bible—James 1:22–25, Romans 15:18, Romans 1:5, 1 Peter 1:13–15, Isaiah 1:19 are a few—tell us that we must have this kind of character as we are living here today, if we expect to be ready to live in heaven. People all over the world question what God says. It all started in the Garden of Eden and has continued for 6,000 years. But in heaven, no one questions what God says. The only ones who ever did were cast out.

2 If we want to be fellow citizens with the angels of God in heaven, we must make a public confession of Jesus Christ and become His disciples in this world. “Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven.” Matthew 10:32, 33. “For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.” Mark 8:38. “Also I say to you, whoever confesses Me before men, him the Son of Man also will confess before the angels of God. But he who denies Me before men will be denied before the angels of God.” Luke 12:8, 9. We cannot keep our love for God and obedience to His law a secret. We cannot keep from the world what He has done for us and is waiting to do for them. We accomplish this, in part, by being baptized. Jesus said in Mark 16:16, “He who believes and is baptized will be saved; but he who does not believe will be condemned.”

But there is more. In *The Desire of Ages*, 357, Ellen White lists 13 ways in which people deny Jesus Christ in their lives. This number is significant because 13 is the number of rebellion in the Bible. Reading this will be like a punch in the stomach because we will realize just how many times we have actually denied Christ without even knowing it. All 13 of these actions must be overcome and removed from our lives. We must confess all 13 and be forgiven if we have any expectation of being in the kingdom of heaven.

“He who would confess Christ must have Christ abiding in him. He cannot communicate that which he has not received. The disciples might speak fluently on doctrines, they might repeat the words of Christ Himself; but unless they possessed Christlike meekness and love, they were not confessing Him. A spirit contrary to the spirit of Christ would deny Him, whatever the profession. Men may deny Christ by *evil-speaking*, by *foolish talking*, by words that are *untruthful or unkind*. They may deny Him by *shunning life's burdens*, by the *pursuit of sinful pleasure*. They may deny Him by *conforming to the world*, by *uncourteous behavior*, by the *love of their own opinions*, by *justifying self*, by *cherishing doubt*, *borrowing trouble*, and *dwelling in darkness*. In all these ways they declare that Christ is not in them. And ‘whosoever shall deny Me before men,’ He says, ‘him will I also deny before My Father which is in heaven.’”

My dear friends, I've never read that paragraph but that I say, “Lord, help me. I want to be transformed in character so that Christ can confess me before the angels of heaven so that I can be taken to be a fellow citizen of the angels.”

3 We must be holy if we are to be citizens of heaven. “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory.” Matthew 25:31. “Gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming your-

selves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, 'Be holy, for I am holy.'" 1 Peter 1:13-16. Paul says in Hebrews 12:14, "Pursue ... holiness, without which no one will see the Lord." We must become holy for God has chosen us "before the foundation of the world, that we should be holy and without blame before Him in love." Ephesians 1:4

Holiness involves body, mind, and spirit, your soul, everything. In 2 Corinthians 7:1 Paul says, "Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit." "God did not call us to uncleanness, but in holiness." 1 Thessalonians 4:7. Quoting Leviticus, 1 Peter 1:16 says, "Be holy, for I am holy." But how can anyone as wretched as we human beings are, become holy?

God allows trials and troubles to come to His children and in this way, they become partakers of His holiness. "You have not yet resisted to bloodshed, striving against sin. And you have forgotten the exhortation which speaks to you as to sons: 'My son, do not despise the chastening of the Lord, nor be discouraged when you are rebuked by Him; for whom the Lord loves He chastens, and scourges every son whom he receives.' If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields



*What we are in character and service now is a sure foreshadowing of what we shall be in heaven.*

the peaceable fruit of righteousness to those who have been trained by it." Hebrews 12:4-11.

Most people feel that the process of being made holy is too hard. They'd rather just be taken to heaven the way they are and changed when they get there. But God wants us to be in heaven and He knows the only way we can be is if we become partakers of His holiness. Only in this way will we ever be able to understand what holiness really is. Our troubles will differ from person to person, but the Lord is there to provide the help necessary to become overcomers.

A holy person will always be in harmony with and obedient to God's law. The Bible says in Romans 7:12 that God's law is holy, and the commandment is holy and just and good. If the law is holy and we are holy people, then we will be in harmony with the law.

**4** If we are going to be a citizen of heaven, we must have the Enoch experience. "No unpleasant words are spoken in heaven. There no unkind thoughts are cherished; envy, evil surmising, hatred, and strife find no place there. Perfect harmony pervades the heavenly courts.

"Well does Satan know what heaven is, and what the influence of the angels is. His work is to bring into every family

the cruel elements of self-will, harshness, selfishness. Thus he seeks to destroy the happiness of the family. He knows that the spirit governing in the home will be brought into the church." *The Upward Look*, 163. Not one unpleasant word, throughout all eternity, will be spoken in heaven. To be ready to live forever in a place where nothing unpleasant is spoken, do you think we should be preparing how we speak now in our homes, at work, in church? The here and now is our practice ground where we learn either how to go to heaven or how to go to hell. How we act, what we say, how we think when no one is watching will tell the whole universe what our real character is like.

**5** In heaven everyone seeks the happiness of those around them. "In heaven none will think of self, nor seek their own pleasure; but all, from pure, genuine love, will seek the happiness of the heavenly beings around them. If we wish to enjoy heavenly society in the earth made new, we must be governed by heavenly principles here." *Counsels for the Church*, 80

"Everything in heaven is noble and elevated. All seek the interest and happiness of others. No one devotes himself to looking out and caring for self. It is the chief joy of all holy beings to witness



the joy and happiness of those around them.” *Heaven*, 143

“Angels are ever engaged in working for the happiness of others. This is their joy. That which selfish hearts would regard as humiliating service, ministering to those who are wretched and in every way inferior in character and rank, is the work of sinless angels. The spirit of Christ’s self-sacrificing love is the spirit that pervades heaven and is the very essence of its bliss. This is the spirit that Christ’s followers will possess.” *Steps to Christ*, 77

The spirit of self-sacrificing love—the spirit of Jesus—will be the essence of heaven. It was this spirit of self-sacrifice that led Jesus to say, “I cannot stay here. I cannot enjoy myself as the Majesty of heaven, as Ruler of the universe while My children are lost.” So He laid it all down and left it behind to become a man so that He could show us how to live, and then He sacrificed His life so that the penalty for sin was paid and we would have a way to become citizens of heaven.

We must study the life of Christ daily if we are to learn how to obtain this self-sacrificing spirit. And make no mis-

take, we must learn it and possess it if we are to share the home of the redeemed.

**6** In heaven everyone will keep the Sabbath. “‘It shall come to pass that from one new moon to another, and from one Sabbath to another, all flesh shall come to worship before Me,’ says the Lord.” Isaiah 66:23.

Every citizen of heaven will come together on God’s Sabbath day and worship Him who made heaven and earth, and who gave His life for us. As Seventh-day Adventists, every single part of our worship service is derived from Bible study so that we can know what God expects when we gather to worship Him. We sing as part of our worship service because the angels sing praises to God in heaven. If we are seeking to be citizens of heaven we, too, must be singing praises from the heart to our God. We must come with thanksgiving when we worship for all the things He has done for us and given to us—the very roof over our head, the food on the table, our job, our family. When was the last time you really took the time to thank Him for everything He has done?

Here on earth, we ask the Holy Spirit to come and speak to us, to lead and guide us in the way we must go if we are to be citizens of heaven. We say, “Speak, Lord, for your servant hears.” (1 Samuel 3:9), and if our hearts have been made holy, if we have the character of angels, if we have removed from our lives anything, everything, that would keep us from confessing Christ, then the Holy Spirit will speak to us.

But think of it, once we are in heaven, we will be able to hear for ourselves, directly from God Himself, what He has to say to us. We will be able to sit at the feet of Jesus and ask Him to tell us again the story of our redemption. The redeemed will never come to a worship service without being blessed. God loves to bless His people, and He wants to make us fellow citizens with the angels. He is trying to get us ready.

Here in this world when something good happens a man might say, “I’m in heaven.” This is a descriptive response to a delightful or blissful feeling that comes to him, but does not indicate that he has gone to a physical place.

In fact, once Satan, sinners, and sin have all been wiped away in this world and God has established His kingdom once and for all time on the purified new earth, earth will become heaven because heaven is where God is. It is a place where all is new and fresh, with an atmosphere that is glorious and perfect, where all the citizens of heaven, angel and saint alike, will raise their voices in eternal praise and thanksgiving to God. And the best thing we can know is that we can have heaven here, because we can have Jesus in our hearts while we look forward to living forever in this heavenly place with Him.

[Emphasis supplied.] **LM**

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# *Divine Help*

## *Needed and Promised*

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By John R. Pearson

**T**he account of Peter's denial of Christ is one of the few that is recorded in all four gospels. Each record adds a few details that, taken together, give the full story. Clearly, divinity foresaw that pride and self-reliance, such as were manifested by Peter, would be a problem for mankind in his natural post-fall condition.

Matthew's record of the incident includes Christ's quote of the Old Testament prophecy about the apostles' desertion of their Master as well as a warning to Peter regarding his denial of Christ.

"Then Jesus said to them, 'All of you will be made to stumble because of Me this night, for it is written: "I will strike the Shepherd, and the sheep of the flock will be scattered." But after I have been raised, I will go before you to Galilee.' Peter answered and said to Him, 'Even if all are made to stumble because of You, I will never be made to stumble.' Jesus said to him, 'Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times.' Peter said to Him, 'Even if I have to die with You, I will not deny You!' And so said all the disciples." Matthew 26:31-35

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*God is our refuge and  
strength, a very present help  
in trouble.*

*Psalms 46:1*

Peter's denial, indeed, his failure to recognize his need of a Saviour, is stated more forcefully in Luke.

“And the Lord said, ‘Simon, Simon! Indeed, Satan has asked for you, that he may sift you as wheat. But I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.’ But he said to Him, ‘Lord, I am ready to go with You, both to prison and to death.’ Then He said, ‘I tell you, Peter, the rooster shall not crow this day before you will deny three times that you know Me.’” Luke 22:31–34

Clearly, the Holy Spirit recognized mankind's need of divine help, so much so that the inspired pen added additional details to clarify the principle illustrated by the incident.

“The evil that led to Peter's fall ... is proving the ruin of thousands today. There is nothing so offensive to God or so dangerous to the human soul as pride and self-sufficiency. Of all sins it is the most hopeless, the most incurable.” *Christ's Object Lessons*, 154

“It was necessary for Peter to learn his own defects of character, and his need of the power and grace of Christ. The Lord could not save him from trial, but He could have saved him from defeat. Had Peter been willing to receive Christ's warning, he would have been watching unto prayer. He would have walked with fear and trembling lest his feet should stumble. And he would have received divine help so that Satan could not have gained the victory.” *Ibid.*, 155

The promise of divine help may well be one of the most common promises in the Bible. Scripture tells us of the divine help given to God's people in the past, divine help that is available to us now, and divine help that will be provided in the future, troublous times.

### Past

Think of the children of Israel during their wilderness wanderings. Divinity constantly came to their aid. The grand overview of that

aid is summarized in Exodus 13:21: “And the Lord went before them by day in a pillar of cloud to lead the way, and by night in a pillar of fire to give them light, so as to go by day and night.”

The pillars of cloud and of fire are just one of the many instances when divine help was provided. Think of their crossing of the Red Sea, the continual supply of manna, the miraculous pouring forth of water from the rock, the protection from and the victories over their enemies. If we reflected on just these occurrences when we are in doubt, our faith would be strengthened and, indeed, unshakable.

Scripture notes a second miracle in the record of the crossing of the Red Sea that is often overlooked. It is mentioned four times in Exodus 14 (verses 16, 21, 22, and 29) and is of such significance that it also is noted by both David and Isaiah in Psalm 66:6 and Isaiah 51:10.

Not only did the Lord part the waters to allow His children to escape the pursuit of the Egyptians, but equally miraculously, He dried up the seabed. If you have ever observed the condition of the ground after waters have receded, you know how muddy it is. That the Lord enabled the children to pass over the seabed on dry ground is indeed a miracle of miracles.

However, we don't need to go back thousands of years in the past to find examples of divine help. Undoubtedly every reader of this magazine can think of at least once in their life when they were recipients of divine help—an answer to prayer, divine intervention at a time of particular need or peril—and likely more than once.

Peter clearly learned his lesson and was well aware of the divine help that has been provided to us when he wrote in the past tense in his second epistle, “Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of

the divine nature, having escaped the corruption that is in the world through lust.” 2 Peter 1:2–4

### Present

What about divine help in the present? Psalm 46 makes a familiar promise: “God is our refuge and strength, a very *present* help in trouble.”

David notes this present help provided by God and then, in the subsequent verses, he looks to the future: “Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling.” Verses 2, 3. These troublous times will indeed come—and sooner than we believe.

The entirety of Psalm 91 also contains promise after promise of this divine help that is available to all who walk by faith and not by sight.

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

A particularly encouraging promise of present help can be found in *Steps to Christ*, 100:

“Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. ‘The Lord is very pitiful, and of tender mercy.’ James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our ex-



perience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. ‘He healeth the broken in heart, and bindeth up their wounds.’ Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son.”

There can be no doubt that the divine help necessary to overcome the sinful tendencies of the natural heart is only a prayer away.

### Future

At this time in earth’s history, perhaps the most reassuring promises are those that pledge divine help in the future. Inspiration notes one of those promises in *Christ’s Object Lessons*, 172:

“The Lord says, ‘Call upon Me in the day of trouble.’ Psalm 50:15. He invites us to present to Him our perplexities and necessities, and our need of divine help. He bids us be instant in prayer. As soon as difficulties arise, we are to offer to Him our sincere, earnest petitions.

By our importunate prayers we give evidence of our strong confidence in God. The sense of our need leads us to pray earnestly, and our heavenly Father is moved by our supplications.”

Are there conditions to these promises of divine help? Certainly God’s love is unconditional, but His promises almost always are conditional. Even with divine help promised, we must do our part—today and in the future. We have a role to play in becoming fit to accept the free gift of salvation. Not only must we manifest contrition and repentance, we must also be on our guard against the incessant assaults of the enemy, who well knows the tendencies of the natural heart and tempts us with unceasing appeals to those tendencies.

“Every Christian must stand on guard continually, watching every avenue of the soul where Satan might find access. He must pray for divine help and at the same time resolutely resist every inclination to sin. By courage, by faith, by persevering toil, he can conquer. But let him remember that to gain the victory Christ must abide in him and he in Christ.

“Everything that can be done should be done to place ourselves and our children where we shall not see the iniquity that is practiced in the world. We should

carefully guard the sight of our eyes and the hearing of our ears so that these awful things shall not enter our minds.

“Do not see how close you can walk upon the brink of a precipice and be safe. Avoid the first approach to danger. ... [O]ne act of familiarity, one indiscretion, may jeopardize the soul in opening the door to temptation, and the power of resistance becomes weakened.” *The Adventist Home*, 404

Even when we are trusting in the promises of divine help and simultaneously doing our part by guarding the avenues of the soul, moments of discouragement will inevitably occur, but for these moments there also is a promise of divine help.

“To all who are reaching out to feel the guiding hand of God, the moment of greatest discouragement is the time when divine help is nearest. They will look back with thankfulness upon the darkest part of their way. ‘The Lord knoweth how to deliver the godly.’ 2 Peter 2:9. From every temptation and every trial He will bring them forth with firmer faith and a richer experience.” *The Desire of Ages*, 528

These temptations and trials, when successfully endured, can provide increased faith only when viewed in the light shed from God’s word and understood as simply chapters in the great controversy.

“It is the first and highest duty of every rational being to learn from the Scriptures what is truth, and then to walk in the light and encourage others to follow his example. We should day by day study the Bible diligently, weighing every thought and comparing scripture with scripture. With divine help we are to form our opinions for ourselves as we are to answer for ourselves before God.” *The Great Controversy*, 598

And that is what we must ultimately remember: Each of us is to answer for ourselves before God. To be able to stand in that great day before the throne of ultimate power, we must have lived



in the shelter of the divine help we are promised, remaining resolutely under the shadow of the wings of our mighty God. With that divine help, we are assured of overcoming the tendencies of the natural heart. Inspiration provides warning after warning about yielding to those tendencies.

“Although there is a natural tendency to pursue a downward course, there is a power that will be brought to combine with man’s earnest effort. His willpower will have a counteracting tendency. If he will combine [earnest effort] with this divine help, he may resist the voice of the tempter. But Satan’s temptations harmonize with his defective, sinful tendencies, and urge him to sin. All he has to do is to follow the leader Jesus Christ who will tell him just what to do. God beckons to you from His throne in heaven, presenting to you a crown of immortal glory, and bids you to fight the good fight of faith and run the race with patience. Trust in God every moment. He is faithful that leadeth forward.” *Mind, Character, and Personality*, Vol. 1, 105

The natural tendencies of the descendants of Adam to pursue a “downward course” are spoken of repeatedly in the Bible.

“But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.” 1 Corinthians 2:14

“But you, beloved, remember the words which were spoken before by the apostles of our Lord Jesus Christ: how they told you that there would be mockers in the last time who would walk according to their own ungodly lusts. These are sensual persons, who cause divisions, not having the Spirit.” Jude 17–19

“Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic.” James 3:13–15

It is interesting to note that the words *natural* in 1 Corinthians 2:14 and *sensual* in Jude 19 and James 3:15 are from the same Greek word, which should give us a clearer understanding of man’s inherited character.

The obstacles God’s people face—and that were indeed faced by Christ’s first disciples—are addressed in this passage from *The Acts of the Apostles* 90, 91:

“Only as they were united with Christ could the disciples hope to have the accompanying power of the Holy Spirit and the cooperation of angels of heaven. With the help of these divine agencies they would present before the world a united front and would be victorious in the conflict they were compelled to wage unceasingly against the powers of darkness.”

We have those same powers of darkness to resist, and I would suggest that the challenge is greater for us for several reasons:

1. We do not have the same in-person nurturing by Christ that the disciples had.
2. “Therefore rejoice, O heavens, and you who dwell in them! Woe to the

inhabitants of the earth and the sea! For the devil has come down to you, having great wrath, because he knows that he has a short time.”

Revelation 12:12

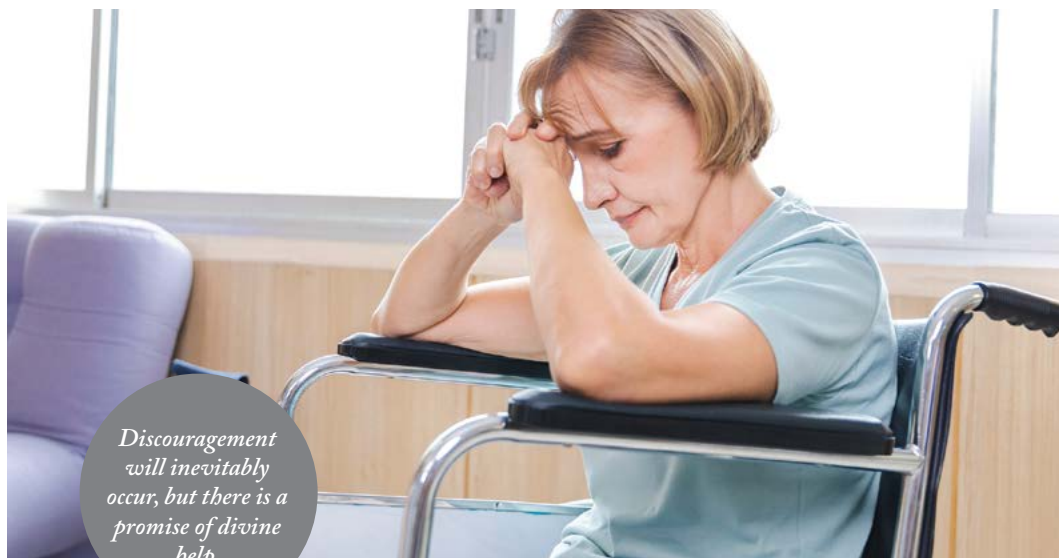
3. Satan has tormented mankind for thousands of years, and during that time, he has diligently studied man's character and knows well how best to cause his downfall.

Heaven rejoices because Satan was cast out from that sinless habitat (Revelation 12:7–9). Woeful is the situation of the inhabitants of the earth because Satan now directs his wrath at them, taking every advantage of man's natural disposition to affect his downfall. Thankfully, the situation is not hopeless.

“The refining influence of the grace of God changes the natural [carnal] disposition of man. ... The propensities that control the natural heart must be subdued by the grace of Christ before fallen man is fitted to enter heaven and enjoy the society of the pure, holy angels.” *The Acts of the Apostles*, 273

“He [Paul] knew that at every step in the Christian pathway they [Corinthian Christians] would be opposed by the synagogue of Satan and that they would have to engage in conflicts daily. They would have to guard against the stealthy approach of the enemy, forcing back old habits and natural inclinations, and ever watching unto prayer. Paul knew that the higher Christian attainments can be reached only through much prayer and constant watchfulness, and this he tried to instill into their minds. But he knew also that in Christ crucified they were offered power sufficient to convert the soul and divinely adapted to enable them to resist all temptations to evil. With faith in God as their armor, and with His word as their weapon of warfare, they would be supplied with an inner power that would enable them to turn aside the attacks of the enemy.” *Ibid.*, 307

Was this true only of the believers in Corinth? “The garden of the heart must



*Discouragement  
will inevitably  
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help.*

be cultivated. The soil must be broken up by deep repentance for sin. Poisonous, satanic plants must be uprooted. The soil once overgrown by thorns can be reclaimed only by diligent labor. So the evil tendencies of the natural heart can be overcome only by earnest effort in the name and strength of Jesus. The Lord bids us by His prophet, ‘Break up your fallow ground, and sow not among thorns.’ ‘Sow to yourselves in righteousness; reap in mercy.’ Jeremiah 4:3; Hosea 10:12. This work He desires to accomplish for us, and He asks us to cooperate with Him.” *Christ's Object Lessons*, 56

“The servants of Christ are not to act out the dictates of the natural heart. They need to have close communion with God, lest, under provocation, self rise up, and they pour forth a torrent of words that are unbecoming, that are not as dew or the still showers that refresh the withering plants. This is what Satan wants them to do; for these are his methods. It is the dragon that is wroth; it is the spirit of Satan that is revealed in anger and accusing. But God's servants are to be representatives of Him. He desires them to deal only in the currency of heaven, the truth that bears His own image and superscription. The power by which they are to overcome

evil is the power of Christ. The glory of Christ is their strength. They are to fix their eyes upon His loveliness. Then they can present the gospel with divine tact and gentleness. And the spirit that is kept gentle under provocation will speak more effectively in favor of the truth than will any argument, however forcible.” *The Desire of Ages*, 353

Paul provides an uplifting bit of hope that every follower of Christ should hold dear:

“As was the man of dust, so also are those who are made of dust; and as is the heavenly Man, so also are those who are heavenly. And as we have borne the image of the man of dust, we shall also bear the image of the heavenly Man.” 1 Corinthians 15:48, 49

Through the endless supply of grace heaven provides, we are assured that we shall “bear the image of the heavenly Man”—a promise of divine help that will enable us to overcome the tendencies of the natural heart and perfectly reflect the image of our Saviour. [Emphasis supplied.] **LM**

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## *He Was Not Mine to Lose*

By Judy Rebarcek

I have mentioned my husband Roger's death in other articles I have written over the last year and a half since joining the *LandMarks* staff. It has been two years this month since his unexpected passing. I would like to share my experience with grief. This may be more for me than the readers, but maybe my experience will bring one of you comfort and encouragement.

It had started as a beautiful, sunny Sabbath day. Roger and I had been to church and enjoyed a peaceful ride home. It seemed like every other Sabbath and there was no hint that it would end in a way I could never have imagined.

Within an hour of arriving home, he collapsed at my feet. I remember clearly the disbelief and fear that I felt as I yelled his name, patted his face, and begged him to wake up. I called 911 and then performed CPR, while I waited for the paramedics to arrive. My mind kept shouting, "How did this happen? He was fine. He was laughing." Why?

The fire department in our little village is volunteer and all the firemen and paramedics were out in their fields harvesting wheat, so I'm not exactly sure how long I performed CPR before they arrived.

The 911 dispatcher was a young man, at least he sounded young. He was calm, supportive. His compassionate voice kept me updated on how soon help would arrive. He encouraged me when I said I was getting tired and wasn't sure I could keep up the CPR. He stayed on the phone with me until everyone arrived. I don't know who he was and I never got to thank him, but I hope somehow he knows how much of a lifeline he was to me that day.

I think everyone, even I, knew that Roger was beyond saving, but they all methodically did their jobs, making the supreme effort to bring him back. Once at the hospital, I waited less than ten minutes before the doctor came to tell me that he believed Roger had suffered a massive heart attack, a widow maker, and truly was gone. The only thought in my head was, "What will I tell his children?"

They let me sit with him for a while. I cried. I asked him why he left me. I asked God why He let him die. I went back through that last week trying to find some explanation for the unexplainable. But I didn't find any answers.

I discovered that day that God often allows bad things to happen and doesn't always make clear why. That's not a complaint, it's just a truth. I asked, "Why did You let this happen? You could have kept him alive or brought him back." Even my four-year-old grandson said "God raised Lazarus from the dead. He could raise grandpa from the dead, too." Yes, He could have, but He didn't.

I went even further and asked, "If You were only going to give us five years together, why did You even bring him into my life at all?" That was the only moment of anger I really felt toward God and I quickly backpedaled on that one. Roger had brought so much happiness and love to my life. How could I be so ungrateful? And how could I feel anger toward Roger? I know that he would not have willingly left me.



So, as is my way, I threw myself headlong into doing what needed to be done. As long as there was something to do, I didn't have to think about why or how alone and empty I felt.

I have to recognize how much Roger's family did for me during this time. I have my own brother and his wife who came from a long distance to be with me for a while, but Roger's family, his siblings and all their children, gathered around me and without them I'm not sure how I would have managed many of the things I had to do. They were open and giving beyond anything I could imagine. They told me I was part of the family, and I always would be.

I also have many friends who helped me; some waited with me at the hospital, others just stayed with me, in the beginning, so I wouldn't have to be alone, and others helped me with the tasks that needed to be done to sell our home.

I won't go into all the details since I have talked about this before. Suffice it to say that I was able to hold off facing my grief for just about a year. But grief must be faced at some point.

They say there are five stages of grief. The assumption, maybe only my

assumption, that once a person dies, then those who are left behind begin the journey through the stages of denial, anger, bargaining, depression and acceptance. However, for me, kneeling on that floor, pumping on Roger's chest, I passed quickly through denial, anger and bargaining, but I got stuck on depression and acceptance.

It was easy not to face these two as long as there were things to do, but about ten months after Roger died, I realized that I had pretty much finished all the business of our life together. I started having trouble concentrating at work. I would hear certain songs and cry uncontrollably. I would watch funny videos and think how much Roger would have enjoyed them. I would laugh and laugh and then realize I was crying and couldn't stop. Nothing seemed right and all I wanted to do was walk out into the field behind my house and scream Why until I couldn't scream it anymore; but I didn't do that. I held off the whys for as long as I could, and then they came rushing back. "Why did You take Roger away from me?"

After I first came to Steps to Life, I was proofing an article for this magazine and came upon a quotation from an Ellen White book that I had never heard of before. I found it in our bookstore and checked the quotation, but then spent a little time browsing through it. I came upon a letter Mrs. White had written to some friends who had lost their daughter. I read this one sentence and I'd like to say that it chased away all the sorrow and emptiness, but it didn't. What I can say is that it gave me strength. I had put my faith in God and He had steadfastly led me to the best place I could ever be, had made everything possible that needed to be possible, and then He led me to that sentence, "[Y]ou are sustained by arms that never tire, and comforted with a love that is unchangeable, enduring as the throne of God." *Daughters of God*, 217

As if He hadn't already proved His faithfulness to me, He restated it for

me in print. Those who know me will understand why this is significant. I have many times said, and maybe you have, too, that I wish God would just leave me a note and tell me what He wants me to do. And there, He did just that. He told me that He had been, and He would be, taking care of me if I would let Him; that even if now wasn't the time for me to know why, I could still know that He would be with me as I walked down this road of grief.

People had told me it was time to move on, but I asserted that I already had. My whole life had changed, everything. My husband was gone, I had lost my home, left a job I had loved doing for eight years, moved to another state, taken a new job I had never done before. Everything that I had known was gone or changed. How much more moving on did I have to do? But moving on is more than just moving around, so I decided that it was time for me to face my grief.

I searched for a Christian counselor in the Wichita area and the Lord led me to Susan. I have since counseled with her for almost a year. Turns out I had more grief to confront than just that associated with losing Roger. I had never faced the grief of losing my mother in 2012, and seems that losing things like a job you love, uprooting your life, leaving your friends, come with a kind of grief all of their own.

I want to recommend at this point that it is better to face grief early. I know we don't want to, but I believe now that when we continually push away these feelings of loss, we are denying the power and love of God to help us through the terrible time. Like, we think if we work hard enough, we'll be just fine. But could we instead be doubting that God can understand what we are going through, when all the while, there is no one who understands better? Or, maybe, do we think we can do His job better than He can?

Another point I might make is that there is no timetable for grief. We all



grieve differently, and it takes different amounts of time for everyone to reach that final stage of acceptance. Don't go by how a person looks or acts to decide if they have finally overcome grief. For many, grief is a personal thing. It may seem that they no longer grieve, but that doesn't mean that someone might not still need encouragement and friendship.

I recently heard a quote, amazingly from a totally unsanctified source, but it struck a chord with me: "What is grief, if not love persevering?" I think that grief, to some extent, must stay with us, because who would ever want to lose the love they felt for the one they lost? Grief becomes a part of the life we live though no longer the controlling emotion. We will continue loving the person we lost, though sad that they are gone, but moving forward with the life God has planned for us while longingly waiting for that day when we will be reunited.

Susan wasn't the only one God sent my way. I had the opportunity to visit with a family member of friends who had lost her husband some years ago. Speaking of her husband, she shared this realization with me, "He was not mine

to lose. He belonged to God. He was only lent to me."

That was a solid hit to the heart. Roger was mine. But the Bible says, "For every beast of the forest is Mine, and the cattle on a thousand hills. I know all the birds of the mountains, and the wild beasts of the field are Mine. ... For the world is Mine, and all its fullness." Psalm 50:10–12, *last part*. He knows the very number of the hairs on our heads (Luke 12:7). Our names are inscribed on the palms of His hands (Isaiah 49:16). He knew us before we were ever born (Jeremiah 1:5). Roger was not mine. I am not even mine. All things in this world, all of us, belong to God, our Creator and Redeemer.

I still miss Roger's "Hi, my sweetie," when he would come home at the end of the day. When something exciting or difficult happens, my first thought is still, "I'll call Roger." But, my life with Roger, in this world, is over. Whatever I was meant to know or learn during the time we were together I will now have to find out without him. As I have worked at Steps to Life, and as I have worked through my grief with Susan, I have discovered that I still have a work to do for Him. And that work isn't just for the readers of this magazine.

There are people that He perhaps wants me to reach out to and tell the truth of the gospel to, and to share the experiences of my own life with. And sadly, since the beginning of Covid-19, I have had that opportunity more than once. But most of all, I think, no, I'm certain, that there is work I must have done in my own life—a work that God and I must do together. Perhaps we all need to reflect on that very thing. So many people in this world believe that they are sufficient Christians. But we cannot be true Christians if we have not died to self.

I have no children of my own, but I have grown to love Roger's son and daughter, their spouses and children. It was with great joy that I received

the news last fall that my stepdaughter and her husband were expecting their second child.

But in February, I received the heartbreaking news that the baby was stillborn at six months. My stepdaughter delivered a beautiful baby girl, but instead of celebrating the joyous birth of a granddaughter in May, we were attending her funeral in February. How my heart ached for them. I knew what must be going through their minds, but I no more had the answer for them than I did for myself, except this:

God does not deal in death. Satan is the one who brings death. Yes, God allows it, but He allows death for a time so that all can see the true character of Satan and sin. And as we all face the death of a loved one or a friend at some point in our lives, more often than not, we do not know why. What we do know is “that all things work together for good to those who love God, to those who are the called according to His purpose.” Romans 8:28. There is only one kind of death that God has any part in and that is when we die to self, for without His power and grace, we cannot do this alone.

My father-in-law, Roger’s dad, had been in a years-long battle with a number of medical conditions. He was an average man who loved his wife and kids and grandkids. We would tease him that a cat has nine lives, but he had more. So many times it seemed that he would soon leave this life only for him to recuperate. As his health continued to decline, some in the family questioned whether he would make it to his birthday this year, but he did, turning 86 in March. We had a wonderful party for him with a house filled with family, laughter, and love. But a little over a week later, He passed away and sleeps now, as does Roger, waiting for the Lord to come.

Roger’s and my granddaughter’s deaths were sudden and unexpected. Many people, like my father-in-law, die



of illnesses that take months, even years, before death finally comes. None of us has a guarantee regarding how long it will be before death comes calling. Whether we are the one who is ill or a family member who provides care, it is so important that no one of us should look upon the days ahead as though we have all the time in the world to prepare to be ready for Jesus’ coming.

I have myself many times claimed this promise found in *The Desire of Ages*, 224, 225: “God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as coworkers with Him.”

Joni Eareckson Tada was a teenager when, in 1967, she broke her neck in a diving accident. She has lived for the last 55 years a life of continual pain and struggle as a quadriplegic. Yet her life has been devoted to God and to spreading His gospel around the world. But who is to say what her life and influence might have been had she not experienced this tragic accident. Joni has a ministry, part of which includes brief, inspirational talks on the radio. Let me

share with you just a bit of one that was a great encouragement to me.

“There’s not a cross so heavy that it outweighs the grace given to carry it.

“In this wheelchair, every day I’ve got this incredible chance to prove it. ... Age only makes my disability harder and heavier to bear. And when that happens, first thing in the morning when I sit up in my wheelchair; when I sit there, you know, kind of assessing things—my stiffness; my soreness; my goodness, there’s some new pain in my shoulder—when that happens, I remind myself that Christ did not call me to follow Him; He called me to die for Him. ...

“It is daily dying to yourself and living for Jesus.

“Most likely you are not in a wheelchair like me; your cross looks different. But we both can agree, it is so hard and it’s really painful. And at times, it honestly feels utterly impossible. And if that’s you, then do what I do when I wake up, facing another day of quadriplegia, and a monthly anti-cancer shot that only exacerbates my pain ... I groan

*Continued on page 18*

# 1st Peter

## Clues – KJV

### Across:

- B<sub>7</sub> We love Christ though He is not \_\_\_\_\_ 1:8  
 B<sub>12</sub> We should \_\_\_\_\_ all men 2:17  
 C<sub>3</sub> We should \_\_\_\_\_ God's flock of believers 5:2  
 C<sub>18</sub> Our adornment should not focus on the \_\_\_\_\_ 3:3  
 D<sub>11</sub> Sometimes unbelievers \_\_\_\_\_ against us 2:12  
 E<sub>2</sub> We have been called out of \_\_\_\_\_ into light 2:9  
 E<sub>15</sub> If we \_\_\_\_\_ for good works, take it patiently 2:20  
 G<sub>1</sub> Godly women should look to holy women of the \_\_\_\_\_ time 3:5  
 G<sub>9</sub> True Christians will lay aside all \_\_\_\_\_ 2:1  
 G<sub>20</sub> Fleshly lusts do \_\_\_\_\_ against our soul 2:11  
 H<sub>15</sub> A godly wife will be \_\_\_\_\_ 3:4  
 I<sub>3</sub> A godly wife will have \_\_\_\_\_ (two words) 3:4  
 I<sub>20</sub> Christ did no \_\_\_\_\_ 2:21, 22  
 J<sub>14</sub> \_\_\_\_\_ desire to look into the gospel 1:12  
 K<sub>4</sub> The \_\_\_\_\_ lives and abides forever (three words) 1:23  
 M<sub>2</sub> \_\_\_\_\_ up the loins of our mind 1:13  
 M<sub>10</sub> Any glory in us is as temporary as \_\_\_\_\_ 1:24  
 M<sub>17</sub> God's abundant \_\_\_\_\_ gives us hope for our inheritance 1:3, 4  
 N<sub>6</sub> We Christians should love each other with a pure \_\_\_\_\_ 1:22  
 O<sub>12</sub> To unbelievers Christ is a stone of \_\_\_\_\_ 2:8  
 P<sub>2</sub> We should defend our beliefs with an attitude of \_\_\_\_\_ 3:15  
 Q<sub>10</sub> We should \_\_\_\_\_ to the laws of the land 2:13, 14  
 Q<sub>18</sub> Peter opens and closes with \_\_\_\_\_ for us all 5:14  
 R<sub>4</sub> The \_\_\_\_\_ was preached with the Holy Ghost 1:12  
 S<sub>16</sub> We Christians make up a spiritual \_\_\_\_\_ 2:5

### Down:

- A<sub>10</sub> Peter wants us all to be of \_\_\_\_\_ mind 3:8  
 A<sub>15</sub> We want unbelievers to see our good \_\_\_\_\_ 2:12  
 A<sub>19</sub> Our inheritance is reserved in \_\_\_\_\_ 1:4  
 A<sub>21</sub> We should cast all our \_\_\_\_\_ upon Jesus 5:7  
 B<sub>3</sub> With God on our side, we need never be \_\_\_\_\_ 3:13, 14  
 B<sub>5</sub> What we should do for peace 3:11  
 B<sub>8</sub> God's \_\_\_\_\_ are always open to our prayers 3:12  
 B<sub>13</sub> What kind of children should we be of God? 1:14  
 D<sub>11</sub> We were not redeemed with \_\_\_\_\_ 1:18  
 E<sub>7</sub> The \_\_\_\_\_ of all things is near 4:7  
 E<sub>9</sub> When not following Christ, we're like lost \_\_\_\_\_ 2:25  
 E<sub>17</sub> We are \_\_\_\_\_, but should not misuse it 2:16  
 G<sub>21</sub> God is glorified when we use the \_\_\_\_\_ given by Him 4:11  
 H<sub>4</sub> We should not focus on \_\_\_\_\_ adorning 3:3  
 H<sub>6</sub> Our adorning should be here 3:4  
 H<sub>15</sub> We should serve God with a ready \_\_\_\_\_ 5:2  
 I<sub>8</sub> Christ was our lamb without \_\_\_\_\_ 1:19  
 J<sub>2</sub> We should realize we are only \_\_\_\_\_ here 2:11

A	2	3	4	5	6	7	8	9		11	12	13	14		16	17	18		20		A
B																					B
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1	2	3		5	6	7	8	9	10	11	12	13	14	15	16		18	19	20	21	22

## Answer Key:

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

- J17 Jesus is our \_\_\_\_\_ 2:21  
 K10 As we receive the \_\_\_\_\_, we are to minister with it 4:10  
 L14 We must be willing to be considered as \_\_\_\_\_ 2:9  
 M19 Worldlings think it strange we do not \_\_\_\_\_ with them 4:4  
 N6 Our conversation with unbelievers should be \_\_\_\_\_ 2:12  
 N8 We should always have an \_\_\_\_\_ when asked 3:15  
 O12 We must be \_\_\_\_\_ lest we be devoured 5:8  
 O20 Prophets spoke of salvation through \_\_\_\_\_ 1:10  
 R4 Our faith and hope should be in \_\_\_\_\_ 1:21  
 R17 We should have \_\_\_\_\_ when partaking of Christ's suffering 4:13

*Continued from page 15*

“  
*Satan is the one who  
brings death. Yes, God  
allows it, but He allows  
death for a time so that all  
can see the true character  
of Satan and sin.*”

and I say, ‘God, I cannot do this. But for some reason, You think I can. At least, with Your grace, You think I can. So I’m going to believe You. I’m going to believe that You’re not out to hurt me but to help me. I am going to take

You at Your word and place my confidence in You and say, “I cannot do this. But I can do all things through Christ who strengthens me.”

“Friend, right there is the way you die to self and live to Christ. [O]ur Saviour has proven His trustworthiness in the worst of your trials. ...

Don’t you think that proves His loving intentions toward you? ...

So when it comes to your suffering, Jesus ... extends to you His love, His grace, His help, His hope.”

We find this same promise in 1 Corinthians 10:13, “No temptation [test] has overtaken you except such as is common to man; but God is faithful who will not allow you to be tempted beyond what you are able, *but with the temptation will also make the way of escape, that you may be able to bear it.*”

Everything in this life is a test. Depending who we rely on during this testing, we will either build character fit for heaven or be a soul lost to self. We must rely upon God and His promise that if we place our confidence in Him, He will help us. God doesn’t intend that we will live this life without difficulty. Rather, He intends for us to live through our difficulties trusting in Him to deliver us from them, transforming our sinful self into a shining example of His character.

“It is moral worth that God values. Love and purity are the attributes He prizes most.” *The Desire of Ages*, 219

As I bring my thoughts on the subject of grief—and this is by no means all of them—to a close, let’s return to *Daughters of God*, 220, 221. To two different friends, both of whom had recently lost their life companions, Mrs. White wrote:

“What can I say to you in this, the greatest sorrow that has come to you in your life?

Words fail me at this time. I can only commend you to God and to a compassionate Saviour. In Him is rest and peace. From Him you may receive your consolation. Jesus loves and pities as we have no power to do. Jesus Christ Himself does sustain you ... The disappointments and distress and perplexities, the bereavements we meet, are not to drive us from God but bring us nearer to Him.

“How we pant and are weary and agonized in carrying ourselves and our burden! When we come to Jesus, feeling unable to bear these loads one instant longer, and lay them upon the Burden-bearer, rest and peace will come. ... Never let us lose sight of the promise that Jesus loves us. *His grace is waiting our demand upon it.* ...

“Just repose in Jesus. Rest in Him as a tired child rests in the arms of its mother. ... A compassionate hand is stretched out to bind up your wounds. He will be more precious to your soul than the choicest friend, and all that can be desired is not comparable to Him. Only believe Him; only trust Him.”

“My sister [my brother], no longer show any distrust of our Lord Jesus Christ. Go forward in faith, believing you will meet your husband [wife] in the kingdom of God. Do your very best to prepare the living to become members of the royal family and children of the heavenly King. This is our work now; this is your work. Do it faithfully, and believe that you will meet your husband [wife] in the City of God. Do what you can to help others to be cheerful. Uplift souls. Lead them to accept Christ. Never torture your soul as you have been doing, but be humble, true, faithful, and you have the word of God that you will meet when the warfare is ended. Be of good cheer.”

“God’s peace is greater than your pain, and His promise is greater than your loss.” *Source unknown*

And therein lies acceptance.

[Emphasis supplied.] **LM**

*Judy Rebarchek is a member of the LandMarks team. She may be contacted by email at: judyre-barchek@stepstolife.org*



# *We Are Christ's Representatives*

*"Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you."*

1 Peter 4:12

Our daily experience with Christ should be of the highest value to us. We have an individual part to act in His service. Our blessed Saviour has given us ... precious promises for our encouragement. He desires us to know that He is watching over us, and that He will teach us what He expects us to do. If the enemy comes to us in the morning, or during the day, with annoyances, let us remember these precious promises, and not allow ourselves to be ruffled. Let us remember that we are Christ's representatives, and that we must not, by word or act, offend one another.

Do you think that perhaps no trials will arise? Certainly there will be trials. If there were not, you might rejoice that you had no devil to tempt you. But you will have temptations till the very close of time. Therefore you need to keep in close companionship with Christ. His angels are commissioned to watch over you. They are your appointed guardians. If someone says something that tends to provoke you, remember that at such a time silence is eloquence. Do not respond in a manner to retaliate. It will be better to say nothing than to speak unadvisedly. We will all have our battles to fight, though these struggles may vary

in character, according to our disposition and our experience.

Let us rejoice that Jesus Christ has made it possible for us to lay hold upon divinity. When we feel exceedingly tried, let us remember that there is a heavenly angel by our side. This thought will help us to honor Christ, who has made it possible for us to become sons and daughters of God. Unless we are constantly on our guard, we may be caught unawares, and speak hastily. It may then be impossible for us to remove the impression from the minds of those to whom we have spoken, for some do not desire to get rid of such impressions. They seem to delight in cherishing evil. Let us, by keeping our words in harmony with the instructions the Saviour has given us, not give them any occasion for offense.

As we come in contact with varying dispositions, we shall undoubtedly find great provocation to speak unkindly. But remember that at such times silence is often eloquence. If you refrain from retaliating when you are provoked by others, you will surprise them. And, if repeatedly you preserve your dignity under provocation, they will realize that you are in connection with a higher Power.

*The Upward Look, 242 LM*



*Even  
when  
provoked,  
maintain a  
cheerful  
attitude.*

# Missing Grandpa



Rebecca loved her grandpa! How many of you have to travel quite a ways to see your grandma and grandpa? And some of you can only go to visit them for a vacation or for Christmas? Well, Rebecca was fortunate because her grandma and grandpa lived in the same town she did. In fact, the school bus dropped her off at their house after school every day to wait until her mom got off work and picked her up.

The best thing about Grandpa was he had time. Grandma was often busy preparing dinner, doing church work, or tidying up the house. But Grandpa would always put down whatever he was doing when she arrived, pour her a big glass of lemonade, and just look her in the eye and listen to whatever she had to tell him about her day. Then some days they worked on the big puzzle they were putting together, some days they washed the car, some days they went to the library and then curled up to read, some days they ran errands, whatever, Grandpa was always there.

One morning Mother told Rebecca that she would not be going to Grandpa and Grandma's after school. Grandpa wasn't feeling well, she said. He was going to see the doctor. Rebecca was sorry Grandpa was sick, but she wasn't too concerned. She got sick sometimes, but with a day or two in bed or perhaps a quick trip to the doctor, she was all right. She never even thought about how she would feel if Grandpa didn't get better. Well, Grandpa did get better, for a while, but soon there were many days when Rebecca couldn't go to Grandma and Grandpa's after school, because Grandpa just needed to rest.

One afternoon, just before school let out for the day, the teacher called Rebecca to the door of the classroom. Standing just outside, she saw her pastor waiting. The teacher said that Mother had called and told her that the pastor was going to pick Rebecca up after school and take her home. Rebecca thought this was strange, but since her mother had called the teacher, she thought everything was okay. Rebecca liked the pastor, and they talked all the way home. But when they arrived, Rebecca saw several cars parked in the driveway. There was Grandma's car, and Aunt Suzie's car, and Daddy's car. What were all these people doing over in the middle of the afternoon, Rebecca wondered. When she went into the house, she met Mother in the hall. Her eyes were red like she had been crying. She put her arm around Rebecca and pulled her close. "You know that Grandpa has been very sick," she said. "Well, today

his heart just couldn't pump any more blood so it stopped. Grandpa died this afternoon. He will sleep now until Jesus comes to wake him up. Then we will all go to heaven together."

Then Rebecca began to cry, too. She knew Grandpa loved Jesus, and she knew that she loved Jesus, so she was sure they would be together in heaven. But she still felt sad about not having Grandpa with her right now. Who would have time for her every day after school? Mother said it was all right to cry. It was all right to miss Grandpa now. Someone in everybody's family dies sooner or later, because death is a very sad part of living in a sinful world. But Rebecca was sure glad for Jesus.

Now she was beginning to understand more about why He came to die on the cross. The pastor said at Grandpa's funeral that Jesus died so that everyone who dies but who loves Him will only sleep for a short time until Jesus wakes them up.

Some of you may know how Rebecca was feeling. Maybe someone close to you has died. Aren't you glad for Jesus, too? Jesus is always with us when we feel sad. When we cry, the Bible says Jesus cries, too. That's because He loves us so much. He came here to be with us because He wanted to share in our troubles. And now He is making preparation to come again so that everything that makes us sad will be wiped away, and everything will be made new. I'm looking forward to that day, aren't you?

Adventist Family Ministries, By Karen Flowers. [LM](#)

# Together With Him

**D**erek Redmond is a retired British sprinter. For a time he held the British record for the 400 meter run and was a member of the team that beat the much-favored American team in the 4 x 400 meter relay at the 1991 World Championships—a race that was, up to that point, the second-fastest 4 x 400 meter relay in history.

Derek went to the 1988 Olympics in Seoul, Korea, but had to pull out during the opening round of the 400 meter race because of an injury to his Achilles tendon. But by 1992, he was once again in good form and heading to the Olympics in Barcelona, Spain. He performed extremely well all the way through the quarter-final race. But after starting well in the semi-final, he tore his hamstring in the back straight about 250 meters from the finish line. Crippled with pain, he fell to the ground. The medical team brought a stretcher to carry him off the field, but Derek was determined to finish the race and began hobbling down the track.

As Derek slowly and painfully made his way toward the finish line, Jim Redmond, Derek's father, pushed his way through security and ran to him. Wrapping his arm around the young man's shoulder for support, they completed the final lap together. Although they

crossed the finish line, because Derek had required help to finish the race, he was officially disqualified and the Olympic record states that he did not finish the race.

Source: *Wikipedia*.

Friends, it is only by the power of the Holy Spirit that this race of life will be won. Help from the Holy Spirit will not cause us to be disqualified, but will enable us to finish the race. Both the redemption of our own souls as well as the souls of those for whom we are laboring depend on our connection with God.

“God is stronger than any human influence. If we will accept Him as our Educator, if we will make Him our strength and righteousness, He will work in our behalf.” *Loma Linda Messages*, 444

“We cannot fall as long as we hope and trust in God. Let every soul of us, ministers and people, say, as did Paul, ‘I therefore so run, not as uncertainly; so fight I, not as one that beateth the air,’ but with a holy faith and hope, in expectation of winning the prize. Say to your soul, ‘Hope thou in God; for I shall yet praise Him, who is the health of my countenance and my God.’ By precept and example encourage faith, confidence, assurance. This is the work of the Comforter, and it is your work to cooperate with God’s agencies.” *The Home Missionary*, November 1, 1893

“We may come to Him just as we are, helpless, destitute, needy, and He will not send us empty away. The riches of the universe belong to God ... He can supply all our needs out of His abundant fullness. We receive our breath from Him; every blessing in nature that we enjoy is an expression of His love. We are likewise dependent upon Him for spiritual blessings, for grace and wisdom and strength to do the will of God. And He is more willing to give the Holy Spirit to them that ask Him than parents are to give good gifts to their children.” *The Signs of the Times*, August 21, 1884



Dear Lord, we are crippled with sin and unable to finish this race alone. Extend Your mighty arm to us and as we rely upon its strength, bring us home. [LM](#)

## Books on Grief



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## From the Desk of Pastor John J. Grosboll

### July 2022

Dear Friend,

Are you safe for God to take you to heaven? If not, He will not risk endangering heaven again after the entire heavenly family has endured severe mental anguish for the last 6,000 years.

Who would be unsafe for God to take to heaven?

"Do not think that because you do not manifest decided hostility to Christ you are doing Him service. ... By withholding that which God has given us to use in His service, be it time or means or any other of His entrusted gifts, we work against Him.

"Satan uses the listless, sleepy indolence of professed Christians to strengthen his forces and win souls to his side. ... By their failure to be diligent workers for the Master, by leaving duties undone and words unspoken, they have allowed Satan to gain control of souls who might have been won for Christ.

"We can never be saved in indolence and inactivity. There is no such thing as a truly converted person living a helpless, useless life. It is not possible for us to drift into heaven. ... Those who refuse to cooperate with God on earth would not cooperate with Him in heaven. It would not be safe to take them to heaven.

"There is more hope for publicans and sinners than for those who know the word of God but refuse to obey it." *Christ's Object Lessons*, 279, 280

"The lack of practical obedience will constitute the ground of the condemnation of those that are lost. Those who refuse His counsel, who will not cooperate with Him, in probationary time, would not cooperate with Him in heaven." *The Review and Herald*, July 11, 1899

Your Brother in Christ,

John J. Grosboll

# *It is Well With My Soul*

Imagine that everything in your life is just perfect. You've met and married your soulmate and have beautiful children and a thriving career. Life is grand and it would seem to be pretty easy to say to God, "It is well with my soul."

But now imagine that peace and joy is taken away and all that remains is you and your spouse, grief-stricken and hearts broken. Would you then find it as easy to say those same words?

The words of this beautiful and moving hymn were written by Horatio Gates Spafford in 1873. A devout Presbyterian church elder, Horatio placed his trust in God, much like Job, during times of prosperity as well as calamity. He immersed himself in the Scriptures and lived a joyous life for many years. He was a successful attorney who owned several real estate properties throughout the city of Chicago. He and his beloved wife Anna had four beautiful daughters.

But faith, no matter how strong, does not spare us from adversity.

Just as Horatio was at the pinnacle of his professional and financial success, things began to change. In 1871, the Great Chicago Fire destroyed nearly every real estate investment Horatio owned.

In 1873, to benefit Anna's health, Horatio sent her and their daughters, Annie (12), Maggie (7), Bessie (4), and Tanetta (18 months), to Paris aboard the *S.S. Ville du Havre*, intending to join them after wrapping up some last-minute business in Chicago. But on November 21, the ocean liner on which Anna and their daughters were traveling was struck by the *Lochearn*, a British iron sailing ship, and sank in twelve minutes. Anna was saved by the crew of the *Lochearn*, but all four of their daughters were lost. The *Trimountain* arrived and transported the survivors to Cardiff, Wales, where Anna was able to send to Horatio the heart-wrenching telegram, "Saved alone. What shall I do?"

Immediately Horatio left Chicago to bring Anna home. During the crossing, the captain of the ship called Horatio to his cabin to tell him that they were passing over the spot where the *Ville du Havre* had gone down, taking with it his daughters. It was here that he put his pen to paper and this timeless hymn was born.

After the tragic loss of their daughters, they were blessed with two more daughters, Bertha and Grace, and two sons, Horatio and Jacob. However, Horatio died at the age of four in 1880.

The original manuscript of *It Is Well With My Soul* had only four verses, but a fifth verse was later added and the last line of the original song was modified. The tune was composed in 1876 by Philip Bliss, an American composer and well-known hymn writer. He titled the tune after the ship on which the Spafford daughters died, *Ville du Havre*.

*When peace, like a river, attendeth my way,  
When sorrows, like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
"It is well, it is well with my soul."*

*Though Satan should buffet, though trials should come,  
Let this blest assurance control,  
That Christ hath regarded my helpless estate,  
And hath shed His own blood for my soul.*

*My sin, oh the bliss of this glorious thought;  
My sin not in part but in whole,  
Is nailed to His cross and I bear it no more,  
Praise the Lord, praise the Lord, oh, my soul.*

*For me, be it Christ, be it Christ hence to live:  
If Jordan above me shall roll,  
No pang shall be mine, for in death as in life,  
Thou wilt whisper Thy peace to my soul.*

*And Lord, haste the day when the faith shall be sight,  
The clouds be rolled back as a scroll,  
The trump shall resound, and the Lord shall descend,  
"Even so" it is well with my soul.*

## **Chorus**

*It is well with my soul,  
It is well, it is well with my soul.*

"Yes, my soul, find rest in God; my hope comes from Him." Psalm 62:5

Taken from The Library of Congress/*The American Colony in Jerusalem: Family Tragedy*; Wikipedia [LM](#)



*from the*  
**Mission Fields**



## *The Testimony of* *Sahara Challapa Gomez*

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By Pastor Domingo Nunez

**S**ahara Challapa Gomez was born in Oruro, Bolivia. This is the testimony of her conversion. Raised as a Bolivian Catholic from a very young age, Sahara was devoted to the Virgin of Copacabana, the patron saint of the country of Bolivia. She worshiped and spent days at parties and festivals devoted to this saint for most of her life.



*Sahara reading her Bible.*



*Bolivia is a country steeped in Catholic traditions.*

Sahara has three children. Her first opportunity to learn about the Seventh-day Adventist Church and its teachings was through her son, Jose. Jose was dating a young Adventist girl, Tanya. As a devout Catholic, Sahara was against the relationship because Tanya was not Catholic, but Jose continued to see Tanya and go to church with her. Ultimately, the two married.

Jose tried to convince Sahara to study with him and to let him tell her more about the Adventist church, but no matter how many times he asked, she had no interest in it. She avoided attending the seminars and worship events to which Jose invited her. She would tell him to just give her some time to think about it and that he could pray for her. So Jose prayed.

Sahara was a prosperous business woman, but a day came when a series of events occurred that completely destroyed her business, and with it,

her peace of mind. She was beset by a number of scams. She was robbed. She was separated from her partner. She was even kidnapped, but praise the Lord was able to safely make it home.

Like the story of Job, it was as if God was taking everything away from Sahara so that she could realize that nothing really belonged to her, not even her own life. She began to understand that God was in control of her life and as a result, Sahara began to study the Bible and visiting many churches seeking peace for her personal life.

One morning, as she was studying the Bible, she read about the Sabbath and became convinced that she should go to the Adventist church where Jose attended and began accepting Jose's invitations to the seminars the church offered. This included a camp meeting in 2018 at which I spoke while visiting in Santa Cruz. It was there that Sahara

surrendered her heart to Jesus Christ and was baptized.

Sahara doesn't have a lot in material wealth these days, but she knows now that happiness doesn't come from how much money you have or how prosperous you are. She has found true peace in Jesus Christ and His promises.

In the beginning, Sahara understood almost nothing about the truth, but little by little she has grown spiritually every day. She now is a member of the Free Seventh-day Adventist Church, serving as the head deaconess. It is her great joy to support Jose, who is now the first elder of the church, as he continues to grow in faith. Her youngest daughter has been attending church with her and also taking Bible studies. It is her greatest wish that one day soon, her daughter will accept Jesus as her personal Saviour, too, and be baptized.

But, this is not the end of the story ... **LM**



## Morning Glory Cloud

**T**he sky glories in beautiful cloud formations. Three of the most fascinating could be billow clouds, wave clouds and roll clouds.

Billow clouds mimic cresting waves of water. They form where two horizontal winds meet, warmer air over the top of cooler air. The upper layers of warm air, which are moving at very high speeds, pick up the top layer of cloud that is passing through and forms these wave-like rolls. The air then drops like a wave making these clouds look like breaking ocean waves.

The wave or undulating cloud is a distinctive but rare cloud that appears to be rippling waves in the skies. These wave-like structures form on the underside of established clouds and make the overall cloud look like a rough sea surface when they are viewed from below.

Most spectacular of all clouds are roll clouds. Roll clouds are a low tubular cloud formation stretching from horizon to horizon. The cloud formation is natural, but incredibly rare. They are typically found along coastal regions resulting from a sea breeze or cold front.

The longest known roll cloud is called the Morning Glory because it always

appears at dawn. The southern part of the Gulf of Carpentaria, Queensland, Australia, is the only known location where Morning Glory clouds can be regularly observed and forecast with some degree of accuracy due to the configuration of land and sea and orientation to the wind in the area. From late September to early November, the sky develops strange rolls of clouds. These clouds form in a series of bands that can be up to 620 miles long, only 300 to 600 feet above the ground and can move at speeds up to 37 miles per hour.


The Cape York Peninsula extends north between the Gulf of Carpentaria to the west and the Coral Sea to the east. During the day, the breeze from the Coral Sea coast blows in from the east and the breeze from the gulf blows in from the west. The two breezes collide over inland parts of the peninsula, forcing the air to rise where they form a line of clouds over the spine of the peninsula. When night falls, the air cools and descends, meeting a surface inversion which forms over the gulf. The densities in this stable layer are different above and below the inversion.

The air descending from the peninsula to the east goes underneath the inver-

sion layer and this generates a series of waves or rolling cylinders which travel across the gulf. These cylinders of air roll along the underside of the inversion layer, so that the air rises at the front of the wave and sinks at the rear. As day breaks, the air is saturated enough so that the rising air in the front produces the cloud, which forms the leading edge of the cylinder, and evaporates in the back, hence forming the full Morning Glory roll cloud. The cloud lasts until the surface inversion disappears with the heating of the day.

Morning Glory clouds can appear as one solitary cloud or more frequently as successive waves of up to ten, strung out like rope lines across the landscape. Technically, this makes the Morning Glory the world's biggest wave.

Taken from *Wonder World – Roll Clouds – Clouds That Look a Tidal Wave*; [thereaderwiki.com/Morning\\_Glory\\_Cloud](http://thereaderwiki.com/Morning_Glory_Cloud)

“God’s glory in the heavens, the innumerable worlds in their orderly revolutions, ‘the balancings of the clouds’ (Job 37:16), the mysteries of light and sound, of day and night—all were objects of study by the pupils of earth’s first school.” *Child Guidance*, 45 



## *Rest*

*“He that can take rest is greater than he that can take cities.”*

Benjamin Franklin

**T**he Cambridge Dictionary defines rest as “to (cause someone or something) to stop doing a particular activity or stop being active for a period of time in order to relax and get back your strength.”

Rest, composed of sleep, relaxation, reflection, and recreation, is as important to our health and wholeness as air, water, nutrition, and exercise. Proper rest can improve our physical, mental, emotional, social, and spiritual health.

“

*A day off per week is required to allow bone, muscle, tendons, ligaments, brain, and organs time to recover and repair themselves.*

Relaxation can give us more energy, better sleep, enhanced immunity, increased concentration, better problem-solving skills, greater efficiency, decreased stress, emotional stability, and less headaches and pain.

Rest helps us recover from the work we have done, whether it is our vocation, avocation or training. A day off per week is required to allow bone, muscle, tendons, ligaments, brain, and organs time to recover and repair themselves.

Relaxation gives the heart a rest by slowing the heart rate. This reduces blood pressure and slows the rate of breathing, which reduces the need for oxygen, increases blood flow to the muscles, and decreases muscle tension. Sleep can also maintain healthy cholesterol levels.

Rest keeps us healthy by keeping our immune response functioning properly. Sleep produces molecules that help strengthen our ability to fight infection. These help our cells repair and mend our body when we have been exposed to infectious microorganisms and toxins.

Sleep and rest help our brain repair itself and develop new connections, which are useful when we are learning new skills or adaptations. Memory, focus, concentration, and cognitive function improve with proper sleep and rest. Sleep also reduces the occurrence of mood disorders.

Rest can improve hormone balance. It lowers stress by decreasing abnormal levels of cortisol (stress hormone), increasing alertness, productivity, and general health maintenance. Proper sleep regulates hormones that control appetite and can aid in achieving optimal weight. It also reduces the chances of diabetes.

Rest and relaxation promote restoration and rejuvenation. Proper rest and sleep are critical for overall health and energy. During the day, the chief work of the body is done, but during the night, the body is revived, the muscles are built up, the brain tissue is restored, and the nerves are recharged. For

growth and health, a sufficient amount of leisure and rest is essential.

Sleep is essential to maintain a well-balanced mind and healthy body. It allows your body to renew itself and aids in healing. Rest strengthens the immune system and can add years to your life. For healing and cleansing to occur much rest and sleep is needed as these actions are done only while asleep.

If deprived of adequate sleep, great demands are made on your backup energy resources, rendering them unable to rebuild and recharge adequately. If you do this habitually, you can expect to have little resistance to disease and stress and an increase in irritability, while creativity, concentration, and efficiency suffer.

Sleep deprivation impairs judgment, causing values and priorities to change. Continued loss of sleep can result in exhaustion, depression, delusions, paranoia, and hallucinations. Losing as little as three hours of sleep in a single night can cut the effectiveness of your immune system in half.

Chronic sleep deprivation can lead to numerous serious medical conditions, including heart disease, diabetes, obesity, inflammation and pain, and even early mortality.

There are a variety of things we can do throughout the day to lay the groundwork for better sleep at night.

- Engage in active exercise daily to best counteract mental and emotional fatigue.
- Find an outdoor activity you enjoy and can do every day—sunshine, exercise, and fresh air promote sleep. The sweetest rest follows labor. “The sleep of a laboring man is sweet.” Ecclesiastes 5:12
- Avoid caffeine, even during the day. It commonly causes insomnia. Avoid sleep aids that suppress REM sleep. Avoid alcohol. Skip TV viewing.
- Maintain a regular schedule for going to bed and getting up, even on weekends.
- An empty stomach promotes better sleep. Make evening meals light and eaten well before bedtime.
- Sleep in a totally dark room. Turn off devices at least two hours before retiring.
- Don’t rehearse the day’s problems at bedtime. Count your blessings and



1. Find an outdoor activity you enjoy and can do every day.
2. Go to bed at regular hours and turn off devices at least two hours before retiring.
3. Avoid caffeine, even during the day. It commonly causes insomnia.
4. Maintain a regular schedule for going to bed and getting up, even on weekends.

fill your mind with gratitude and thanksgiving. Take a warm bath. Drink herbal tea.

- Seek a relationship with God who can bear your anxieties and refresh your spirit. Read the Scriptures. Pray.
- Science has shown that “one day of rest per week” enhances work performance on the other six. Enjoy a Sabbath rest!

Try magnesium glycinate at the evening meal for physical and mental relaxation. Magnesium relaxes the muscles. Tension in the neck or shoulders and/or muscle twitches as well as leg and foot cramps could indicate a need for magnesium, which is depleted by chronic stress. Studies show that up to 80 percent of the population are low or deficient in magnesium.

*Excerpts from [drlesmoore.com](http://drlesmoore.com); [nutri-coach.co.za](http://nutri-coach.co.za); [granitebaysda.org](http://granitebaysda.org)*

“I know that from the testimonies given me from time to time, for brain workers, that sleep is worth far more before than after midnight. Two hours’ good sleep before twelve o’clock is worth more than four hours after twelve o’clock.” *Manuscript Releases*, Vol. 7, 223

“Make it a habit not to sit up after nine o’clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit.” *Daughters of God*, 177

“Give yourselves ... give all that are under you the fullest amount of sleep they will take, by compelling them to go to bed at some regular hour, and to rise in the morning the moment they awake; and within a fortnight, nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and sufficient rule—and as to the question how much

sleep one requires, each must be a rule to himself—great Nature will never fail to write it out to the observer under the regulations just given.—Dr. Spicer.” *How to Live*, 193

The Lord has encouraged us to work six days and rest the seventh. That is His plan for the proper balance between work and rest. “On the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.” Genesis 2:2, 3

The ultimate rest is found in Jesus. Leave your burdens with the Lord and accept His peace and forgiveness. “Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” Matthew 11:29, 30 LM



# *Who Must Give an Account?*

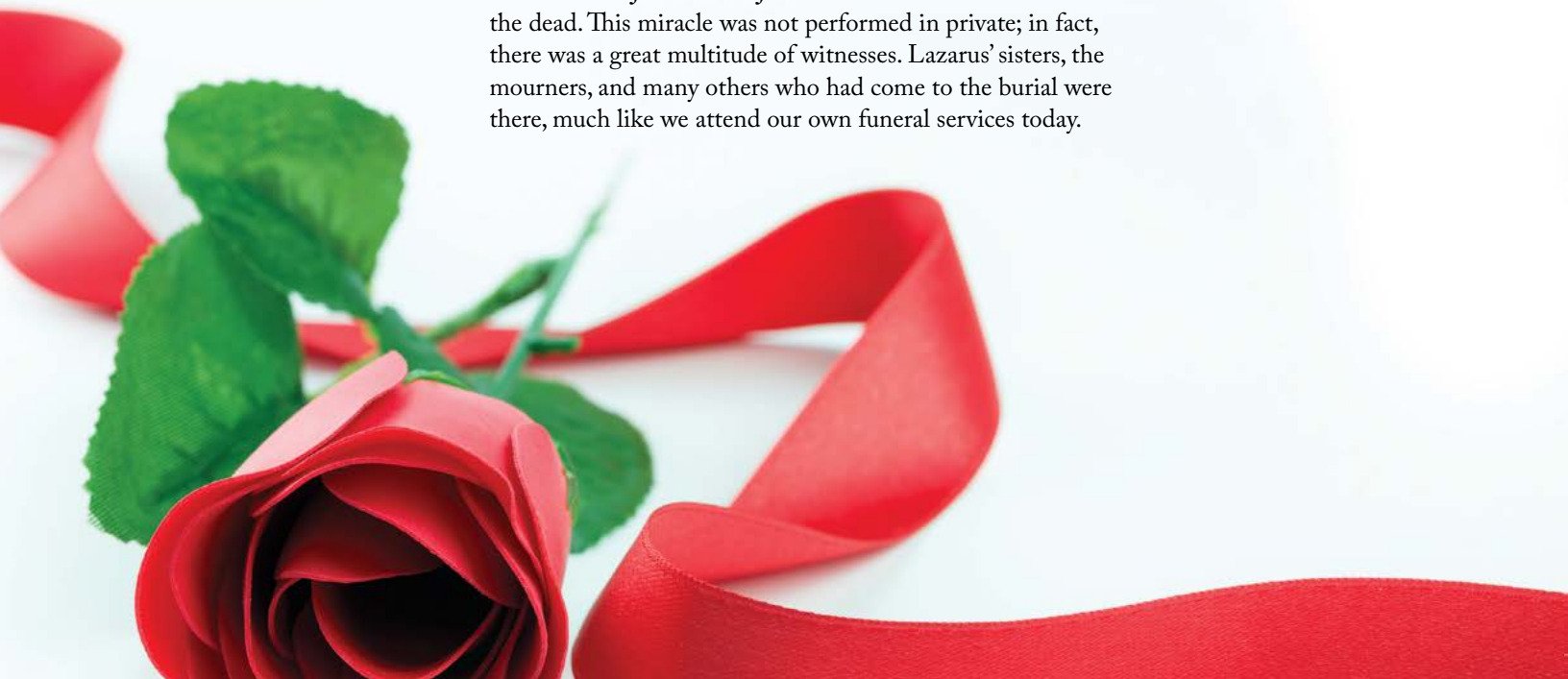
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By John J. Grosboll

**S**ome people believe that when a person dies, life is over for them. Others believe that when a person dies, there will be a future resurrection and then they will have to face judgment. Which view is correct? What is the weight of evidence? Is it true that someday everyone will have to give an account of themselves?

The Bible says that a time is coming when every human being will stand before the judgment seat of God. “Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice and come forth—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.” John 5:28, 29

We read in John 11 that Jesus raised the man Lazarus from the dead. This miracle was not performed in private; in fact, there was a great multitude of witnesses. Lazarus’ sisters, the mourners, and many others who had come to the burial were there, much like we attend our own funeral services today.



“Jesus said, ‘Take away the stone.’ Martha, the sister of him who was dead, said to Him, ‘Lord, by this time there is a stench, for he has been dead four days.’ Jesus said to her, ‘Did I not say to you that if you would believe you would see the glory of God?’ Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, ‘Father, I thank You that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me.’ Now when He had said these things, He cried with a loud voice, ‘Lazarus, come forth!’ And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, ‘Loose him, and let him go.’ Then many of the Jews who had come to Mary, and had seen the things Jesus did, believed in Him.” Verses 39–45

When Jesus came the first time, He came for salvation. He stated it this way to Nicodemus in John 3:17: “For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”

But when He comes the second time, the Bible repeatedly states that He is coming to bring judgment. At this second coming, each individual will either be saved or lost; and when the judgment seat is set, every human being will have to give an account of himself to God. From the beginning to the end, the Bible assures us that there will be a judgment.

Paul says in Romans 14:12, “So then each of us shall give account of himself to God.” Peter says in 1 Peter 4:5, “They will give an account to Him who is ready to judge the living and the dead.” Moses wrote in Deuteronomy 32:36, “For the Lord will judge His people ...” We read in Psalm 9:7 that God “has prepared His throne for judgment.” And Psalm 50:3, 4 says, “Our God shall come, and shall not keep silent; a fire shall devour before Him, and it shall be very tempestuous



all around Him. He shall call to the heavens from above, and to the earth, that He may judge His people.”

In this world, many believe that they can do wrong and get away with it just because no one knows what they have done. But there is Someone who knows. God knows even the most secret things we do. Solomon wrote about this in Ecclesiastes 12:13, 14, “Let us hear the conclusion of the whole matter: Fear God and keep His commandments, for this is the whole duty of man. For God will bring every work into judgment, including every secret thing, whether it is good or whether it is evil.” David had something to say about this as well in Psalm 139:1–4, “O Lord, You have searched me and known me.

“You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways. For there is not a word on my tongue, but behold, O Lord, You know it altogether.” God understands what you are thinking even before you think it.

Then David says in verses 7–12, “Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell [the grave], behold, You are there. If I take the wings of the

morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me. If I say, ‘Surely the darkness shall fall on me,’ even the night shall be light about me; indeed, the darkness shall not hide from You, but the night shines as the day; the darkness and the light are both alike to You.”

It does not matter if it is daytime or nighttime, if you are on land or at sea, no matter where you are David says that the Lord knows. God is watching us and keeping record of what we think, do, and say. Jesus talks about this recordkeeping in Matthew 12:36, 37, “But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.” God keeps a record of “every secret thing that is done.”

God keeps very good records and we find in the Greek New Testament that “Jesus saw their thoughts.” God knows what we do and what we say, but He also can discern our thoughts before they ever become actions or words. Isaiah 66:18 says, “I know their works and *their thoughts*. It shall be that I will gather all nations and tongues; and they shall come and see My glory.”

We find something very similar in 1 Corinthians 4:5, “Judge nothing before the time, until the Lord comes, who will both bring to light the hidden things of darkness and reveal the counsels of the hearts.”

When the Bible says, “reveal the counsels of the hearts,” it means that our very thoughts, those that no one has ever known, will be revealed. Jesus said to the disciples, “Therefore do not fear them. For there is nothing covered that will not be revealed, and hidden that will not be known.” Matthew 10:26

In the judgment, every record that God has been keeping, all the things that cannot be hidden from Him—about every person, every society, every church, every nation, every institution,

every government, every group of people, and every family—will be made known.

Should this make us afraid of the coming judgment? Jesus says in Matthew 16:24–27, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will

lose it, but whoever loses his life for My sake will find it. For what is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For the Son of Man will come in the glory of His Father with His angels, and then He will reward each, according to his works.”

Notice that the judgment is going to be based upon what we have done in this life.

Very many are going to find this distressing when they think of the awful things they have done. They will be wondering what will happen to them. God has been keeping a record of the sins of every individual life and unless that record is expunged, or blotted out, we will be in big trouble.

And that brings us to the gospel, because saving people from their sins is what the gospel is all about. Anything that we have done that is contrary to the law of God must be forgiven and blotted out of our record. John says, “If we confess our sins, He [God] is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9. The sins committed in the past and their guilt, along with the power sin has over our lives, can all be taken away.

Paul describes this in detail in Romans 3:23–25: “[F]or all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth to be a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed.”

Being saved, however, involves much more than just having our sins forgiven. While it is necessary for our sins to be forgiven so that we will be found worthy for heaven in

the judgment, something more is involved in being saved than simply forgiveness of sins. The Bible says that without the shedding of blood, there is no forgiveness of sin. Romans 6:23, *first part*, says, “For the wages of sin is death . . . .” And Hebrews 9:22, *last part*, says, “and without shedding of blood there is no remission” of sin. Jesus’ death on the cross, the shedding of His blood, paid the penalty for sin, but, 1 John 1:7 tells us, that “if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from every sin.”

Jesus said to Nicodemus, “Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.” John 3:5. If we are not born of the Holy Spirit, we cannot be saved and will not enter into the kingdom of God. That is why Paul was so emphatic about the fact that the judgment is according to works. “For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.” 2 Corinthians 5:10. Our works have no merit to gain salvation, but our works demonstrate the miraculous change wrought by the Holy Spirit in our hearts.

When a person is brought before a judge in an earthly court of law, his conduct is measured against the standard of the law to determine if he has committed transgression. How does God determine whether what we have done is good or bad? He also has a standard against which our thoughts, deeds, and words are measured. This standard is the law of God.

Many decades after Jesus died on the cross, James tells us clearly that God’s ten commandments, His law, is the standard for His coming judgment. “For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all. For He who said, ‘Do not commit adultery,’ also said, ‘Do not murder.’ Now if you do not commit adultery, but you do murder, you have become a transgressor of the law. So speak and so do as those who will be judged by the law of liberty.” James 2:10–12

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*Even if you keep all the commandments, but one, you are a transgressor, guilty of breaking the whole law. The ten commandments are one law.*

Here James is quoting the sixth and seventh commandments. Even if you keep the whole law, all the commandments, but one, you are a transgressor, guilty of breaking the whole law. The ten commandments are one law—one law with ten parts—and it is by this standard that we all will be judged when Jesus comes.

Paul, writing in Titus 2:11–14, says, “For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Saviour Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.” And Jesus said, “Blessed are the pure in heart, for they shall see God.” Matthew 5:8. Here is the reason that Jesus died on the cross—that He might redeem us, save us from every lawless deed, and purify us.

So, there are some questions we should be asking ourselves: Am I being purified? Am I being cleansed from my sins by the blood of Jesus? Am I receiving the Holy Spirit so that I now have a new heart and a new mind?

If we are to have lives in harmony with the law of God, then the answers to each of these questions must be Yes. For if we have not been purified and cleansed, if our hearts and minds are the same old, sinful ones we’ve always had, then we are not in harmony with the government and law of God and we will be in trouble on the day of judgment.

To be in harmony with any earthly government, we must be in harmony with the laws of that government. The same holds true of the heavenly government. Many people today make a profession of Christianity, but they have never been born of the Holy Spirit and are therefore not in harmony with the laws of heaven.



Romans 8:1, 2 say, “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.” But notice then what Paul says in verses 4–9, 14: “[T]hat the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. ... For as many as are led by the Spirit of God, these are sons of God.”

Those who walk according to the law of God and no longer according to the flesh, in the judgment will be judged to be the sons of God. But those simply making a profession of Christianity, who have not been born of the Holy Spirit, who continue in sin, while desiring and hoping to be saved, will be judged out

of harmony with God’s government and law and they will be condemned.

Friends, our goal in this life must be to be like Jesus. Christlikeness is the standard of character that we must reach in this life, if we are to be judged worthy of heaven and eternity. We can read this in John 8 and 1 John 3 and in other texts throughout the Bible. “Beloved, now we are the 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

To be ready for Jesus’ second appearing and to be judged worthy of heaven, we must have reached God’s standard of Christlikeness in our lives. This is accomplished only by the wonder-working power of the Holy Spirit. Paul describes those who will make up God’s church on the day of judgment in Ephesians 5:27, “[T]hat He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.” This church is ready to meet the Lord when He comes. “And in their mouth was found no deceit, for they are without fault before the throne of God.” Revelation 14:5

Someone might think that there is no hope for them, but if we commit our lives to Jesus Christ, He can and will work every miracle that is needed so that we can have the character of Christ formed in our lives just as He wants us to have. “Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” Philippians 1:6

God doesn’t do things halfway. If we will commit our lives to Him today, He will complete the work that He has begun in our hearts, just as He promised. **LM**

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**L**ate last winter, Steps to Life received a request for baptism from Ryan Grandone, who lives in Montana and heard about our ministry from a friend. Ryan is new to Adventism, but it was clear from our correspondence with him that he had a sincere desire to know and follow the Lord's will.

Our initial attempt to send him some study materials was thwarted by the enemy of souls, and the package was returned to us as undeliverable. We know that the devil doesn't want anyone to know and accept the truth or obey the commandments of God, but God intervened, and Ryan eventually received the materials.

Knowing how the devil tries to interfere with our plans, as Ryan puts it, to "get right" with God, he related this experience:

## *To Obey God*

By Ryan Grandone

I had been trying to get the Sabbath off permanently at my place of work for quite some time. Since the plant I work for operates 24/7 and is a production facility, this was a problem for my supervisors. I must have given them half a dozen different options that would have worked as far as scheduling goes. They were uninterested in my request and started to ignore me, hoping I would give up.

I knew that I had to have sundown Friday through sundown Saturday off—PERMANENTLY! I started to worry that I would lose my job and was deeply concerned about my future. I couldn't stop thinking about how I could fix the problem and come up with a solution.

Then I realized that I couldn't fix the problem. I couldn't do anything without trusting in God for help! With this realization, I committed in my heart to do whatever I had to do in order to obey God. I walked into my supervisor's office and told him that if they didn't seriously look into my request, I was going to find another job.

A short time later I was informed that the company would be creating a new and special position for me. This new position had better hours with every weekend off and would be far easier on me physically. Not only had God provided for me for putting my trust in Him, He made the situation ideal for me. God went above and beyond!

It was a powerful lesson that I will never forget. Praise God Almighty!

"[T]hat He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen." Ephesians 3:16–21 [LM](#)



# The Touch of the Masters Hand

'Twas battered and scarred,  
And the auctioneer thought it  
hardly worth his while  
To waste his time on the old violin,  
but he held it up with a smile.

"What am I bid, good people", he cried,  
"Who starts the bidding for me?"  
"One dollar, one dollar, Do I hear two?"  
"Two dollars, who makes it three?"  
"Three dollars once, three dollars twice, going for three,"

But, No,  
From the room far back a gray bearded man  
Came forward and picked up the bow,  
Then wiping the dust from the old violin  
And tightening up the strings,  
He played a melody, pure and sweet  
As sweet as the angel sings.

The music ceased and the auctioneer  
With a voice that was quiet and low,  
Said "What now am I bid for this old violin?"  
As he held it aloft with its bow.

"One thousand, one thousand, Do I hear two?"  
"Two thousand, Who makes it three?"  
"Three thousand once, three thousand twice.  
Going and gone", said he.

The audience cheered,  
But some of them cried,  
"We just don't understand.  
"What changed its worth?"  
Swift came the reply,  
"The Touch of the Master's Hand."

And many a man with life out of tune  
All battered and bruised with hardship  
Is auctioned cheap to a thoughtless crowd  
Much like that old violin

A mess of pottage, a glass of wine,  
A game and he travels on.  
He is going once, he is going twice,  
He is going and almost gone.

But the Master comes,  
And the foolish crowd never can quite understand,  
The worth of a soul and the change that is wrought  
By the Touch of the Master's Hand.

- Myra Brooks Welch

July 31 – August 6, 2022

## Righteousness by Faith

### Key Text

“I will greatly rejoice in the Lord, my soul shall be joyful in my God; for He hath clothed me with the garments of salvation, He hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.” Isaiah 61:10

**Study Help:** *Selected Messages*, Book 1, 359–369

### Introduction

“Apart from Christ we have no merit, no righteousness. Our sinfulness, our weakness, our human imperfection make it impossible that we should appear before God unless we are clothed in Christ’s spotless righteousness. We are to be found in Him not having our own righteousness, but the righteousness which is in Christ.” *Selected Messages*, Book 1, 333

## Sunday

### 1 OUR RIGHTEOUSNESS: FILTHY RAGS

1.a. How did our first parents try to justify themselves after they disobeyed God? Genesis 3:12, 13. How do people excuse their disobedience today?

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**Note:** “Since the fall of Adam, men in every age have excused themselves for sinning, charging God with their sin, saying that they could not keep His commandments. This is the insinuation Satan cast at God in heaven. But the plea, ‘I cannot keep the commandments,’ need never be presented to God; for before Him stands the Saviour, the marks of the crucifixion upon His body, a living witness that the law can be kept. It is not that men cannot keep the law, but that they will not.” *The Review and Herald*, May 28, 1901

1.b. What does the Bible declare about self-justification or self-righteousness? Job 9:20; Isaiah 64:6; Luke 16:15

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**Note:** “Whoever trusts in himself that he is righteous, will despise others. As the Pharisee judges himself by other men, so he judges other men by himself.” *Christ’s Object Lessons*, 151

## Monday

### 2 CHRIST’S RIGHTEOUSNESS: HIS CHARACTER

2.a. In the experience of Joshua the high priest, what should be done before the change of garment takes place? Zechariah 3:3, 4

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**Note:** “Joshua, who represents God’s people, is clothed in filthy garments, and stands before the angel; but as the people repent before God for the transgression of His law, and reach up by the hand of faith to lay hold on the righteousness of Christ, Jesus says, ‘Take away the filthy garments from them, and clothe them with change of raiment.’ It is through Christ’s righteousness alone that we are enabled to keep the law.” *The Signs of the Times*, June 2, 1890

“The filthy garments are removed; for Christ says, ‘I have caused thine iniquity to pass from thee’ (Zechariah 3:4). The iniquity is transferred to the innocent, the pure, holy, Son of God; and man, all undeserving, stands before the Lord cleansed from all unrighteousness, and clothed with the imputed righteousness of Christ. Oh, what a change of garment is this!” *That I May Know Him*, 108

“The righteousness of Christ is not a cloak to cover unconfessed and unforsaken sin; it is a principle of life that transforms the character and controls the conduct. Holiness is wholeness for God; it is the entire surrender of heart and life to the indwelling of the principles of heaven.” *The Desire of Ages*, 555, 556

2.b. What does the white raiment offered by Jesus represent? Matthew 22:11, 12; Revelation 3:18; 19:8

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**Note:** “By the wedding garment in the parable is represented the pure, spotless character which Christ’s true followers will possess. To the church it is given ‘that she should be arrayed in fine linen, clean and white,’ ‘not having spot, or wrinkle, or any such thing.’ Revelation 19:8, *first part*; Ephesians 5:27. The fine linen, says the Scripture, ‘is the righteousness of saints’ Revelation 19:8, *last part*. It is the righteousness of Christ, His own unblemished character, that through faith is imparted to all who receive Him as their personal Saviour.” *Christ’s Object Lessons*, 310

“The white raiment is purity of character, the righteousness of Christ imparted to the sinner. This is indeed a garment of heavenly texture, that can be bought only of Christ for a life of willing obedience.” *Testimonies*, Vol. 4, 88

## Tuesday

### 3 JUSTIFICATION: FORGIVENESS

3.a. What is the definition of justification? Romans 3:25; Colossians 3:13. What is the only way that sinners can be justified before God? Romans 3:24, 26; 5:1; 1 John 1:8, 9

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**Note:** “Justification means the saving of a soul from perdition, that he may obtain sanctification, and through sanctification, the life of heaven. Justification means that the conscience, purged from dead works, is placed where it can receive the blessings of sanctification.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 908

“Pardon and justification are one and the same thing. Through faith, the believer passes from the position of a rebel, a child of sin and Satan, to the position of a loyal subject of Christ Jesus, not because of an inherent goodness, but because Christ receives him as His child by adoption. The sinner receives the forgiveness of his sins, because these sins are borne by his substitute and surety.” *Faith and Works*, 103

“Justification is the opposite of condemnation. God’s boundless mercy is exercised toward those who are wholly undeserving.” *Ibid.*, 104

3.b. Once a man is justified by faith in Christ, what is he to do? John 5:14; 8:11; 15:4. How does God consider a person who annuls His justification by returning to sin? Hebrews 10:26–29

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**Note:** “It is by grace that the sinner is saved, being justified freely by the blood of Christ. But Christ did not die to save the sinner in his sins. The whole world is condemned as guilty before God, for they are transgressors of His holy law; and they will certainly perish unless they repent, turn from their disobedience, and through faith in Christ claim the merits of His precious blood.” *The Signs of the Times*, July 29, 1886.

“As we look into the divine mirror, the law of God, we see the exceeding sinfulness of sin, and our own lost condition as transgressors. But by repentance and faith we are justified before God, and through divine grace enabled to render obedience to His commandments.” *Reflecting Christ*, 96

“If the soul whose sins have been forgiven abides in Christ, he remains justified, and he is sanctified by the Holy Spirit; but if he continues in sin, he cuts himself off from communion with God, and, unless he repent, his sins are reckoned unto him in full, and the wrath of God abideth on him. The forgiven of God must abide in Christ, in faith and obedience.” *The Review and Herald*, December 9, 1890

## Wednesday

### 4 SANCTIFICATION: FITNESS FOR HEAVEN

4.a. What does the Bible say about perfection of character (sanctification)? Matthew 5:46–48; 1 Thessalonians 5:23

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**Note:** “He who is being sanctified by the truth will be self-controlled, and will follow in the footsteps of Christ until grace is lost in glory. The righteousness by which we are justified is imputed; the righteousness by which we are sanctified is imparted. The first is our title to heaven, the second is our fitness for heaven.” *Messages to Young People*, 35

“True sanctification comes through the working out of the principle of love. ‘God is love; and he that dwelleth in love dwelleth in God, and God in him.’ 1 John 4:16. The life of him in whose heart Christ abides, will reveal practical godliness. The character will be purified, elevated, ennobled, and glorified. Pure doctrine will blend with works of righteousness; heavenly precepts will mingle with holy practices.” *The Acts of the Apostles*, 560

“Through the work of the Holy Spirit, the sanctification of the truth, the believer becomes fitted for the courts of heaven; for Christ works within us, and His righteousness is upon us. Without this no soul will be entitled to heaven. We would not enjoy heaven unless qualified for its holy atmosphere by the influence of the Spirit and the righteousness of Christ.” *Selected Messages*, Book 1, 395

**4.b. What is the divine counsel regarding our characters, and how can we achieve His requirements? 1 Peter 1:15, 16; Romans 13:14**

**Note:** “We need constantly a fresh revelation of Christ, a daily experience that harmonizes with His teachings. High and holy attainments are within our reach. Continual progress in knowledge and virtue is God’s purpose for us. His law is the echo of His own voice, giving to all the invitation, ‘Come up higher. Be holy, holier still.’ Every day we may advance in perfection of Christian character.” *The Ministry of Healing*, 503

“We can keep the law only through making the righteousness of Christ our own. Christ says, ‘Without Me ye can do nothing.’ When we receive the heavenly gift, the righteousness of Christ, we shall find that divine grace has been provided for us, and that human resources are powerless. Jesus gives the Holy Spirit in large measure for great emergencies, to help our infirmities, to give us strong consolation, to illuminate our minds, and purify and ennoble our hearts.” *Reflecting Christ*, 103

## Thursday

### 5 RIGHTEOUSNESS OF THE SAINTS

**5.a. In order to achieve true sanctification, what is expected from our part? Philippians 2:12, 13; 2 Peter 1:5–11**

**Note:** “If men are willing to be molded, there will be brought about a sanctification of the whole being. The Spirit will take the things of God and stamp them on the soul. By His power the way of life will be made so plain that none need err therein.” *The Acts of the Apostles*, 53

“What is holiness?—Doing everything with an eye single to the glory of God. Holiness is so living that men shall see your good works, and by seeing them shall glorify God.” *The Medical Missionary*, October 1, 1893

“We are not to live like the world. We must show that the grace of Christ has a sanctifying influence upon our lives.” *The Signs of the Times*, March 9, 1888

**5.b. What will be the result of constantly looking to Jesus? 2 Corinthians 3:18; Hebrews 12:2; Revelation 3:5; 19:7–9**

**Note:** “A true believer shows that his character has been transformed by living a spiritual life, by living on every word that proceeds out of the mouth of God. His consecration is shown by the words that fall from his lips and by his zeal in good works.” *The Review and Herald*, January 25, 1898

“Those who have rendered obedience to God in all ages, have been transformed in character, and in these last days, when iniquity abounds on every hand, our wisdom and understanding before all people will consist in our obedience to the standard of righteousness.” *The Signs of the Times*, January 6, 1888

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 Why is the habit of self-justification so destructive to our spirituality?
- 2 How can we obtain the righteousness of Christ?
- 3 What does “justification” mean?
- 4 What does “sanctification” mean?
- 5 How does the righteousness of Christ change our lives, and why must we allow it to do so?

August 7 – 13, 2022

# Repentance and Conversion

## Key Text

“Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.” Acts 3:19

**Study Help:** *Steps to Christ*, 12–26, 49–55

## Introduction

“Genuine, saving faith is inseparable from repentance and conversion, and will manifest the fruits of the Spirit. It is a continual, conscious trust in Jesus. The sinner’s only hope is in the merits of a crucified and risen Saviour.” *The Review and Herald*, November 27, 1883

## Sunday

### 1 THE REAL HUMAN CONDITION

1.a. How does the word of God describe the spiritual state of an unconverted person? Ephesians 2:1–3; Colossians 2:13

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**Note:** “By nature we are alienated from God.” *The Faith I Live By*, 87

1.b. What is the condition of all humanity? Romans 3:10–18

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**Note:** “To be without the graces of the Spirit of God is sad indeed; but it is a more terrible condition to be thus destitute

of spirituality and of Christ, and yet try to justify ourselves by telling those who are alarmed for us that we need not their fears and pity. Fearful is the power of self-deception on the human mind! What blindness! setting light for darkness and darkness for light!” *Testimonies*, Vol. 4, 88

“We must have a knowledge of ourselves, a knowledge that results in contrition, before we can find pardon and peace. It is only he who knows himself to be a sinner that Christ can save. We must know our true condition, or we shall not feel our need of Christ’s help. We must understand our danger, or we shall not flee to the refuge. We must feel the pain of our wounds, or we shall not desire healing.” *The Signs of the Times*, April 9, 1902

## Monday

### 2 THE SINNER’S NEED

2.a. What important truth is to be kept in mind, as recorded in the parable of the Pharisee and the publican? Luke 18:10–14; Psalm 51:17

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**Note:** “The publican had gone to the temple with other worshipers, but he soon drew apart from them as unworthy to unite in their devotions. Standing afar off, he ‘would not lift up so much as his eyes unto heaven, but smote upon his breast,’ in bitter anguish and self-abhorrence. He felt that he had transgressed against God, that he was sinful and polluted. He could not expect even pity from those around him, for they looked upon him with contempt. He knew that he had no merit to commend him to God, and in utter self-despair he cried, ‘God be merciful to me, a sinner.’ He did not compare himself with others.” *Christ’s Object Lessons*, 151

“When the sinner is conscious of his helpless condition, and feels his need of a Saviour, he may come with faith and hope to ‘the Lamb of God, which taketh away the sin of the world.’ Christ will accept the soul who comes to Him in true repentance.” *This Day With God*, 370

2.b. Why do we need a power outside of ourselves to make us righteous before God? Isaiah 64:6; Job 14:4

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**Note:** “It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil, and we cannot change them. ‘Who can bring a clean thing out of an unclean? not one.’ ‘The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.’ Job 14:4; Romans 8:7. Education, culture, the exercise of the will, human effort, all have their proper sphere, but here they are powerless. They may produce an outward correctness of behavior, but they cannot change the heart; they cannot purify the springs of life. There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness.” *Steps to Christ*, 18

“Salvation is by Jesus Christ, for He alone is our righteousness. Would that everyone would cease to look to himself for merit. We are to find in Jesus Christ all we need, and by cooperating with Him, we shall be complete in Him.” *Manuscript Releases*, Vol. 10, 11

## Tuesday

### 3 SORROW FOR SIN

- 3.a. What does a person exclaim when he or she realizes their undone condition? Romans 7:24; Psalm 51:1–3. What does true repentance involve? 2 Corinthians 7:10

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**Note:** “Repentance includes sorrow for sin and a turning away from it. We shall not renounce sin unless we see its sinfulness; until we turn away from it in heart, there will be no real change in the life.” *Steps to Christ*, 23

“Repentance is one of the firstfruits of saving grace. ... Repentance is the only process by which infinite purity reflects the image of Christ in His redeemed subjects.” *The Signs of the Times*, June 28, 1905

- 3.b. Once we confess our sin and turn away from it, what should we confidently expect? 1 John 1:9; Romans 10:9

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**Note:** “The conditions of obtaining mercy of God are simple and just and reasonable. The Lord does not require us to do some grievous thing in order that we may have the forgiveness of sin. We need not make long and wearisome pilgrimages or perform painful penances, to commend our souls to the God of heaven or to expiate our transgression; but he that confesseth and forsaketh his sin shall have mercy. This is a precious promise, given to fallen man to encourage him to trust in the God of love and to seek for eternal life in His kingdom.” *Testimonies*, Vol. 5, 635

“Christ has made every provision for us to be strong. He has given us His Holy Spirit, whose office is to bring to our remembrance all the promises that Christ has made, that we may have peace and a sweet sense of forgiveness. If we will but keep our eyes fixed on the Saviour and trust in His power, we shall be filled with a sense of security; for the righteousness of Christ will become our righteousness.” *My Life Today*, 45

“If you believe the promise—believe that you are forgiven and cleansed—God supplies the fact; you are made whole, just as Christ gave the paralytic power to walk when the man believed that he was healed. It is so if you believe it.” *Steps to Christ*, 51 [Emphasis author’s.]

## Wednesday

### 4 CONVERSION

- 4.a. What gracious invitation is extended to every human being who feels his or her need of salvation? Isaiah 1:18; 55:6, 7

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**Note:** “In the heavenly courts our Saviour stands and extends to the world the gracious invitation, Come, ye weary, ye poor, ye hungry; come, ye burdened, ye heavy laden, sin-sick souls, come.” *The Signs of the Times*, August 5, 1875

“As the sinner is convicted of sin, he is also attracted by the love and holiness of Christ; for Jesus is drawing him unto Himself. ... Repentance is born in the heart by beholding the love of Christ, who gave His life to save the sinner. It is the love of God that softens the hardest hearts.” *The Review and Herald*, September 3, 1901

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

4.b. What danger exists in procrastinating our return to the Lord? Hebrews 3:15; Amos 8:11, 12; Luke 13:25–27

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**Note:** “I will not here dwell upon the shortness and uncertainty of life; but there is a terrible danger—a danger not sufficiently understood—in delaying to yield to the pleading voice of God’s Holy Spirit, in choosing to live in sin; for such this delay really is. Sin, however small it may be esteemed, can be indulged in only at the peril of infinite loss. What we do not overcome, will overcome us and work out our destruction.” *Steps to Christ*, 32, 33

“A man sees his danger. He sees that he needs a change of character, a change of heart. He is stirred; his fears are aroused. The Spirit of God is working in him, and with fear and trembling he works for himself, seeking to find out his defects of character, and to see what he can do to bring about the needed change in his life. His heart is humbled. By confession and repentance he shows the sincerity of his desire to reform. He confesses his sins to God, and if he has injured anyone, he confesses the wrong to the one he has injured. While God is working, the sinner, under the influence of the Holy Spirit, works out that which God is working in mind and heart. He acts in harmony with the Spirit’s working, and his conversion is genuine.” *The Review and Herald*, July 7, 1904

## Thursday

### 5 BORN AGAIN

5.a. Relate the conversation of Jesus with Nicodemus. John 3:1–8. What was the result of that interview?

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**Note:** “Nicodemus received the lesson [that he was to look and live], and carried it with him. He searched the Scriptures in a new way, not for the discussion of a theory, but in order to receive life for the soul. He began to see the kingdom of heaven as he submitted himself to the leading of the Holy Spirit.” *The Desire of Ages*, 175



5.b. What is the real meaning of being “born again” of water and of the Spirit? John 1:12, 13; 2 Corinthians 5:17; 2 Peter 1:3, 4

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**Note:** “Those who become new creatures in Christ Jesus will bring forth the fruits of the Spirit, ‘love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.’ Galatians 5:22, 23. They will no longer fashion themselves according to the former lusts, but by the faith of the Son of God they will follow in His steps, reflect His character, and purify themselves even as He is pure. The things they once hated they now love, and the things they once loved they hate. The proud and self-assertive become meek and lowly in heart.” *Steps to Christ*, 58

“Those who experience the work of true conversion in their hearts will reveal the fruits of the Spirit in their lives. Oh, that those who have so little spiritual life would realize that eternal life can be granted only to those who become partakers of the divine nature and escape the corruption that is in the world through lust!” *Testimonies*, Vol. 9, 155

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 Why is the philosophy of just fostering the “good” in ourselves flawed?
- 2 In the parable, why was the publican justified and not the Pharisee?
- 3 What characterizes genuine repentance?
- 4 What is true conversion?
- 5 What changes can be seen in those who are born again?

August 14 – 20, 2022

# Christian Perfection

## Key Text

“Be ye therefore perfect, even as your Father which is in heaven is perfect.” Matthew 5:48

**Study Help:** *The Sanctified Life*, 80–88

## Introduction

“Perfection alone can meet the standard of heaven. As God Himself is perfect in His exalted sphere, so should His children be perfect in the humble sphere they occupy.” *The Spirit of Prophecy*, Vol. 2, 225

## Sunday

### 1 GOD MADE MAN PERFECT

1.a. What did God declare when His work of creation by forming man in His own image was ended? Genesis 1:31; Ecclesiastes 7:29

**Note:** “In the beginning God created man in His own likeness. He endowed him with noble qualities. His mind was well-balanced, and all the powers of his being were harmonious. ... To bring him back to the perfection in which he was first created, is the great object of life—the object that underlies every other.” *Christian Education*, 63, 64

“God made man upright; He gave him noble traits of character, with no bias toward evil. He endowed him with high intellectual powers, and presented before him the strongest possible inducements to be true to his allegiance. Obedience, perfect and perpetual, was the condition of eternal happiness. On this condition he was to have access to the tree of life.” *Patriarchs and Prophets*, 49

1.b. How do we know that Adam was perfect in every aspect of life? Genesis 2:19, 20; Psalm 8:4–6

**Note:** “To man, the crowning work of creation, God has given power to understand His requirements, to comprehend the justice and beneficence of His law, and its sacred claims upon him; and of man unswerving obedience is required.” *Patriarchs and Prophets*, 52

## Monday

### 2 PERFECTION LOST

2.a. How far had people gone in their degeneracy when the world was still in its infancy? Genesis 6:5, 11, 12

**Note:** “[A]fter 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, until they came to regard human life with astonishing indifference.

“The world was in its infancy; yet iniquity had become so deep and widespread that God could no longer bear with it ...” *Patriarchs and Prophets*, 92

“The inhabitants of the antediluvian world were intemperate in eating and drinking. They would have flesh meats, although God had at that time given man no permission to eat animal food. They ate and drank till the indulgence of their depraved appetite knew no bounds, and they became so corrupt that God could bear with them no longer. Their cup of iniquity was full, and He cleansed the earth of its moral pollution by a flood.” *Counsels on Health*, 109

2.b. How is the degradation of humanity described by the apostle Paul? Romans 1:21–32

**Note:** “It is a law of the human mind that by beholding we become changed. Man will rise no higher than his conceptions of truth, purity, and holiness. If the mind is never exalted above the level of humanity, if it is not uplifted by faith to contemplate infinite wisdom and love, the man will be constantly sinking lower and lower. The worshipers of false gods clothed their deities with human attributes and passions, and thus their standard of character was degraded to the likeness of sinful humanity. They were defiled in consequence. ... God had given men His commandments as a rule of life, but His law was transgressed, and every conceivable sin was the result. The wickedness of men was open and daring, justice was trampled in the dust, and the cries of the oppressed reached unto heaven.” *Patriarchs and Prophets*, 91

## Tuesday

### 3 THE RESTORATION OF HUMANITY

3.a. What plan was devised in the heavenly courts for the restoration of the human family? Job 33:24, 26–28; Mark 10:45

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**Note:** “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.” *Counsels on Health*, 222

“Adam’s sin plunged the race into hopeless misery; but by the sacrifice of the Son of God, a second probation was granted to man.

“In the plan of redemption a way of escape is provided for all who will avail themselves of it. God knew that it was impossible for man to overcome in his own strength, and He has provided help for him. How thankful we should be that a way is open for us, by which we can have access to the Father; that the gates are left ajar, so that beams of light from the glory within may shine upon those who will receive them!” *The Signs of the Times*, August 10, 1915



3.b. Despite Satan’s plan to keep the human race entrapped in its fallen state, how did Jesus intervene for our recovery? John 10:27–29; 6:39, 40; Philippians 1:6

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**Note:** “Ever since Adam’s sin, the human race had been cut off from direct communion with God; the intercourse between heaven and earth had been through Christ; but now that Jesus had come ‘in the likeness of sinful flesh’ (Romans 8:3), the Father Himself spoke. He had before communicated with humanity *through* Christ; now He communicated with humanity *in* Christ. Satan had hoped that God’s abhorrence of evil would bring an eternal separation between heaven and earth. But now it was manifest that the connection between God and man had been restored.” *The Desire of Ages*, 116 [Emphasis author’s.]

“That the transgressor might have another trial, that men might be brought into favor with God the Father, the eternal Son of God interposed Himself to bear the punishment of transgression. One clothed with humanity, who was yet one with the Deity, was our ransom. The very earth shook and reeled at the spectacle of God’s dear Son suffering the wrath of God for man’s transgression. The heavens were clothed in sackcloth to hide the sight of the Divine Sufferer.” *Lift Him Up*, 153

## Wednesday

### 4 THE ULTIMATE AIM

- 4.a. Once we receive Christ and His truth, what further steps must be taken in order for us to reach perfection? Hebrews 5:12–14; 6:1, 2; 2 Peter 3:18

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**Note:** “Our work is to strive to attain in our sphere of action the perfection that Christ in His life on the earth attained in every phase of character. He is our example. In all things we are to strive to honor God in character. In falling day by day so far short of the divine requirements, we are endangering our soul’s salvation. We need to understand and appreciate the privilege with which Christ invests us, and to show our determination to reach the highest standard. We are to be wholly dependent on the power that He has promised to give us.” *Medical Ministry*, 253

“As God is perfect in His high sphere of action, so man may be perfect in his human sphere. The ideal of Christian character is Christlikeness. There is opened before us a path of continual advancement. We have an object to reach, a standard to gain which includes everything good and pure and noble and elevated. There should be continual striving and constant progress onward and upward toward perfection of character.” *In Heavenly Places*, 141

- 4.b. When Jesus comes, will He make us perfect, or find us already perfect? 1 Corinthians 1:8; 1 Thessalonians 5:23; Ephesians 5:27; 2 Peter 3:14

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**Note:** “When Christ shall come, He will not change the character of any individual. Precious, probationary time is given to be improved in washing our robes of character and making them white in the blood of the Lamb.” *Christian Education*, 237

“We cannot afford to lose eternal life because we are not willing to separate from the world. Self must be hidden in Christ. Our sight must be filled with a view of His perfection. We must stand wholly on the Lord’s side, remembering the word, ‘We are laborers together with God.’ God desires us to learn in the school of Christ to be meek and lowly in heart. Self is to be crucified, with the affections and lusts. There is no second probation for fallen man. Heaven is not the place for overcoming defects in the character.” *The Youth’s Instructor*, October 25, 1900

## Thursday

### 5 PERFECTION COMPLETED

- 5.a. What wonderful promise is given to those who will have fully purified their heart in the blood of the Lamb? Matthew 5:8; Revelation 7:14, 15; 1 John 3:2, 3

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**Note:** “Jesus declared that the pure in heart should see God. They would recognize Him in the person of His Son, who was sent to the world for the salvation of the human race. Their minds, being cleansed and occupied with pure thoughts, would more clearly discover the Creator in the works of His mighty hand, in the things of beauty and magnificence which comprise the universe.” *The Spirit of Prophecy*, Vol. 2, 208, 209

“The pure in heart live as in the visible presence of God during the time He apportions them in this world. And they will also see Him face to face in the future, immortal state, as did Adam when he walked and talked with God in Eden.” *Thoughts from the Mount of Blessings*, 27

- 5.b. What is the highest goal to be reached by everyone who strives for perfection? 1 Peter 1:9; 1 Thessalonians 5:9; Isaiah 25:9

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**Note:** “If we would have eternal life, we must cooperate with God, and thus reach the Bible standard, conforming our characters to the character of our Lord Jesus Christ. ... Let every soul strive most zealously during these precious hours of probation, to form the very character that He would wish to have completed and perfected when our Lord comes in power and great glory.” *The Youth’s Instructor*, September 7, 1893

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 Among all the creatures on earth, in what sense is the human race unique?
- 2 Why were the Flood and the destruction of Sodom necessary?
- 3 What is the only hope for our degenerate race?
- 4 Describe the depth of moral perfection we must attain before Christ returns, and why it is necessary.
- 5 What does it mean to be pure in heart, in the practical sense?

August 21 – 27, 2022

# Christian Temperance

## Key Text

“And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.” 1 Corinthians 9:25

**Study Help:** *Child Guidance*, 394–400

## Introduction

“True temperance teaches us to abstain entirely from that which is injurious, and to use healthful and nutritious articles judiciously.” *The Review and Herald*, September 23, 1884

## Sunday

### 1 TEMPERANCE: A BIBLICAL DOCTRINE

- 1.a. What is one attribute of the fruit of the Holy Spirit? Galatians 5:22, 23; 2 Peter 1:5, 6. What was one of the points that Paul presented to Felix? Acts 24:25. Is temperance important for us today?

**Note:** “Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life.” *Child Guidance*, 394

“We are to practice temperance in all things. If we honor the Lord by acting our part, He will on His part preserve our health. We should have a sensible control of all our organs. By practicing temperance in eating, in drinking, in dressing, in labor, and in all things, we can do for ourselves what no physician can do for us.” *Ibid.*, 397

- 1.b. What is the will of God regarding our physical bodies? 3 John 2; Jeremiah 33:6. What was Daniel’s decision regarding eating and drinking, and with what result? Daniel 1:8, 11, 12, 15, 18–20

**Note:** “The case of Daniel shows us, that, through religious principle, young men may triumph over the lust of the flesh and remain true to God’s requirements, even though it cost them a great sacrifice.” *Testimonies*, Vol. 4, 570

## Monday

### 2 THE ORIGINAL DIET

- 2.a. What was the original diet given to Adam and Eve and to all animals? Genesis 1:29, 30; 2:9. After the Fall, what was added to the diet of humans? Genesis 3:18

**Note:** “Not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.” *Child Guidance*, 386

- 2.b. What is the appropriate diet for human beings today, and what should be avoided? Psalm 104:14

**Note:** “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.” *The Ministry of Healing*, 296

“Reason, instead of being the ruler, has come to be the slave of appetite to an alarming extent. An increasing desire for rich food has been indulged, until it has become the fashion to

crowd all the delicacies possible into the stomach. Especially at parties of pleasure is the appetite indulged with but little restraint. Rich dinners and late suppers are served, consisting of highly seasoned meats, with rich sauces, cakes, pies, ices, tea, coffee, etc. No wonder that, with such a diet, people have sallow complexions, and suffer untold agonies from dyspepsia.” *Counsels on Diet and Foods*, 149

“[A]monds are preferable to peanuts, but peanuts in limited quantities may be used in connection with grains to make nourishing food which can be cared for by the digestive organs. But every soul must experiment for himself.” *Manuscript Releases*, Vol. 21, 285

## Tuesday

### 3 FLESH AS FOOD

3.a. After the Flood there was a temporary change in the diet of humans. What was added to their diet, and with what restrictions? Genesis 9:3, 4; 7:2; Leviticus 3:17

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**Note:** “God gave man no permission to eat animal food until after the Flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man. ...

“After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years.” *Counsels on Diet and Foods*, 373

3.b. When God wished to withdraw flesh food from ancient Israel, how did the people react? Numbers 11:4–6; 21:5. Why did the Lord comply with their desire, and what was the result? Ezekiel 14:4; Numbers 11:31–33; 1 Corinthians 10:6

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**Note:** “The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains. He led the children of

Israel into the wilderness, where they could not get a flesh diet; and He gave them the bread of heaven. ‘Man did eat angels’ food.’ But they craved the fleshpots of Egypt, and mourned and cried for flesh, notwithstanding that the Lord had promised them that if they would submit to His will He would carry them into the land of Canaan and establish them there, a pure, holy, happy people, and there should not be a feeble one in all their tribes; for He would take away all sickness from among them.” *Medical Ministry*, 277

“[G]od is trying to lead us back, step by step, to His original design—that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it.” *Counsels on Health*, 450

## Wednesday

### 4 ALCOHOLIC BEVERAGES

4.a. What does the Bible say about alcoholic beverages? Proverbs 20:1; 23:29–32; Isaiah 5:22

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**Note:** “With the awful results of indulgence in intoxicating drink before us, how is it that any man or woman who claims to believe in the word of God, can venture to touch, taste, or handle wine or strong drink? Such a practice is certainly out of harmony with their professed faith.” *Temperance*, 42

“Governors, senators, representatives, judges, men who enact and administer a nation’s laws, men who hold in their hands the lives, the fair fame, the possessions of their fellows, should be men of strict temperance. Only thus can their minds be clear to discriminate between right and wrong. Only thus can they possess firmness of principle, and wisdom to administer justice and to show mercy. But how does the record stand? How many of these men have their minds beclouded, their sense of right and wrong confused, by strong drink! How many are the oppressive laws enacted, how many the innocent persons condemned to death, through the injustice of drinking lawmakers, witnesses, jurors, lawyers, and even judges!” *The Ministry of Healing*, 345, 346

“Look at the breweries planted all over the land, to supply to the public that which is a deadly evil. ... [W]hat a curse is the liquor to the man who enters [the drinking house] and drinks! The traveler enters the public house with his reason, walking uprightly; but look at him as he leaves; the luster is gone from his eye, his reason is paralyzed, and he reels to and fro like a ship at sea.” *The Bible Echo*, January 22, 1894



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*Temperance in eating,  
drinking, sleeping, and  
dressing is one of the grand  
principles of the religious  
life.*”

4.b. What express command was given to Aaron and his sons, to Manoah and his wife, and to Zechariah?  
Leviticus 10:8–10; Judges 13:3, 4, 13, 14; Luke 1:12–15

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**Note:** “The use of spirituous liquors has the effect to weaken the body, confuse the mind, and debase the morals. It prevents men from realizing the sacredness of holy things or the binding force of God’s requirements. All who occupied positions of sacred responsibility were to be men of strict temperance, that their minds might be clear to discriminate between right and wrong, that they might possess firmness of principle, and wisdom to administer justice and to show mercy.” *Patriarchs and Prophets*, 362

**Thursday**  
**5 A HEALTHY MIND IN A HEALTHY BODY**

5.a. What do the Holy Scriptures say about our physical bodies? 1 Corinthians 3:16, 17; 6:19, 20

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**Note:** “It is not possible for us to glorify God while living in violation of the laws of life. The heart cannot possibly maintain consecration to God while lustful appetite is indulged. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and

spirit impossible. The apostle understood the importance of the healthful conditions of the body for the successful perfection of Christian character.” *Counsels on Diet and Foods*, 44  
“God desires that we shall have a care, a regard, and an appreciation for our bodies—the temple of the Holy Spirit.” *Healthful Living*, 305

5.b. In order to preserve the health of our physical bodies, what counsel is given us? 1 Corinthians 9:24–27; 10:31; 1 Thessalonians 5:23

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**Note:** “All are required to do what they can to preserve healthy bodies and sound minds. If they will gratify a gross appetite, and by so doing blunt their sensibilities, and becloud their perceptive faculties so that they cannot appreciate the exalted character of God, or delight in the study of His word, they may be assured that God will not accept their unworthy offering any sooner than that of Cain.” *Counsels on Diet and Foods*, 49

**Friday**  
**PERSONAL REVIEW QUESTIONS**

- 1 What vital quality makes captive Daniel outshine prestigious Felix?
- 2 Describe the diet God intends that we partake in these last days.
- 3 When only in history did God permit the use of flesh food, and why?
- 4 Why are alcoholic beverages such an evil?
- 5 Why is the message of health reform so important?

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# Popcorn

**T**he ample dietary fiber and typically low calorie count of popcorn make it easy to understand why many people think of popcorn as a healthy food. And guess what? Properly prepared, it is!

“[Popcorn] ... is a whole grain, and high-fiber whole grains have been linked to a lower risk of heart disease, diabetes, some cancers, and other health problems. Federal dietary guidelines say half of all grains consumed should be whole grains, and popcorn packs more fiber per serving than whole-wheat bread.

“‘[Popcorn] is stable. It’s inexpensive. It’s fairly tasty. ... Air-popped would be a good way to prepare popcorn because it gives you some control over the seasonings that you add afterward—how much salt, or how much oil ...,” said Maya Vadiveloo, an assistant professor in the department of nutrition and food sciences at the University of Rhode Island.

“In addition to fiber, popcorn also is a good source of polyphenols, which are antioxidants that have been linked to better blood circulation and digestive health, as well as a potentially lower risk of certain cancers.

“Another health benefit of popcorn is its high satiety. Because of popcorn’s high fiber content, its low calorie count, and its low energy density, popcorn is considered to be a food that can aid in weight loss. For example, popcorn has been shown to make people feel fuller than a similar calorie amount of potato chips.”

So... start popping!

Source: [www.heart.org/en/news/2019/06/18/popcorn-as-a-snack-healthy-hit-or-dietary-horror-show](http://www.heart.org/en/news/2019/06/18/popcorn-as-a-snack-healthy-hit-or-dietary-horror-show)

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



## POPCORN

### Process

Use an air popper and drizzle extra-virgin olive oil over the kernels as they fall into a deep bowl. When fully popped, sprinkle lightly with salt, nutritional yeast, garlic or onion powder, fresh rosemary, sage, thyme, McKay’s, or any seasoning of your choice.





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## Health Benefits of Popcorn

- *Lower Risk of Diabetes*
- *Lower Risk of Heart Disease*
- *Lower Risk of Hypertension*
- *Weight Management*
- *Nutrition (folate, niacin, riboflavin, thiamin, pantothenic acid, vitamin B6, vitamin A, vitamin E, vitamin K)*

<https://www.webmd.com/food-recipes/health-benefits-popcorn>

