

HISTORIC  
**LANDMARKS**  
OF ADVENTISM

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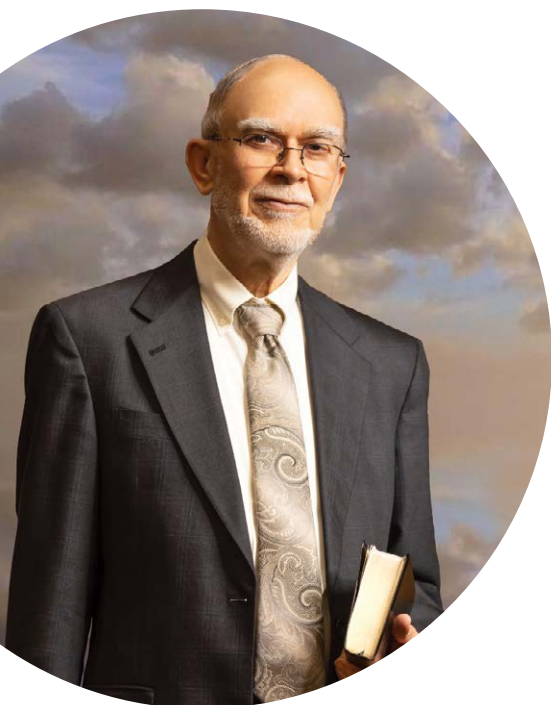


*Give Up  
Everything  
that Weighs  
You Down*

*p. 2*

*Missing  
the Glory*

*p. 7*



## From the Editor

John J. Grosboll

# The Golden Rule: Matthew 7:12

If we want to spend eternity in heaven, we must practice the golden rule. This rule will determine our eternal destiny in the judgment.

"The standard of the golden rule is the true standard of Christianity; anything short of it is a deception.

"This is the truth as it is in Jesus. When those who profess the name of Christ shall practice the principles of the golden rule, the same power will attend the gospel as in apostolic times." *Thoughts from the Mount of Blessing*, 136, 137

"Every unjust act toward a fellow-mortal, though he be the veriest sinner, is a violation of the golden rule." *The Signs of the Times*, December 20, 1883

If we are studying and practicing the golden rule, we will know that an overbearing spirit is not of God, and that harshness and accusation are of the devil. He is the accuser of the brethren.

We need to understand that it is a lack of following the golden rule in all the relations of life that will condemn us in the judgment and bring the wrath of God, rather than His blessing,

upon us. This should not be difficult to understand.

What would you think of a person in a boat who sees a man drowning and as the man draws near to and grabs hold of the boat in a desperate effort to save his life, the person in the boat does not offer a helping hand? Instead, he reaches down and breaks the drowning man's grasp on the boat, leaving him to perish in the dark waters. That drowning man is God's child for whom an infinite price has been paid.

"Divine love has been stirred to its unfathomable depths for the sake of men . . . . Heaven stands indignant at the neglect shown to the souls of men. . . . The sufferings of every man are the sufferings of God's child, and those who reach out no helping hand to their perishing fellow beings provoke His righteous anger. . . . To those who claim fellowship with Christ, yet have been indifferent to the needs of their fellow men, He will declare in the great judgment day, 'I know you not whence ye are; depart from Me, all ye workers of iniquity.' Luke 13:27." *The Desire of Ages*, 825 **LM**

HISTORIC

## LANDMARKS

OF ADVENTISM

### Staff

**Editor:** John J. Grosboll  
**Managing Editor:** Judy Rebarcek  
**Graphic Design:** Martin Bernar  
**Contributing Editor:** Lynette Golia

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Steps to Life, Inc.  
P. O. Box 782828  
Wichita, KS 67278

facebook

Ph: 316-788-5559  
historic@stepstolife.org  
www.stepstolife.org

YouTube

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



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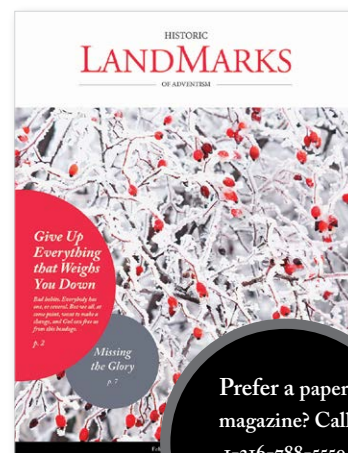
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All Bible texts, unless appearing in quoted references or otherwise identified, are from the New King James Version.



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By John J. Grosboll

Let's talk habits. Do you know someone who has a bad habit? Do you have one? Or let's ask the question in a different way: Do you know anyone who doesn't have a bad habit? This subject has a universal application to both adults and children. Most of our bad habits are developed in early childhood and continue to affect us throughout the rest of our lives.

Perhaps there comes a time in people's lives, after earnest evaluation, when they realize they don't want to keep a particular bad habit. They want to make a change but find that they are locked into that habit because habits are very difficult to change.

Here's a simple example: What would happen if I were to climb to the very top of the roof of a building and then jump off? Someone might say, "Well, if you prayed hard enough, maybe you wouldn't get hurt too bad." Is that a reasonable expectation?

We do this all the time. We violate certain physical or spiritual laws and then expect the Lord to deliver us from the resulting pain and suffering. But God cannot answer this prayer, because He would be condoning the violation of the very laws that He has established. So, when we study about how to deal with bad habits, and study the laws that are involved, then we can know how to escape them.

And, friends, there is an escape. God sent His Son, Jesus Christ, into this world because we were in bondage to something that we could not free ourselves from, and Jesus said, "The Spirit of the Lord is upon Me, ... He has sent Me ... to proclaim liberty to the captives and ... to set at liberty those who are oppressed." Luke 4:18

This is, in part, liberty and freedom from our guilt. But it is also liberty and freedom from our bad habits. Jesus came to set you free from your bad habits.

Spiritual, mental, and physical components are all involved in this escape, and in the forming, maintaining, and deliverance from them or we'll never be free from them.

Let's start with the spiritual and mental components and then we'll take up the physical component.

Just how did we develop bad habits when we were children?

**1** Children develop bad habits because their minds are not trained. As children grow up in their parental home, parents are to cultivate, train, and develop the good habits a child should have to lead a healthy, spiritual life.

Children should not be idle. A busy child has no spare time to engage in bad habits. Children without anything to do spend more time getting into trouble, and bad habits are the results. This has been a great curse in society.

Children need to have a balance of physical and mental activity. Parents



must consider if their children are occupied enough to keep them busy all day.

**2** Inappropriate associations can also result in bad habits. Who are your children's friends? Do they love and obey their parents? Do they love and keep the ten commandments? Associates who are immoral or idle will encourage the development of bad habits in your children.

"With the present plan of education the door of temptation is open to youth. Although they generally have too many hours of study, they have many hours without anything to do. These leisure hours are frequently spent in a reckless manner. The knowledge of bad habits is communicated from one to another and vice is greatly increased." *Testimonies*, Vol. 3, 148

Parents need to be aware of who their children go to school with and with whom they spend a lot of time. As parents, we need to place our children in God's hands, asking Him to tell us where we should send our children to school and to protect them from the things that they will learn, see, and hear that could have a negative effect on their future.

**3** Neglect also facilitates the development of children's bad habits. When parents are so

busy that they really don't have time to raise their children, then the children are left to fend for themselves, and bad habits are sure to be the result.

Our home life should be one of order. There should be a schedule that tells children when to get up and when to go to bed, when to eat, when to do home chores and school work, and when to play.

So, these are three ways that children develop bad habits. What about those of us who now are adults with bad habits that we can't seem to do anything about? The Bible clearly states the condition we are in.

"Can the Ethiopian change his skin or the leopard its spots? Then may you also do good who are accustomed to doing evil." Jeremiah 13:23

"And the tongue is a fire, a world of iniquity. ... But no man can tame the tongue, it is an unruly evil, full of deadly poison." James 3:6, *first part*, 8

How many people can change the color of their skin? None. Can the leopard change its spots? No. Who can tame the tongue? No one. The Bible is saying that we have a habit, and though we do not want to keep this habit any longer, we are finding it impossible to change.

The first thing we must understand about firmly-ingrained habits is that there is no one who can break or change

them. This is one of the reasons people become so discouraged when they try to “kick” their habits, or make resolutions that they don’t keep.

Someone might think that if it’s an impossibility for a man to break his bad habits, then why are we even talking about it?

We want to talk about it because what we need to know most of all is that there is a way, a miraculous power, that will aid us in overcoming our bad habits. That way is Jesus.

Changing anything in our lives just won’t happen without Divine help. It is only after He comes into our lives that we can then be set free from the things that hold us captive.

“When the soul surrenders itself to Christ, a new power takes possession of the new heart. A change is wrought which man can never accomplish for himself. It is a supernatural work, bringing a supernatural element into human nature. The soul that is yielded to Christ becomes His own fortress, which He holds in a revolted world, and He intends that no authority shall be known in it but His own. A soul thus kept in possession by the heavenly agencies is impregnable to the assaults of Satan. But unless we do yield ourselves to the control of Christ, we shall be dominated by the wicked one. We must inevitably be under the control of the one or the other of the two great powers that are contending for the supremacy of the world. It is not necessary for us deliberately to choose the service of the kingdom of darkness in order to come under its dominion. We have only to neglect to ally ourselves with the kingdom of light. If we do not cooperate with the heavenly agencies, Satan will take possession of the heart, and will make it his abiding place. The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness.” *The Desire of Ages*, 324

What is the only defense against evil? The indwelling of Christ in the heart. How

do we receive the indwelling of Christ in our hearts? By yielding ourselves completely to Him.

“Unless we become vitally connected with God, we can never resist the unhalloed effects of self-love, self-indulgence, and temptation to sin. We may leave off many bad habits, for the time we may part company with Satan; but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome. Without a personal acquaintance with Christ, and a continual communion, we are at the mercy of the enemy, and shall do his bidding in the end.” Ibid.

Without this vital connection with Jesus, unless He is dwelling in the heart by faith, we will be under the control of the devil, and even if we leave off many of our bad habits, he will still be our master.

A union with the Divine still requires supreme human effort.

“Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.” Philippians 2:12

There are two mistakes that most people make. Some want to do it all themselves until they find out it’s impossible to do alone. Or others, realizing it is impossible, decide to just depend on the Lord and let Him do it all. They don’t even try.

God is going to do a miraculous work in each of us, but we have a work of our own to do in this partnership with Him. We see that in Philippians 2:12. But verse 13 makes it clearer just what God intends to do in our lives.

“For it is God who works in you both to will and to do for His good pleasure.” I wish we had a stronger English word for “to do.” In Greek, this means *to energize* or *to empower*. You could read it like this: “... works in you to will and *to empower* [you] for His good pleasure.” God wants to give you the power to overcome your bad habits, and then with that power at your disposal, you do your part of the work with fear and trembling. To over-

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*We violate physical and spiritual laws and then expect the Lord to deliver us from the resulting pain and suffering.*



come the wickedness in our lives, it takes two: our complete surrender and God's miraculous power.

"To this end I also labor, striving according to His working which works in me mightily." Colossians 1:29

The Greek word Paul uses that we translate as striving, *agonizomai*, means *to fight* or *to contend* or *to struggle*. It is the word from which we get the English word *agonize*. This is an all-in struggle. Then the words "works in" mean, just like in Philippians 2:13, *energizes or empowers*.

We can struggle, fight, agonize over our bad habits. We can desperately labor and strive for our entire life to be free from them, but unless we cooperate with God so that He can work with great power a change in our hearts, we will fail.

I am reminded of the somewhat famous quote by Mark Twain regarding his smoking habit, "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times."

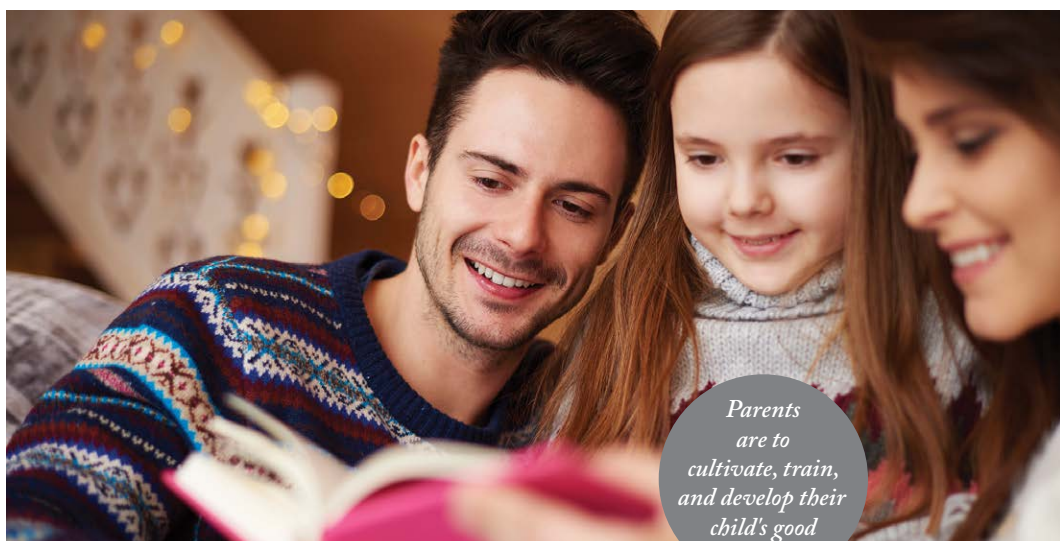
God doesn't want me to give up a habit only to repeatedly pick it back up again, never truly gaining the victory over it. He wants to give me the power to be completely and fully done with it. Only then will it never have control over my life again.

Moving to the physical effects of our bad habits, Mrs. White writes:

"Any habit or practice which will weaken the nerve and brain power or the physical strength disqualifies for the exercise of the next grace which comes in after temperance—patience." *Our High Calling*, 69

"For the ways of man are before the eyes of the Lord, and He ponders all his paths. His own iniquities entrap the wicked man, and he is caught in the cords of his sin. . . . He shall die for lack of instruction, and in the greatness of his folly he shall go astray." Proverbs 5:21–23

This text shows us how a person becomes bound up with his bad habits and can't get loose. He may pray and pray, but simply cannot get free of them. He



Parents  
are to  
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and develop their  
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habits.

begins to think that there is something wrong with Christianity, but the truth is, it's not the religion at all, rather he is violating certain physical laws that make it impossible for him to overcome his bad habits.

In order to overcome, we must first have willpower. The prefrontal cortex of the brain, right behind the forehead, is responsible for our "I will, I won't, and I want powers." A more medical explanation of the responsibilities of this area of the brain is that our abstract thinking, thought analysis, and keeping our behavior in check all occur here. The left side of the prefrontal cortex handles the "I will" power, which helps us start and stick to things that aren't so much fun or are stressful. The right side handles the "I won't" power, which keeps us from acting on every impulse or craving that we have. And the center, lower area is responsible for the "I want" power, which helps us keep track of our goals and desires.

There are two facets of willpower: yes and no. Exercising our willpower isn't always about saying no. It is just as important to use our willpower to say yes for the right things as it is to say no to the bad things.

Source: [positivepsychology.com/psychology-of-willpower](https://positivepsychology.com/psychology-of-willpower)

Now let's consider morality. Do you know what part of the brain is responsible for our morality? We'll call it our conscience. The prefrontal cortex. Morality is the ability to determine right from wrong.

Spirituality is also located in the prefrontal cortex. It is from here that you talk to God and ask Him to help you.

But what if something has impaired your willpower and skewed your ability to make right decisions? Medical research shows us that when a person's frontal lobe is damaged, he or she can completely change. A very religious person might no longer have an interest in church, religion, or the Bible at all. A person who was very conscientious and always doing what was right might begin to engage in very questionable behavior. But what if there was nothing wrong with the frontal lobe? Could our diet, a lack of sleep, fresh air, water, or appropriate exercise impair our ability to make sound decisions? Or what if we clouded our brains with alcohol, drugs, sugar, and other harmful substances? Anything that impairs the function of the frontal lobe will make it difficult to exercise our willpower to overcome any bad habit.

The reason people today are having so much trouble overcoming bad habits, much more so than they had 100 years

ago, is because we are violating certain physical laws that are impairing the function of our frontal lobe.

Let's look at some of the things that can impair your ability to exercise your willpower.

1

**Drug use**—illicit drugs, many prescription drugs, and social drugs. Social drugs include caffeine, nicotine, and alcohol.

Introducing these substances into your body is like shooting yourself in the foot if you are trying to overcome a bad habit. They numb the frontal lobe and interfere with your ability to utilize your willpower.

2

**Diet**—is vitally important. Refined sugar must be

eliminated and foods containing unrefined carbohydrates—starchy foods like whole grains and potatoes—should be included. Animal foods contain arachidonic acid which has been proven to harm the frontal lobe.

Mrs. White writes: "A meat diet changes the disposition and strengthens the animalism. We are composed of what we eat, and eating much flesh will diminish intellectual activity. Students would accomplish much more in their studies if they never tasted meat. When the animal part of the human agent is strengthened by meat eating, the intellectual powers diminish proportionately." *Counsels on Diet and Foods*, 389

Medical research has shown that the brain functions better when dietary calories and the amount of food consumed are restricted.

If your diet consists of things that are not good for the health of the body, particularly the frontal lobe of your brain, then how will that affect your ability to overcome a bad habit?

3

**Hypnosis**—does not allow you to overcome anything. A person cannot overcome any bad habit using hypnosis because it bypasses the

frontal lobe and utilizes other areas of the brain, placing them under the control of someone or something else. People who are in a hypnotic-like state are not in control of their own willpower.

There are two things that are done in this world, including in the church, that make it impossible for us to overcome our bad habits: watching television and movies and listening to rock music. There is significant medical data to support that both of these activities produce a hypnotic-like state. It is not a state of complete hypnosis because you are able to communicate and participate, but your brain is overwhelmed by the images and sounds that you see and hear.

All these things make it impossible for you to overcome your bad habits. They violate certain physical and spiritual laws that God has put in place, and He cannot help you overcome your bad habits if you choose to keep them in your life.

However, if you choose to lay all these things aside and come to the Lord for the power He is waiting to give you to overcome your bad habits, He will do it. There is no other way for you to succeed.

Somebody might think that it simply takes too much effort to give up bad habits. But if you are looking to follow Jesus, longing to one day join the saints in heaven for eternity, then you cannot hold onto these worldly things. Listen to what Jesus says: "So likewise, whoever of you does not forsake all that he has cannot be My disciple." Luke 14:33

Friends, are there things in your life that hinder you from overcoming your bad habits? Are you willing to remove everything from your life that stands between you and God? It's a sacrifice, I know, but it is the price of eternal life.

Claim His promise of power, cooperate, struggle, contend, and you can overcome all your bad habits by His grace and power. **LM**

*Pastor John J. Grosboll is Director of Steps to Life and pastors the Prairie Meadows Church in Wichita, Kansas. He may be contacted by email at: [historic@stepstolife.org](mailto:historic@stepstolife.org), or by telephone at: 316-788-5559.*

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*Inappropriate associations can also result in bad habits. Who are your children's friends?*





**A**s Bible-believing Christians, it is vitally important that every doctrine that we profess be firmly rooted in the word of God. Jesus declared that it is the word of His Father that is truth and makes us holy. “Sanctify them by Your truth. Your word is truth.” John 17:17. God takes ownership only of the truth. God has no part of a lie, but He tells us who the author of lies is. “You are of your father the devil ... for he is a liar and the father of it.” John 8:44. We need to “buy the truth, and do not sell it” (Proverbs 23:23) and have no part of any lie.

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*Satan's lie is eagerly  
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family, and friends at  
funerals.*

The purpose of a lie is to deceive, to blind the mind so that the truth cannot be understood. Satan told the very first lie to Eve in the garden of Eden. It was about death, a subject on which billions today are still deceived. The devil told our first mother, as she stood before the forbidden tree, “You will not surely die.” Genesis 3:4. This lie was in direct conflict with the truth of God regarding the punishment of death for sin. He had declared to Adam, “But of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.” Genesis 2:17. Adam and Eve sinned, but did not drop dead that day. They did, however, die spiritually. They were no longer in unity with God, their Creator. Guilt-ridden, they fled from His presence.

Because our first parents did not physically die on the very day that they ate the forbidden fruit, the lie of Satan is eagerly believed by many Christians. Even on tombstones, phrases are carved disputing the existence of death. “There is no Death.” “Gone to Glory.” Satan's lie is eagerly grasped for comfort at the loss of a loved one, being repeated by ministers, family, and friends at funerals and memorial services. So often, those who state, “She's singing in the choir with the angels,” “He is in a better place,” or “He's gone on home to glory” do not realize they are perpetuating the devil's lie. On obituaries it is stated that the service is a “Home Going Celebration.” By the words of false comfort, spoken over the dead, God's word has been stripped of its power to enlighten the mind to the glories of the resurrection of the just.

Is it not strange that in Christian churches, where the resurrection of Christ is regarded so highly that the first day of the week on which He rose is the day of worship, it is taught that those who die now go straight to heaven, bypassing the resurrection at Jesus' soon return? How is it that those who follow the Master are greater and more blessed than He? Our

Lord plainly told His disciples, “Remember the word that I said to you, ‘A servant is not greater than his master.’” John 15:20

In His earthly ministry, Jesus raised the dead to life, but never gave any indication that they had gone to heaven at death. Even Lazarus, whom He loved, did not enter heaven at death. When our Saviour raised him back to life, He did not say, “Lazarus, come down.” He called out to the grave where His dear friend lay, “‘Lazarus, come forth!’ And he who had died came out bound hand and foot with graveclothes ... .” John 11:43, 44.

The raising of Lazarus from the dead agrees fully with the truth about death in the Old Testament. “The dead do not praise the Lord, nor any who go down into silence.” Psalm 115:17. “For Sheol [the grave] cannot thank You, death cannot praise You; those who go down to the pit cannot hope for Your truth. The living, the living man, he shall praise You, as I do this day.” Isaiah 38:18, 19

“Popular theology represents the righteous dead as in heaven, entered into bliss and praising God with an immortal tongue; but Hezekiah could see no such glorious prospect in death. With his words agrees the testimony of the psalmist: ‘In death there is no remembrance of Thee: in the grave who shall give Thee thanks?’ ... Psalm 6:5.” *The Great Controversy*, 546

Jesus' words to His disciples before He raised Lazarus shed further light on the true nature of death. He described His friend's death as a sleep. “... ‘Our friend Lazarus sleeps, but I go that I may wake him up.’ Then his disciples said, ‘Lord, if he sleeps he will get well.’ However, Jesus spoke of his death, but they thought He was speaking about taking rest in sleep. Then Jesus said to them plainly, ‘Lazarus is dead.’” John 11:11–14. Jesus' description of death as a sleep is straight out of the Old Testament that He loved and knew so well.

“Consider and hear me, O Lord my God; enlighten my eyes, lest I sleep the sleep of death ... .” Psalm 13:3

“So David rested with his fathers, and was buried in the City of David.” 1 Kings 2:10



*Even  
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of the dead.*

“Then Solomon rested with his fathers, and was buried in the city of David his father.” 1 Kings 11:43

“And the period that Jeroboam reigned was twenty-two years. So he rested with his fathers.” 1 Kings 14:20

“So Rehoboam rested with his fathers, and was buried with his fathers in the city of David.” Verse 31

How much do the dead know? Nothing at all. “For the living know that they will die; but the dead know nothing, and they have no more reward, for the memory of them is forgotten.” Ecclesiastes 9:5

In the sleep of death, the dead know nothing and can do nothing. It is the misunderstanding or straight out refusal to believe God’s word on the matter of death that has led to such errors as channeling, using Ouija boards, wishing the dead “Heavenly Happy Birthday,” being scared of ghosts in haunted houses, holding séances to get messages from dead loved ones, or believing that dead relatives can come and talk to us. Such pretended communication is from Satan and his lying demonic forces, as evident in the history of King Saul and the witch of En Dor. (1 Samuel 28:5–25.) This happened after Samuel the prophet died and was buried in Ramah. So the

“Samuel” that communicated with Saul was not the dead prophet of the Lord, but an evil spirit pretending to be God’s spokesman.

In the records of the kings of Israel and Judah, none of them, not even the righteous ones who walked in the ways of the Lord—David, Asa, or Hezekiah—are said to have gone to heaven at death. Centuries after David, “a man after [God’s] own heart” had died, specific mention was made by Peter on the Day of Pentecost, that he had not gone to heaven. “Men and brethren, let me speak freely to you of the patriarch David, that he is both dead and buried, and his tomb is with us to this day.

For David did not ascend into the heavens . . . .” Acts 2:29, 34. Even Jesus did not go directly to heaven at death (John 20:17).

We now ask, “When will the dead live again?” “So man lies down and does not rise. Till the heavens are no more, they will not awake nor be roused from their sleep.” Job 14:12. And when will the atmospheric heavens be destroyed? In the “day of the Lord . . . in which the heavens will pass away with a great noise . . . .” 2 Peter 3:10. Jesus raised the dead while on earth, and at His glorious second advent, He

will call the righteous dead to life. “Most assuredly, I say to you, the hour is coming, and now is, when the dead shall hear the voice of the Son of God; and those who hear will live.” John 5:25

The truth of the first resurrection is further clarified in 1 Thessalonians 4:16, 17. “For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trump of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.” This truth brings true healing to the grieving, as Paul summed it up in verse 18, “Therefore comfort one another with these words.”

On earth’s final day, when “the Son of man comes in His glory, and all the holy angels with Him,” and sits “on the throne of His glory,” (Matthew 25:31), may we not miss out on glory, but greet Jesus in peace, and be forever with our Lord! **LM**

*Patricia Smith is a second generation Seventh-day Adventist writer who loves to study and share the Bible and the Spirit of Prophecy.*





# *The Key to Overcoming*

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By John R. Pearson

*Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.”*

Matthew 16:24

**E**llen White’s book *Confrontation* deals in great detail not only with the wilderness temptations of Christ, it also explains how Christ came off victorious as Satan used every means imaginable in his efforts to cause Him to fail in His mission, and shows how Christ’s success in resisting and overcoming can be ours.

In the wilderness, we know that Christ’s victories were gained through “Thus saith the Lord.” And of course, that is how we are to gain the victory over temptation as well.

However, it is clear from the details presented in this book that Christ did more than quote scripture in His constant confrontations with the enemy—He continually denied self.

In His assumed humanity, Christ faced the same temptations we face. “Appetite and passion, the love of the world, and presumptuous sins were the great branches of evil out of which every species of crime, violence, and corruption grew.” Op. cit., 47

That being the case, we can quickly and easily recognize that by overcoming those three temptations—also referred to in inspired writings as the world, the flesh, and the devil and in John’s first epistle as *the lust of the flesh, the lust of the eyes, and the pride of life*—by gaining the victory in these three critical areas, we are well advanced on the narrow way to the kingdom of glory.

There is no temptation faced by man that is as severe as the temptations Christ endured after forty days of fasting.

It is important to remember that not only during His wilderness trial but throughout His life, “He did not for a single moment doubt His heavenly Father’s love, although He was bowed down with inexpressible anguish. Satan’s temptations, though skillfully devised, did not move the integrity of God’s dear Son. His abiding confidence in His Father could not be shaken.” Op. cit., 41

If we are to come off victorious, we must have that same abiding confidence, a confidence that will give us the victory in every daily trial.

On page 43, is this interesting statement: “Although Christ was suffering the keenest pangs of hunger, He withstood the temptation. He repulsed Satan with the same scripture He had given Moses to repeat to rebellious Israel when their diet was restricted and they were clamoring for flesh meats in the wilderness, ‘Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.’ In this declaration, and also by His example, Christ would show man that hunger

for temporal food was not the greatest calamity that could befall him.”

Think about that final sentence for a moment. Although Christ quoted the words that He had instructed Moses to give to the children of Israel when they were murmuring and complaining about their diet, Inspiration says that this statement applies to a much broader area than just temporal food. When we are living by “every word” of God, the application goes well beyond mere hunger for temporal food.

To get a broader understanding of our challenge to overcome appetite, we need to analyze a sentence from pages 50 and 51: “Our Saviour fasted nearly six weeks that He might gain for man the victory upon the point of appetite. How can professed Christians with enlightened consciences, and with Christ before them as their pattern, yield to the indulgence of those appetites which have an enervating influence upon the mind and body? It is a painful fact that habits of self-gratification at the expense of health and moral power are at the present time holding a large share of the Christian world in the bonds of slavery.”

Let’s break down that passage a little. Notice that it states, “... yield to the indulgence of those appetites,” plural.

We commonly think of appetite in terms of a desire for temporal food. However, the dictionary defines appetite as “a strong desire or liking for something, a craving.” Thus in its broadest application, our appetites include food, certainly, but also a craving for any number of things, such as fashion, conspicuous consumption in

all its varied forms, preeminence, power, wealth. A hard look in a mirror will reveal more than just the wrinkles we have acquired as we have aged—especially in the mirror of God’s law.

Another word in that passage we need to understand is *enervating*. It might initially be assumed that it means energizing. However, it means just the opposite: “to cause [someone] to feel drained of energy or vitality; to weaken.”

With this understanding, let’s rephrase the rhetorical question asked in the passage quoted from pages 50 and 51: How can professed Christians yield to the indulgence of cravings that deplete the mind and body of energy?

In order to enable us to resist those cravings, Christ left heaven. There is a wonderful explanation of the victory He gained for us by leaving heaven and how it can be ours.

“Because man fallen could not overcome Satan with his human strength, Christ came from the royal courts of heaven to help him with His human and divine strength combined. Christ knew that Adam in Eden with his superior advantages might have withstood the temptations of Satan and conquered him. He also knew that it was not possible for man out of Eden, separated from the light and love of God since the fall, to resist the temptations of Satan in his own strength. In order to bring hope to man, and save him from complete ruin, He humbled Himself to take man’s nature, that with His divine power combined with the human He might reach man where he is. He obtained for the fallen sons and daughters of Adam that strength which it is impossible for them to gain for themselves, that in His name they might overcome the temptations of Satan.” Op. cit., 45

It is abundantly and encouragingly clear from this paragraph that we are entirely dependent on Christ for the ultimate victory.

On page 57, in the section entitled “Christian Temperance,” we find much

“  
*There is no temptation  
faced by man that is as  
severe as the temptation  
Christ endured after forty  
days of fasting.*”



*Although  
Christ was  
suffering the keenest  
pangs of hunger,  
He withstood the  
temptation.*

guidance regarding temperance versus intemperance. The initial paragraphs are especially powerful.

“God gives man no permission to violate the laws of his being. But man, through yielding to Satan’s temptations to indulge intemperance, brings the higher faculties in subjection to the animal appetites and passions, and when these gain the ascendancy, man, who was created a little lower than the angels—with faculties susceptible of the highest cultivation—surrenders to the control of Satan. And he gains easy access to those who are in bondage to appetite. Through intemperance, some sacrifice one half, and others two thirds, of their physical, mental, and moral powers, and become playthings for the enemy.

“Those who would have clear minds to discern Satan’s devices must have their physical appetites under the control of reason and conscience. The moral and vigorous action of the higher powers of the mind are essential to the perfection of Christian character, and the strength or the weakness of the mind has very much to do with our usefulness in this world and with our final salvation. The ignorance that has prevailed in regard to God’s law in our physical nature is deplorable. Intemperance of any kind is a violation of the laws of our being.”

“The great enemy knows that if appetite and passion predominate, the health of body and strength of intellect are sacrificed upon the altar of self-gratification, and man is brought to speedy ruin. If enlightened intellect holds the reins, controlling the animal propensities and keeping them in subjection to the moral powers, Satan well knows that his power to overcome with his temptations is very small.” Op. cit., 58

“Sin drove man from paradise; and sin was the cause of the removal of paradise from the earth. In consequence of transgression of God’s law, Adam lost paradise. In obedience to the Father’s law, and through faith in the atoning blood of His Son, paradise may be regained.” Op. cit., 15

“The indulgence [of appetite] ... counteracts the force of truth, and weakens moral power to resist and overcome temptation. ...

“The adversary of souls is working in these last days with greater power than ever before, to accomplish the ruin of man through the indulgence of appetite and passions. ... Unnatural desires for these indulgences are not controlled by reason or judgment.” Op. cit., 60

“Men and women indulge appetite at the expense of health and their powers of intellect, so that they cannot appreciate the plan of salvation. What appre-

ciation can such have of the temptation of Christ in the wilderness, and of the victory He gained upon the point of appetite. It is impossible for them to have exalted views of God, and to realize the claims of His law.” Op. cit., 62


Note well this sentence: “The scene of trial with Christ in the wilderness was the foundation of the plan of salvation, and gives to fallen man the key whereby he, in Christ’s name, may overcome.” Op. cit., 63

Now contemplate this question: After being presented with all of this wonderful light from the pen of Ellen White, what is the foundation of the plan of salvation and the key whereby we, in Christ’s name, may overcome? That foundation and that key is nothing other than self-denial.

Throughout His life, Christ manifested self-denial to perfection. If you think back through the details we are given of His daily confrontations, His perfect self-denial gave Him the victory every time.

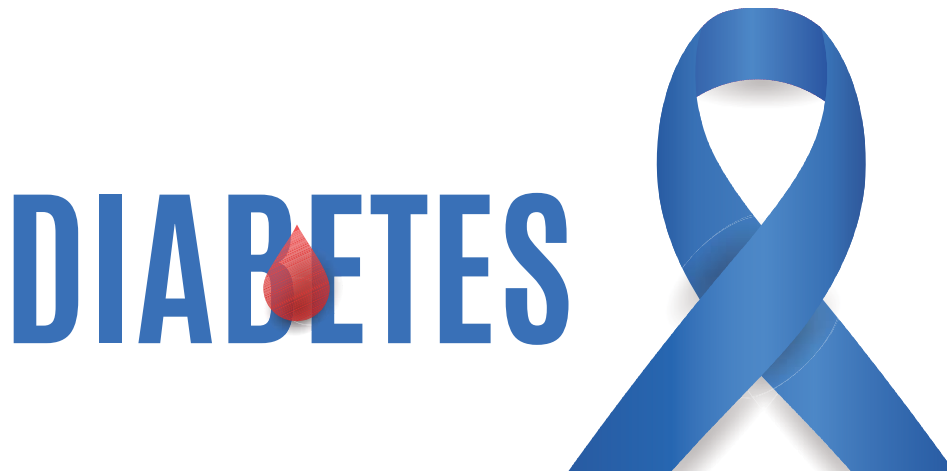
He could indeed have turned the stones to bread to satisfy His hunger. He could have given Satan evidence of His heavenly Father’s loving watchcare by jumping from the top of the temple. He could have accepted all the kingdoms of the world offered Him by Satan (though in truth, they were already His, even after they had fallen under the sway of the enemy). He could have wiped the bloody sweat from His brow in the garden of Gethsemane and returned to His heavenly throne. He could have come down from the cross when taunted to do so by His enemies.

But to our eternal benefit, He denied self at every opportunity. By emulating His selflessness, His self-denial, we, too, can be victorious.

Op. cit. – all quotations are taken from the source first identified – *Confrontation* 

**John R. Pearson** is the office manager and a board member of *Steps to Life*. He may be contacted by email at: [johnpearson@stepstolife.org](mailto:johnpearson@stepstolife.org)





**K**ing Solomon, the wisest man who ever lived, wrote the following in the book of Proverbs: “My son, eat honey because it is good, and the honeycomb which is sweet to your taste.” Proverbs 24:13 Whether you are talking about honey, salt, religious principles, work, or rest, there is a principle of balance that we need to keep in mind. Solomon also said: “Have you found honey? *Eat only as much as you need*, lest you be filled with it and vomit.” Proverbs 25:16. There are many good things to eat in this world, but we must always follow this principle to eat only what is needed.

Here is an example to consider. The global consumption of refined sugar during 2019–2020 amounted to 171.69 million metric tons. Between 2020–2022, the United States alone consumed 11 million metric tons of refined sugar. A large percentage of the sugar consumed is found in soda drinks. On average, a single 12-ounce can of soda contains 12 teaspoons of sugar; and depending on the soda you choose, as much as 16.5 teaspoons per can. The average American drinks about 45 gallons of soda, roughly 470 cans per year. That would be approximately 5,640 to 7,755 teaspoons of sugar consumed just from soda per year.

Source: [statista.com/statistics/249692/is-sugar-consumption](https://statista.com/statistics/249692/is-sugar-consumption); [madsenmed.com/blog/2017/7/5/-the-average-american-drinks-how-much-soda-per-year](https://madsenmed.com/blog/2017/7/5/-the-average-american-drinks-how-much-soda-per-year)

We have known for decades that in any country with an individual consumption of refined sugar that exceeds 70 pounds per year, the incidence of diabetes begins to skyrocket; and this has been occurring in the United States for decades.

As of 2020, in America, over 37.3 million adults 18 years or older—11.3% of the total population—have diabetes. Of that number, 28.7 million are diagnosed with diabetes, with an additional 1.4 million newly diagnosed cases.

The remaining 8.6 million have diabetes, but have never been diagnosed and don't even know they have it. We will soon reach the point when approximately one person in four over the age of 65 years will have diabetes. Diabetes is a very serious metabolic disease.

In 2017, the estimated cost of diagnosed diabetes in the United States was approximately \$327,000,000,000.00.

Sources: [cdc.gov/diabetes/health-equity/diabetes-by-the-numbers](https://cdc.gov/diabetes/health-equity/diabetes-by-the-numbers); [cdc.gov/diabetes/statistics-report/new-diagnosed-diabetes](https://cdc.gov/diabetes/statistics-report/new-diagnosed-diabetes)

Diabetes is not a new disease. The classic symptoms of diabetes have long been described as excessive thirst, urination, hunger, fatigue, and weight loss ending in death. It is a much more serious disease today, primarily because so many do not understand how easy it can be to develop diabetes, and that they may already be working their way toward becoming diabetic simply because of their lifestyle and diet.

Hundreds of years ago, people died of diabetes because there was no way to treat it.

But in the twentieth century, a treatment was discovered, and diabetics are now treated by administering the insulin hormone. On average, the life expectancy of a person with diabetes is shortened between five and ten years.

Diabetes contributes to many deaths per year. People with diabetes are much more likely to develop heart disease and trouble with their vision. In fact, in adults in the United States, the number one cause of blindness is complications from diabetes. Diabetes is one of the principal factors in almost half of all foot and leg amputations. A foot ulcer is the initial event in more than 85% of major amputations—about 73,000 every year.

Source: [azuravascularcare.com/infopad/diabetic-foot-amputation-stats](https://azuravascularcare.com/infopad/diabetic-foot-amputation-stats)

In any given year, the annual average of 130 per 100,000 persons with diabetes (12 times greater than persons without diabetes) suffer from kidney disease and are on dialysis. The annual average for those with kidney disease, but without diabetes, is 11 per 100,000 persons.

Source: [diabetestalk.net/blood-sugar/what-percentage-of-dialysis-patients-have-diabetes](https://diabetestalk.net/blood-sugar/what-percentage-of-dialysis-patients-have-diabetes)

Diabetes can also cause peripheral neuropathy, which is the result of damage to the nerves found outside the brain and spinal cord. It causes weakness, numbness, and pain, usually in the hands and feet. It can also affect other functions of the body including digestion, urination, and circulation.

Source: [mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syn-20352061](https://mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syn-20352061)

Women with diabetes can also have an increased risk of breast and uterine cancers.

So here is the question we should be asking, “What can I do to avoid getting diabetes or if I have it, in addition to medical care, what can I do to prolong my life?”

In recent years, an optimal lifestyle program has been developed that seems to help many diabetics more than any of the drugs that are available. For example, a small study in a California lifestyle center demonstrated that a nutritionally-balanced diet totally free of meat and all other animal products, and high in unrefined vegetarian foods brought complete relief from painful neuropathy in



One can of soda can contain as much as 16.5 teaspoons of sugar.



over 80 percent of its diabetic patients in less than three weeks—amazing, considering that neuropathy was considered an incurable condition. Achieving these results also involved regular exercise, hydrotherapy, and exclusion of coffee, tea, alcohol, and tobacco. So, evidence shows that a comprehensive lifestyle approach to diabetes can diminish a person's risk factors for many of the complications of diabetes.

How do we go about taking this comprehensive lifestyle approach? Let's first look at a proper diet. There is a popular misconception that those with diabetes must remove carbohydrates from their diet. This has made people afraid of foods like bread, cereal, potatoes, and fruit.

But consider this: there are only three ways to get calories in your diet—protein, fat, or carbohydrates. If you reduce the carb intake, then to get the necessary calories for a healthy diet, you would have to increase your protein and fat intake. Most people then eat more meat, milk, eggs, and cheese. Too much protein is dangerous for anyone, but especially dangerous for a diabetic because too much protein promotes the destruction of the kidneys. Too much fat results in atherosclerosis in everyone, leading to heart and blood vessel disease. It is true that a person can control their blood sugar by eating a high meat diet, but that same person, consuming that same diet, has a greater risk of dying young from heart disease.

Is there a better way? Thankfully, yes. The way for both the diabetic and non-diabetic person to live longer is to consume a high carbohydrate diet that is also high

in fiber, but not high in sugar. The intake of refined sugar needs to be dropped to as near zero as possible. The optimal diet will contain complex carbohydrates as they were created in natural foods such as whole grains, legumes, potatoes, vegetables, and whole fruits.

But be mindful, refined carbohydrates—such as white bread, rice, and certain pastas—remove the fiber content and much of the food's nutritional value, and the carbs become simple sugar. These simple sugars are dangerous when eaten in large quantities.

They are associated with dental cavities, obesity, high triglycerides, heart disease, and decreased resistance to disease. And because they are “empty” calories, these simple sugars can also cause malnutrition.

Where can we find a diet that is not filled with refined foods? To the best source of all—God's word. Genesis 1:29 says, “And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth and every tree whose fruit yields seed; to you it shall be for food.’” The original diet was a high carbohydrate, completely unrefined diet. Adam and Eve were eating the foods the way God created them. When sin came into the world, God added to man's diet the herb of the field, what we call vegetables today (Genesis 3:18).

Research shows that this diet has tremendous benefits for diabetics, including:

- Reduction in serum cholesterol and triglyceride levels
- Reduction in the risk of death from heart disease and blood pressure
- Reduction in the risk of kidney disease

- Reduction in blood sugar levels
- Reduction of insulin-dependency to zero
- Improvement in gastrointestinal function
- Help with weight loss

Dr. Denis Burkitt found that in countries with diets including large amounts of fiber, there were fewer cases of many of the degenerative diseases that are common in the western world, such as:

- Stroke and heart disease
- Gall bladder, diverticular, and peptic ulcer disease
- Bowel and colon cancers
- Appendicitis
- Diabetes

Fiber is the part of a plant that the digestive system cannot break down and is found only in foods of plant origin. These indigestible carbohydrates are very important to all of us if we want to be healthy, but especially for the diabetic.

Nuts and fruits contain significant amounts of fiber. Foods that are high in fiber tend to slow the rise of blood sugar after eating. A low fat, high fiber, plant-based diet helps to keep blood sugars from spiking too high even when fruit is eaten, thus reducing the need for insulin. In addition, fiber helps to dilute, bind, inactivate, or remove toxic substances and carcinogens that are found in our food.

The diet that is best for a diabetic is also the best diet to avoid developing diabetes, a meat-free diet that contains whole grains—the diet that God gave to our first parents.

[Emphasis supplied.] **LM**



Article taken from  
*Hidden Killers*, by  
John J. Grosboll

Available at  
[www.stepstolife.org](http://www.stepstolife.org)

**327B USD**  
(billion dollars)

*is the annual cost  
of diabetes in the  
United States.*



# Christian Character

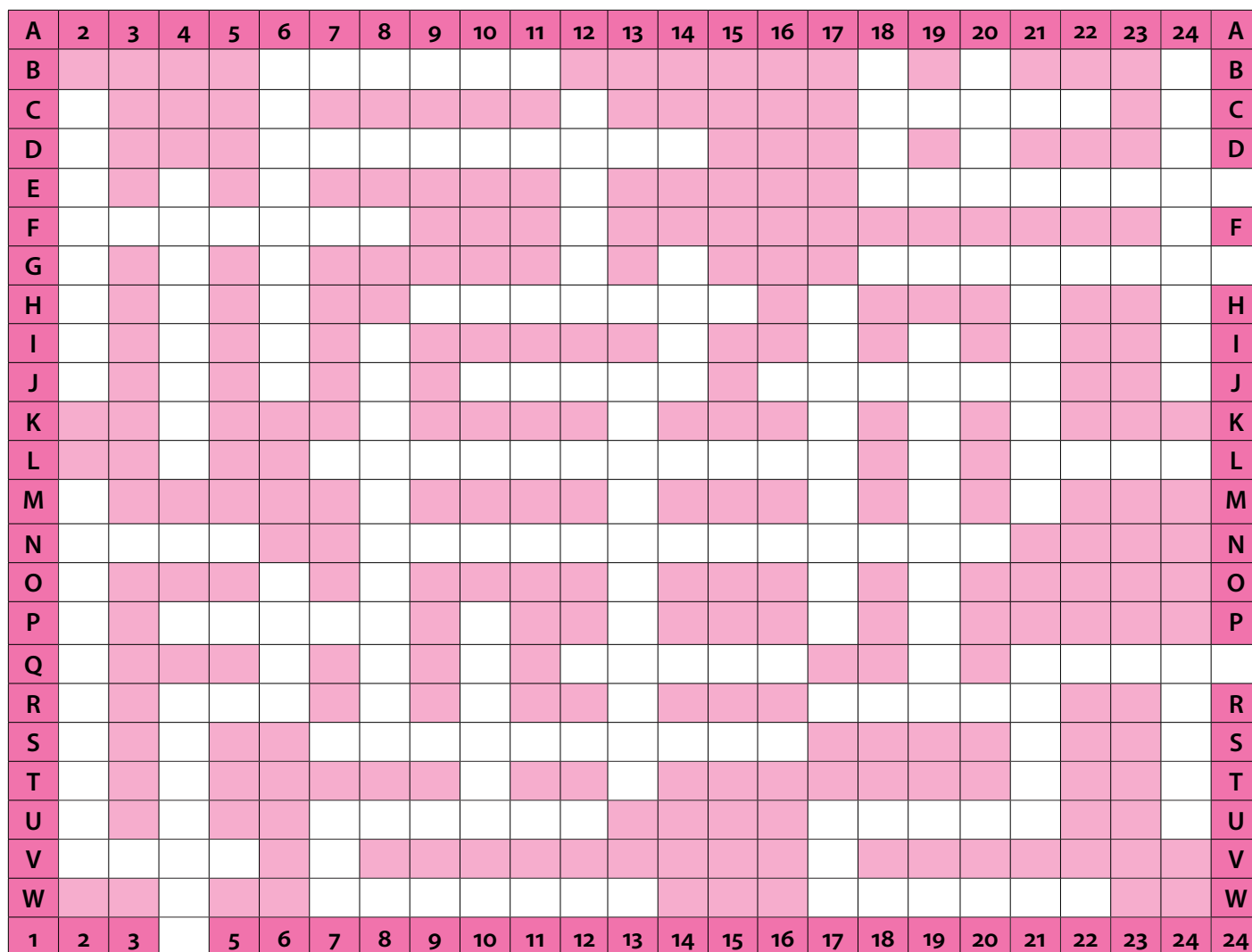
## Clues – KJV

### Across

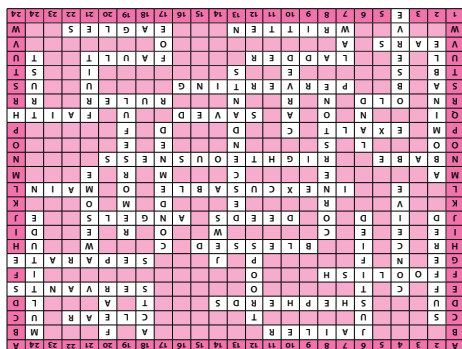
- B6 Who was commanded to secure Paul and Silas in prison?..... Acts 16:23  
 C18 Each one's work will become \_\_\_\_\_. ..... 1 Corinthians 3:13  
 D6 God puts a woe on these people who scatter His flock. .... Jeremiah 23:2  
 E18 \_\_\_\_\_ are to be submissive to their masters. .... 1 Peter 2:18  
 F2 Paul thought the Galatians were \_\_\_\_\_. .... Galatians 3:1  
 G18 No one should \_\_\_\_\_ a married couple. .... Matthew 19:6  
 H9 Believing him to be Esau, Isaac \_\_\_\_\_ Jacob..... Genesis 27:23  
 J10 God will render to each according to their \_\_\_\_\_. .... Romans 2:6  
 J16 \_\_\_\_\_ were ascending and descending the ladder. .... John 1:51  
 L7 What we are if we judge one another..... Romans 2:1  
 L21 This is the \_\_\_\_\_ point, we have a High Priest, Jesus..... Hebrews 8:1  
 N2 What was wrapped in swaddling clothes? ..... Luke 2:12  
 N8 Abraham's belief in God was accounted to him for \_\_\_\_\_. .... Galatians 3:6  
 P4 The Lord will \_\_\_\_\_ His law. .... Isaiah 42:21  
 Q12 Paul's prayer was that Israel would be \_\_\_\_\_. .... Romans 10:1  
 Q21 The just will live by \_\_\_\_\_. .... Galatians 3:11  
 R4 Whose [Jesus'] goings forth are from \_\_\_\_\_. .... Micah 5:2  
 R17 A \_\_\_\_\_ was to come out of Bethlehem..... Micah 5:2  
 S7 What Jesus was accused of doing to the nation of Israel..... Luke 23:2  
 U7 Jacob dreamed of a \_\_\_\_\_ reaching from earth to heaven. .... Genesis 28:12  
 U17 Pilate found no \_\_\_\_\_ in Jesus during his interrogation. .... Luke 23:4  
 V2 People will turn away their \_\_\_\_\_ from the truth..... 2 Timothy 4:4  
 W7 It is \_\_\_\_\_ concerning the Son of Man. .... Mark 9:12  
 W17 "I bore you [Israel] on \_\_\_\_\_ wings." ..... Exodus 19:4

### Down

- B6 No one is \_\_\_\_\_ by the law. .... Galatians 3:11  
 B18 Fine linen represents the righteous \_\_\_\_\_ of the saints. .... Revelation 19:8  
 B20 Do not \_\_\_\_\_ what you may have to suffer..... Revelation 2:10  
 B24 Who arose and led Jesus to Pilate? ..... Luke 23:1  
 C2 What did Jesus do outside the gate? ..... Hebrews 13:12  
 C12 People were to gather into \_\_\_\_\_. .... Micah 5:1  
 E4 There would be a sign that a virgin would \_\_\_\_\_. .... Isaiah 7:14  
 G14 Pilate asked Jesus if He was king of the \_\_\_\_\_. .... Luke 23:3  
 G21 When Jacob woke, how did he describe the land? ..... Genesis 28:17  
 H17 Jesus \_\_\_\_\_ sin in the flesh. .... Romans 8:3  
 I8 The stone rejected by the builders became the chief \_\_\_\_\_. .... Acts 4:11  
 I19 How Judas felt when Jesus was condemned to death. .... Matthew 27:3  
 J13 The land was given to Jacob and his \_\_\_\_\_. .... Genesis 28:13  
 M2 The Bible describes idolatries as \_\_\_\_\_. .... 1 Peter 4:3  
 O6 The saved will dwell in their own \_\_\_\_\_. .... Jeremiah 23:8  
 P10 \_\_\_\_\_ images will be cut off..... Micah 5:13  
 Q21 Jesus wants us to bear \_\_\_\_\_. .... Romans 7:4  
 Q24 \_\_\_\_\_ in the Lord with all your heart..... Proverbs 3:5



## Answer Key:



R4 The Pharisees expected the people to \_\_\_\_\_ and do all things.....Matthew 23:3

U7 Loving your neighbor as yourself is fulfilling the .....James 2:8

U17 Who was scattered by God's arrows? .....Psalm 18:14



## *Shall Not God Avenge His Own?*

**W**hile the world is progressing in wickedness, none of us need flatter ourselves that we shall have no difficulties. But it is these very difficulties that bring us into the audience chamber of the Most High. We may seek counsel of One who is infinite in wisdom.

The Lord ... 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.

Often those who suffer reproach or persecution for their faith are tempted to think themselves forsaken by God. In the eyes of men they are in the minority. To all appearance their enemies triumph over them. But let them not violate their conscience. He who has suffered in their behalf, and has borne their sorrows and afflictions, has not forsaken them. ...

If we surrender our lives to His service, we can never be placed in a position

for which God has not made provision. Whatever may be our situation, we have a Guide to direct our way; whatever our perplexities, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend. If in our ignorance we make missteps, Christ does not leave us. His voice, clear and distinct, is heard saying, "I am the Way, the Truth, and the Life." John 14:6. "He shall deliver the needy when he crieth; the poor also, and him that hath no helper." Psalm 72:12. ...

Let all who are afflicted or unjustly used, cry to God. Turn away from those



whose hearts are as steel, and make your requests known to your Maker. Never is one repulsed who comes to Him with a contrite heart. Not one sincere prayer is lost. Amid the anthems of the celestial choir, God hears the cries of the weakest human being. We pour out our heart's desire in our closets, we breathe a prayer as we walk by the way, and our words reach the throne of the Monarch of the universe. They may be inaudible to any human ear, but they cannot die away into silence, nor can they be lost through the activities of business that are going on. Nothing can drown the soul's desire. It rises above the din of the street, above the confusion of the multitude, to the heavenly courts. It is God to whom we are speaking, and our prayer is heard. ...

The Lord permits trials in order that we may be cleansed from earthliness, from selfishness, from harsh, unchristlike traits of character. He suffers the deep waters of affliction to go over our souls in order that we may know Him and Jesus Christ whom He has sent, in order that we may have deep heart longings to be cleansed from defilement, and may come forth from the trial purer, holier, happier. Often we enter the furnace of trial with our souls darkened with selfishness; but if patient under the crucial test, we shall come forth reflecting the divine character. When His purpose in the affliction is accomplished, "He shall bring forth thy righteousness as the light, and thy judgment as the noonday." Psalm 37:6

There is no danger that the Lord will neglect the prayers of His people. The danger is that in temptation and trial they will become discouraged, and fail to persevere in prayer. ...

"Shall not God avenge His own elect, which cry day and night unto Him, though He bear long with them? I tell you that He will avenge them speedily." ...

The world has become bold in transgression of God's law. Because of His long forbearance, men have trampled

upon His authority. They have strengthened one another in oppression and cruelty toward His heritage, saying, "How doth God know? and is there knowledge in the Most High?" Psalm 73:11. But there is a line beyond which they cannot pass. The time is near when they will have reached the prescribed limit. Even now they have almost exceeded the bounds of the long-suffering of God, the limits of His grace, the limits of His mercy. The Lord will interpose to vindicate His own honor, to deliver His people, and to repress the swellings of unrighteousness. ...

In this time of prevailing iniquity we may know that the last great crisis is at hand. When the defiance of God's law is almost universal, when His people are oppressed and afflicted by their fellow men, the Lord will interpose. ...

Men who claim to be Christians may now defraud and oppress the poor; they may rob the widow and fatherless; they may indulge their Satanic hatred because they cannot control the consciences of God's people; but for all this God will bring them into judgment. They "shall have judgment without mercy" that have "showed no mercy." James 2:13. Not long hence they will stand before the Judge of all the earth, to render an account for the pain they have caused to the bodies and souls of His heritage. They may now indulge in false accusations, they may deride those whom God has appointed to do His work, they may consign His believing ones to prison, to the chain gang, to banishment, to death; but for every pang of anguish, every tear

shed, they must answer. God will reward them double for their sins. ...

From India, from Africa, from China, from the islands of the sea, from the downtrodden millions of so-called Christian lands, the cry of human woe is ascending to God. That cry will not long be unanswered.

God will cleanse the earth from its moral corruption, not by a sea of water as in Noah's day, but by a sea of fire that cannot be quenched by any human devising. ...

From garrets, from hovels, from dungeons, from scaffolds, from mountains and deserts, from the caves of the earth

and the caverns of the sea, Christ will gather His children to Himself. On earth they have been destitute, afflicted, and tormented. Millions have gone down to the grave loaded with infamy because they refused to yield to the deceptive claims of Satan. By human tribunals the children of God have been adjudged the vilest criminals. But the day is near when "God is judge Himself." Psalm 50:6. Then the decisions of earth shall be reversed. "The rebuke of His people shall He take away." Isaiah 25:8. White robes will be given to every one of them. Revelation 6:11. And "they shall call them the holy people, the redeemed of the Lord." Isaiah 62:12

Whatever crosses they have been called to bear, whatever losses they have sustained, whatever persecution they have suffered, even to the loss of their temporal life, the children of God are amply recompensed. "They shall see His face; and His name shall be in their foreheads." Revelation 22:4  
*Christ's Object Lessons*, 172-180 **LM**

“  
*The Lord permits  
trials in order that we  
may be cleansed from  
earthliness, from selfishness,  
from harsh, unchristlike  
traits of character.*”

## *God and the Spider*

**D**uring World War II, a U.S. marine was separated from his unit on a Pacific Island. The fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades.

Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed.

As he waited, he prayed, “Lord, if it be Your will, please protect me. Whatever Your will though, I love You and trust You. Amen.”

After praying, he lay quietly listening to the enemy begin to draw close. He thought, “Well, I guess the Lord isn’t going to help me out of this one.” Then he saw a spider begin to build a web over the front of his cave.

As he watched, listening to the enemy searching for him all the while, the spider layered strand after strand of web across the opening of the cave.

“Ha,” he thought, “what I need is a brick wall and what the Lord has sent

me is a spider web. God does have a sense of humor.”

As the enemy drew closer, he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over the entrance, his cave looked as if no one had entered for quite a while. “Lord, forgive me,” prayed the young man. “I had forgotten that in You a spider’s web is stronger than a brick wall.”

We all face times of great trouble. When we do, it is so easy to forget the victories that God would work in our lives, sometimes in the most surprising ways. As the great leader, Nehemiah, reminded the people of Israel when they faced the task of rebuilding Jerusalem, “In God we will have success!” Nehemiah 2:20

Remember, whatever is happening in your life, with God, a mere spider’s web can become a brick wall of protection. Believe He is with you always. Just speak His name through Jesus His Son, and you will see His great power and love for you.

Source: [truthbook.com](http://truthbook.com) 

# Things that Count with God

In this world, people tend to feel that the things they do or acquire with their own hands and hard work are the things that count the most. Even in Christianity, people feel that if they help others, contribute money, help with missions and in their own communities, then they have accomplished great things.

But I was looking through my Bible recently, and I came across a heading that read, “Things that Count with God.” And that made me think.

We’ve used Matthew 7:21–23 in many of the articles in several different issues of the *LandMarks*. But this scripture tells us that there will be many, too many, who feel that if they do these things or those things, then they have laid up their treasure in heaven. But the truth is, if a person does not have a saving relationship with Jesus Christ, then doing all these things will mean nothing, because the actions alone certainly don’t save.

So let’s take a little time and see just exactly what does count with God.

“The daily life of the Christian should bring no discredit upon our holy faith. The motive of the heart, as well as the words and actions, is weighed in estimating our moral worth. ...

“Reliance on forms and ceremonies will not save us. ... The Lord defines Bible religion as a principle in the soul, not merely the performance of virtuous acts, although virtuous acts are the natural fruit of this principle in the soul. It is the spirit in which the acts are performed rather than the performance that counts with God.

“A man may give his goods to feed the poor, his body to be burned, yet if he is not actuated by the living principles of love for God and man his work is a failure.” *Manuscript Releases*, Vol. 15, 269

“It is not the ready speaker, the sharp intellect, that counts with God. It is the earnest purpose, the deep piety, the love of truth, the fear of God, that has a telling influence. A testimony from the heart, coming from lips in which is no guile, full of faith and humble trust, though given by a stammering tongue, is accounted of God as precious as gold ...

“The truly converted soul is illuminated by the light shining from the Sun of Righteousness. ... Let everyone, to a man, now rise, and let his ‘light so shine before men that they may see his good works, and glorify our Father which is in heaven.’ Do what you can, and do it at once, cheerfully, heartily, prayerfully,

joyfully, not as unto men, but unto God. Settle it in your hearts that you are not on the earth to exalt self, to make a great name, but to sink self wholly out of sight in Jesus Christ. Let Jesus be lifted up. Let the great truths connected with the salvation of man be the theme of your meditation day and night. Your work, both by precept and example, is to hold forth the word of life, to seek with all your power to bring souls to the knowledge of the truth.” *Pamphlet 028*, Elder Daniels and the Fresno Church, 26, 27

Yes, God wants us to do what He directs us to do. He wants us to have love and concern for our neighbor. But most of all, He wants us to surrender our hearts so that He can dwell within. All of our words and actions will then be a result of our relationship with Him.





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### February Sermon of the Month

#### **Must I be Crucified?**

By John J. Grosboll

It is of great importance to know how to deal with our own inherited and cultivated tendencies, for this will determine our eternal destiny.

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

## February 2023

Dear Friend,

Are you looking forward to the time when someone will come to you in the New Jerusalem and say "It was you who invited me here"? Everyone who is saved will have been instrumental in helping at least one other person to be saved. "There will be no one saved in heaven with a starless crown. If you enter, there will be some soul in the courts of glory that has found an entrance there through your instrumentality." *The Signs of the Times*, June 6, 1892

We must ask the Lord to give us His Spirit, so that we are able to awaken an interest in the truth in those around us. "Think of your neighbors and friends and relatives who are out of Christ. How much do you care for their souls? You should be so filled with love for the lost that you cannot forbear working for their salvation. What you need is Jesus. He says, 'Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.' If the rich blessing of Jesus is in your hearts, you will be able to refresh others." Ibid.

When Paul was in prison in Rome for the second and last time, he sent Timothy a letter asking him to "come before winter." 2 Timothy. 4:21. If Timothy had not been prompt in his response, his opportunity to see Paul before he was martyred would have been lost forever. Ask the Lord to help you reach the ones He wants you to reach with the invitation to receive the eternal inheritance "before winter."

Your brother in witnessing,

John J. Grosboll





## An Invitation

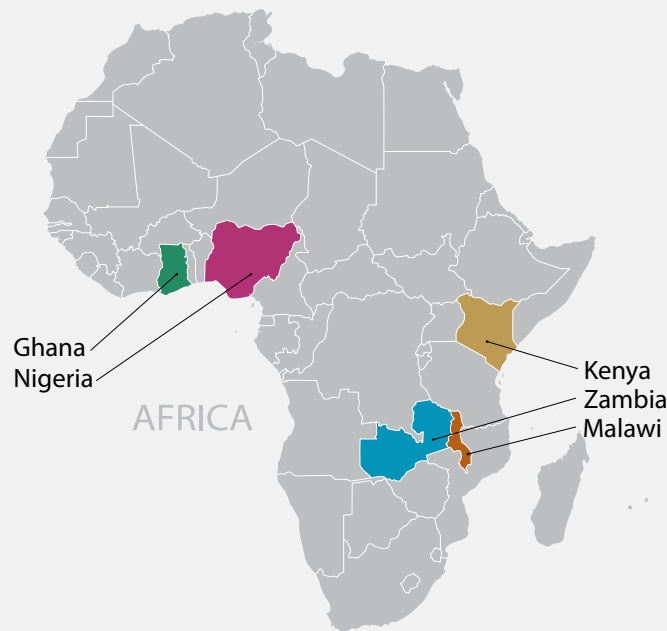
Fling wide the ports of your heart;  
Make it a temple, set apart.  
From earthly use for heaven's employ,  
Adorned with prayer, and love, and joy;  
So shall your Sovereign enter in,  
And new and nobler life begin.

Redeemer, come! We open wide  
Our hearts to Thee; here, Lord, abide!  
Let us Thy inner presence feel,  
Thy grace and love in us reveal,  
Thy Holy Spirit guide us on,  
Until the glorious crown is won.

Weiszel – *The Review and Herald*, January 6, 1903



*from the*  
**Mission Fields**



## *Mission Centers Around Africa*

**O**ver the last five years, I have been working very hard to establish the headquarter offices of Steps to Life Ministries of Global Evangelism of Free Seventh-day Adventists on the African continent, especially in the countries of Kenya, Ghana, Central Nigeria, East Nigeria, Zambia, and Malawi.

By God's grace, we were able to establish and register legally and to purchase property in each country under the new registration license. Having accomplished this, we were able to begin the construction of the ministry buildings in each of the above countries. Each building is being constructed to be the right size to accommodate the efficient and effective operation for the spreading of the gospel in these counties.

Building construction is moving right along and we are happy to tell you that in Kenya, the office is 95% done, in Central Nigeria it is 90% done, in East Nigeria it is 65% done.

In Ghana, by God's grace, we purchased a parcel of land 80 ft. x 200 ft. and will begin construction in early 2023.

We have previously reported that construction of the offices in Zambia and Malawi will be finished by the end of the year.

Each of these offices will have all the equipment necessary to build and produce all the literature and material in-house for evangelism and outreach work.

Please remember this work and these dedicated brothers and sisters who have committed themselves to preach and teach to the people of Africa so that many will join the people of God and be ready for the second coming of our Lord.

Sincerely, your brother and servant in Christ,

*Pastor Domingo Nunez*





**Nigeria - East**



**Kenya**



**Zambia**



**Nigeria - Central**



**Ghana**

# *Snow is to Live With*

In the world of birds and beasts, snow is not a nuisance, but welcome as the rain and the sun. It is an insulator, and a warm shelter for survival.

Birds and beasts feature some clever devices to keep on top of the snow. Some species of grouse have little horny scutes, or comblike points, that spread out on either side of the toes and act as snow rafts. The ptarmigan grows feathers on his feet. The Canadian lynx has enormous paws, more than twice as big as those of his cousin, the bobcat. Snowshoe hares sport powerful hind legs with large wide furry feet, with toes spreading out like snowshoes.

Creatures less specialized for snow than the lynx and ptarmigan have been forced to make use of one of the outstanding physical properties of snow—its poor conductivity of heat. Mice, several species of birds, porcupines and shrews go down under the snow, where the white crystals hold their body heat like a mountain of insulation.

Pheasants and quail often flutter their wings and wedge themselves into a snow pocket; grouse fly headfirst into a snowbank for the night. The danger is

crusting, and birds are sometimes iced under the snow. The crust must thaw within a day and a half, or they may never get out.

Creatures unspecialized for dealing with snow cope with it in unique ways. Deer and moose, cottontails and squirrels beat down trails for easier travel, as deliberately as one shovels a walk. During snowstorms, herds of deer have been heard tramping down newly fallen snow, snapping twigs and limbs to keep their yard open to pantries of grasses and mosses they need to keep alive.

Most fascinating is the development of underground cities by wintering animals. Under the snow are millions of rooms, tunnels and roadways—drilled, packed, dug, and bitten by wintering animals, tunneled and carved with a nose or hot breath until a cross section of a week-old snowstorm looks like Swiss cheese.

The pikas or conies, relatives of rabbits, with short ears and no tails to get cold, live their daily lives six feet under the snow. They make sitting rooms, zigzag halls and corridors leading to barns of sweet grasses that have been stored during the summer months.

Mice, shrews, weasels and otters all carve roads and rooms beneath the snow. The star-nosed mole makes cloverleaves and roller coasters, turnpikes and apartments and he does it faster than anything.

Most wild animals and dogs love the snow. Minks and weasels play in it, leaping like darning needles in and out, diving into the snow like water.

Upon this white paper of winter is written marks of talon and claw, hoof and nose. To the birds and beasts, snow is as much a part of this world as the night.

*Our Amazing World of Nature, Its Marvels and Mysteries*, Jean George, ©1969, 210–212.

“No finite mind can fully comprehend the existence, the power, the wisdom, or the works of the Infinite One. Says the sacred writer: ‘Canst thou by searching find out God? canst thou find out the Almighty unto perfection? It is as high as heaven; what canst thou do? deeper than hell; what canst thou know? The measure thereof is longer than the earth, and broader than the sea.’ Job 11:7–9.”

*Christian Education*, 196 **LM**





Q:  
Does  
God love  
Satan?

A:

The Bible tells us that God is love (1 John 4:16). Romans 8:38, 39, tells us that *nothing* can separate us from the love of God. And Hebrews 9:28 and John 3:16 tell us that Christ died for all. However, there are several Inspired statements that say that repentance was impossible for Satan and that there was never a plan for Christ to redeem the fallen angels (*Confrontation*, 21).

“The law of love being the foundation of the government of God, [and] God desires from all His creatures the service of love .... He takes no pleasure in a forced obedience; and to all He grants freedom of will, that they may render Him voluntary service.” *Patriarchs and Prophets*, 34

“God made him [Lucifer] good and beautiful, as near as possible like Himself.

“God had made him [Lucifer] noble, had given him rich endowments. He gave him a high, responsible position. He asked of him nothing that was unreasonable.

“He was to administer the trust given him of God in a spirit of meekness and devotion, seeking to promote the glory of God, who had given him glory and beauty and loveliness.” *The Truth About Angels*, 26, 27

#### Did Lucifer love God?

“Peace and joy, in perfect submission to the will of Heaven, existed throughout the angelic host. Love to God was supreme, love for one another impartial. Such was the condition that existed for ages before the entrance of sin.

“He [Lucifer] had a knowledge of the inestimable value of eternal riches that man did not possess. He had experienced the pure contentment, the peace, the exalted happiness and unalloyed joys, of the heavenly abode. He had realized, before his rebellion, the satisfaction of the full approval of God. He had had a full appreciation of the glory that enshrouded the Father, and knew that there was no limit to His power.

“There was a time when ... it was his [Satan’s] joy to execute the divine commands. His heart was filled with love and joy in serving his Creator.” *Ibid.*, 28, 29

But something changed. In this place of peace and harmony, Lucifer exercised God’s gift of free will to make a terrible choice, and sin sprang up in his heart because he had been excluded from the inner council with God and His Son. He, next to Christ, was honored most by God and had been given power and glory above all the heavenly inhabitants, was given the name ‘son of the morning,’ and was first of the covering cherubs, holy and undefiled. He had been in the very presence of God, and the glory surrounding God rested upon him (*Patriarchs and Prophets*, 35), but as a result of persistent pride, there was no way back for him.

“So far as Satan himself was concerned, it was true that he had now gone too far to return.” *The Truth About Angels*, 42

“Satan trembled as he viewed his work. ... His mighty frame shook as with a tempest. An angel from heaven was passing. He called him, and entreated an interview with Christ. This was granted him. He then related to the Son of God that he repented of his rebellion, and wished again the favor of God. He was willing to take the place God had previously assigned him, and be under His wise command. Christ wept at Satan’s woe, but told him, as the mind of God, that he could never be received into heaven. ... The seeds of rebellion were still within him. ...” *Ibid.*, 46, 47

“Satan had declared that God knew nothing of self-denial, of mercy and love, but that he was stern, exacting, and unforgiving. Satan never tested the forgiving love of God; for he never exercised genuine repentance.” *The Review and Herald*, March 9, 1897 LM





# *What is Sin?*

By John J. Grosboll

**S**eventh-day Adventists take great pride in knowing what sin is. Our friend Evan Sadler tells a story of a person who was trying to find out what sin really is. He asked a clergyman, but the clergyman could only say that it was something bad. Then he met a Seventh-day Adventist and was told that sin is the transgression of the law (1 John 3:4). Yes, Adventists know what sin is. Or do they?

It is a dangerous thing for a Seventh-day Adventist to be mixed up about what sin really is. We cannot rest upon the assurance that our sins will be blotted out in the judgment, leaving our eternal life in jeopardy, if we don't fully understand what sin is.

"Those [Seventh-day Adventists] who have permitted their minds to become beclouded in regard to what constitutes sin are fearfully deceived. Unless they make a decided change they will be found wanting when God pronounces judgment upon the children of men. They have transgressed the law and broken the everlasting covenant,

and they will receive according to their works." *Testimonies*, Vol. 9, 267. Mrs. White wrote this specifically to the Seventh-day Adventist leadership.

We must understand that we have sinned and are sinners, and as such, the Bible tells us what we must do: "If we confess our sins, He is faithful and just to forgive to us our sins and to cleanse us from all unrighteousness." 1 John 1:9. It is a prerequisite that, before we are forgiven and cleansed from unrighteousness, we must first repent of and confess our sins. But how can I confess a sin if I don't even know that I have committed one?

It is very important for us to understand what sin is. And because we can quote 1 John 3:4, it's very easy for us to say that we know what sin is. But does the Bible give us more information about what sin is than what we find in this text alone?

Jesus warned His followers that in the last days it would be possible that they could be deceived. "False christs and false prophets will arise and show great signs and wonders so as to deceive,

if possible, even the elect." Matthew 24:24. Peter told us the same thing in 2 Peter 2:1. Notice that these destructive heresies are done in secret because Inspiration tells us that Satan must deceive in order to lead astray. This deception is so imperceptibly accomplished that those who will be caught up in it will unwittingly deny the Lord and speak evil of His glory.

"And Peter, describing the dangers to which the church was to be exposed in the last days, says that as there were false prophets who led Israel into sin, so there will be false teachers, 'who privily shall bring in damnable heresies, even denying the Lord that bought them. ... And many shall follow their pernicious ways.' ... Here the apostle has pointed out one of the marked characteristics of spiritualist teachers. They refuse to acknowledge Christ as the Son of God." *Patriarchs and Prophets*, 686

1 John 3:4 tells us that sin is the transgression of the law. Paul says, "What shall we say then? Is the law sin? Certainly not! On the contrary, *I would*

not have known sin except through the law. For I would not have known covetousness unless the law had said, 'You shall not covet.'" Romans 7:7. Paul is clear, the law makes known the knowledge of sin and without the law, we would not know what sin is, nor would we know that we were breaking the law.

"All unrighteousness is sin, and there is sin not leading to death." 1 John 5:17. Sin is the transgression of the law and all unrighteousness is sin, therefore all unrighteousness is the transgression of God's law. But the sin described in this text is one that "is not leading to death," rather it is a sin confessed and forsaken.

"The law requires righteousness—a righteous life, a perfect character." *The Desire of Ages*, 762. If the law requires a perfect character, then what exactly is character? "If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character." *The Review and Herald*, April 21, 1885. God's law requires a perfect character made up of pure and perfect thoughts and feelings.

"The law requires us to present to God a holy character. It demands of men and women today just what it demanded of Adam in Eden—perfect obedience, perfect harmony with all its precepts in all relations of life, under all circumstances and conditions." *The Signs of the Times*, May 30, 1895

If the thoughts and feelings in all relations of life, under all circumstances and all conditions must be holy and in harmonious agreement with the precepts of God's law, then anything other than this is sin, transgression of God's law.

"In the precepts of His holy law, God has given a perfect rule of life; and He has declared that until the close of time this law, unchanged in a single jot or tittle, is to maintain its claim upon human beings. Christ came to magnify the law and make it honorable. He showed that it is based upon the broad foundation of love to God and love to man, and that obedience to its precepts comprises the



whole duty of man. In His own life He gave an example of obedience to the law of God. In the Sermon on the Mount He showed how its requirements extend beyond the outward acts and take cognizance of the thoughts and intents of the heart." *The Acts of the Apostles*, 505

"Let us therefore be diligent to enter that rest . . ." Hebrews 4:11, *first part*. If you look at the context of this verse, it is clear that Paul is writing about the Sabbath rest, a symbol of a rest from sin. Jesus spoke of the same rest in Matthew 11:28, "Come to Me, all you who labor and are heavy laden, and I will give you rest." Paul continues in Hebrews 4, "Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discern-er of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account." Verses 11–13

"The law of God is presented in the Scriptures as broad in its requirements. Every principle is holy, just and good. . . . They reach to the thoughts and the feelings of the soul; and they will pro-

duce conviction of sin in everyone who is sensible of having transgressed them. If the law extended only to the external conduct, men would not feel guilty over their wrong thoughts, desires, and designs. But the law requires that the soul itself, the spiritual agent, be pure, the mind holy, that all thoughts and feelings shall be in accordance with the law of love and righteousness. By its light men see themselves guilty before God." *Manuscript Releases*, Vol. 10, 287, 288

We must understand that the law does not cover actions only, but extends to our thoughts and feelings as well. Sadly, many Seventh-day Adventists don't understand this. They have been taught that you do not sin until you actually do something. They don't understand that our actions are simply an outward expression of our thoughts and feelings. What we say and do come from the thoughts and feelings that are constantly in our minds. These are thoughts, desires, intentions, and feelings that can, and do, constitute sin, and our actions are a result of the things we harbor in our minds.

The great controversy is a war being waged over the soul. Mrs. White explains, "Two powers are at work. On the one side Satan is working with all his forces to counterwork the influence of the work of God; on the other hand

God is working through His servants to call men to repentance. Which will prevail?" *The Youth's Instructor*, May 17, 1900

"In every soul, two powers are struggling earnestly for the victory. Unbelief marshals its forces, led by Satan, to cut us off from the source of our strength. Faith marshals its forces, led by Christ, the author and finisher of our faith." Ibid.,

January, 10, 1901

"Every mind is controlled either by the power of Satan or the power of God." *The General Conference Bulletin*, March 30, 1903

What happens if God isn't the One who has control of our minds? The Bible tells us in John 8:43, 44, *first part*: "Why do you not understand My speech? Because you are not able to listen to My word. You are of your father the devil, and *the desires of your father you want to do*." Notice, when Satan has control over your life, you *want* to do as he does.

Probably the most recognized example of this in the Bible is when the Jews, who had been longing and looking for the Messiah for millennia, demanded that Christ be crucified. They believed they were *doing* all the right things—tithing, sacrificing, keeping the Sabbath—but they didn't realize who was really in control of their minds and hearts.

Some people believe that it is possible to allow God to be in control of your mind and feelings sometimes, but also allow the devil to be in control at other times. However, the truth is, if you allow the devil to control you even some of the time, it will become so easy to let him be in control all the time, and then you will continue to sin, all the while believing that you are obeying and following God.

If we expect to spend eternity in the kingdom of heaven, our minds must be under the control of God all the time.

A rich, young man came to Jesus and asked what he should do to gain eternal life. Jesus' response is recorded in Matthew 22:37–40 and Luke 10:25–28.

"He [Jesus] said to him, 'What is written in the law? What is your reading of it?' So he answered and said, 'You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself.' And He said to him, 'You

have answered rightly; do this and you will live.'" Jesus presented the ten commandments to this young man as two basic principles: loving God with all your heart, soul, and mind, and loving your neighbor as yourself.

But, the carnal, fleshly, mind is unable to do this.

"The carnal [natural] mind is enmity against God; for it is not subject to the law of God, neither indeed can be.' Human nature could not keep the law, even if it would." *The Signs of the Times*, May 30, 1895.

"By nature man has no love for God. It is not natural for him to think of heavenly things." *The Review and Herald*, March 12, 1901

Human nature, the carnal mind, cannot keep the law even if it wanted to.

Before the Fall, Adam and Eve by nature loved God. So why does man now have a nature that does not love God?

"When man sinned all heaven was filled with sorrow; for through yielding to temptation, man became the enemy of God, a partaker of the

satanic nature." *The Signs of the Times*, February 13, 1893

Notice, once man sinned, he no longer had the pure, perfect nature God had given him at creation.

"But when man fell, the law of self was set up." Ibid., January 25, 1899. Paul explains that in Romans 7:23. "But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members." The law of self harmonizes with the will of sinful humanity. There is no strife between them. The charm of obedience was broken by Adam's disobedience. To the carnal nature, the importance of obedience as an absolute necessity ceased to exist in the mind. Man now thinks that he can choose when to obey God and when he can disobey Him. But this is a lie fostered by the father of lies because even if you choose to obey God, you are not capable of doing it unless you receive divine aid from the Holy Spirit.

"You must remember that your will is the spring of all your actions. This will, that forms so important a factor in the character of man, was at the Fall given into the control of Satan; and he has ever since been working in man to will and to do of his own pleasure, but to the utter ruin and misery of man." *Testimonies*, Vol. 5, 515

"Until the requirements of the holy law were applied as the rule of life, fallen man could not understand his own guilt, nor realize his condemned, lost condition. Jesus made application of the law directly to the soul, and laid under its jurisdiction the will and desires and works of man. Wrongdoing and all thoughts and feelings condemned by the law are to be overcome." *Manuscript Releases*, Vol. 9, 235, 236

Thoughts and feelings combined make up the moral character, and God's holy law requires that love be the ruling principle of life. But at the Fall, selfishness took the place of love in man's heart. Inherited from Adam, we are now born

“  
*We cannot rest upon the assurance that our sins will be blotted out if we don't fully understand what sin is.*”

into this world with selfishness as the ruling principle of life.

“As related to the first Adam, men receive from him nothing but *guilt and the sentence of death*.” Ibid., 236. We have been taught that we are not guilty of sin until we have committed a sinful act on our own, but this statement says that man is inherently sinfully guilty.

“Adam was required to render perfect obedience to God, not only in his own behalf, but in behalf of his posterity. God promised him that if he would stand the test of temptation, preserving his allegiance to the Creator during the great trial to which he would be subjected, his obedience would ensure his acceptance and favor with God. He would then be forever established in holiness and happiness, and these blessings would extend to all his posterity.” Ibid., 229

Adam was required to obey God not only for himself, but also for the benefit of future generations. He was the father of the human race. Had he remained obedient, his holiness and his happiness would be guaranteed forever, and this same blessing would extend to all his posterity. “But Adam failed to bear the test. And because he revolted against God’s law, all his descendants have been sinners.” Ibid. Even a baby who is born and never comes to conscientiousness and dies, is, by nature, still a sinner who cannot be saved except through the blood of Christ.

“Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrongdoing. We need to understand that *imperfection of character is sin*.” *Christ’s Object Lessons*, 330. If imperfection of character is sin, then who can be saved?

God does not deal with actions so much as with the heart that prompts them. “Christ desires nothing so much as to redeem His heritage from the dominion of Satan. But before we are delivered from Satan’s power without,



we must be delivered from his power within.” Ibid., 174, 175

*Until our sins are blotted out at the end of the final day of atonement, all human beings will have sin within.* It is our nature. Paul is crystal clear. “For I know that in me (that is, in my flesh) nothing good dwells.” Romans 7:18, *first part*

“The danger has been presented to me again and again of entertaining, as a people, false ideas of justification by faith.” *Faith and Works*, 18

Those who do not have a clear understanding of what sin is, how permeated with sin we are, and how desperately we need to be cleansed, will have an incorrect understanding of justification by faith. The doctrine of justification by faith makes it clear that we cannot earn our way to heaven. There is nothing we can do to make ourselves fit to spend eternity with God. “It is a work of God . . . doing for man that which it is not in his power to do for himself.” *Testimonies to Ministers and Gospel Workers*, 457

Man cannot stop sinning by himself. It is only by the surrender of his will and by an act of the Holy Spirit in creating in him a new heart, mind, and spirit, that man has the ability to resist temptation and develop a perfect character.

Even more so, man is incapable to remove from his nature the principle of selfishness which makes him

inherently sinful, and replace it with the principle of love and righteousness which creates within him pure devotion to God. “If we confess our sins, He is faithful and just to forgive us our sins and to *cleanse us from all unrighteousness*.” 1 John 1:9. This is a finished work only God can perform.

It is not enough to understand the law of God as it was written on tables of stone. To understand what the law of God really is, you have to understand what it is when you see it in a person. Jesus Christ came to this world to reveal the law of God. Christ kept the law of God so that we would know how to keep it, too.

“What speech is to thought, so Christ is to the invisible Father, He is the manifestation of the Father, and is called the Word of God. God sent His Son into the world, His divinity clothed with humanity, that man might bear the image of the invisible God. He made known in His words, His character, His power and majesty, the nature and attributes of God. Divinity flashed through humanity in softening, subduing light. He was the embodiment of the law of God, which is the transcript of His character.” *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1131

Unless we understand what the law is in relation to who Jesus Christ is and



what His life means to us, we do not really know what the law is nor what sin is. Studying the life of Christ is how we are able to understand what sin is. Jesus Christ is the law lived out in the life. Anything in our lives that is not Christlike is sinful, because if we are to live in harmony with God's law, our lives must be a reflection of the life of Christ.

"The Lord Jesus is the embodiment of the glory of the Godhead. The light of the knowledge of the glory of God is seen in the face of Jesus Christ. God has revealed Himself to men; He stooped to take upon Him our nature, and in His Son we see the glory of the divine attributes. Those who see not in Christ the divine character are in the shadow of Satan's misrepresentation of divinity. 'The god of this world hath blinded the minds of them that believe not, lest the light of the glorious Gospel of Christ, who is the image of God, should shine unto them.'" *The Signs of the Times*, December 12, 1895

For six thousand years, the devil has misrepresented the divine character, painting God as having his attributes and describing himself to the human race as having the attributes of God so that people would be deceived. This is why the devil hated Jesus so much, and caused Him to be tortured and killed. Through Jesus, Satan's deception was unraveled and revealed to the whole universe. Through Jesus, it was revealed that God is not at all like Satan had described Him to be to the universe or to human beings. Christ is a living representation of God's law, and by His life on earth, He shows man that he can

become Christlike by the power of the Holy Spirit.

"Since 'the law of the Lord is perfect,' every variation from it must be evil. ... The Saviour's life of obedience maintained the claims of the law; it proved that the law could be kept in humanity, and showed the excellence of character that obedience would develop." *The*

*Desire of Ages*, 308, 309. Man can only keep the law by receiving the Holy Spirit.

"Sin could be resisted and overcome only through the mighty agency of the Third Person of the Godhead ... ." *Ibid.*, 671

"To human eyes, Christ was only a man, yet He was a

perfect man. In His humanity He was the impersonation of the divine character. God embodied His own attributes in His Son—His power, His wisdom, His goodness, His purity, His truthfulness, His spirituality, and His benevolence. In Him, though human, all perfection of character, all divine excellence, dwelt."

*The Youth's Instructor*, September 16, 1897

"All righteous attributes of character dwell in God as a perfect, harmonious whole, and everyone who receives Christ as a personal Saviour is privileged to possess these attributes." *Christ's Object Lessons*, 330. God says, My thoughts will be your thoughts, and My law will be written in your heart by the Holy Spirit, not just on tables of stone, but on the fleshly tables of the heart.

Perfection. The world freely admits that no one in it is perfect, and they seem perfectly happy not to be. If I say I can be perfect, then I'm claiming to be like God because only God is perfect. Yet, Jesus was perfect and He said that He and His Father are one. He also said

that we are to be perfect, even as God is perfect (Matthew 5:48). And finally, as the Father was in Him, He asked that we all might be one in Them (John 17:21). Jesus' life guarantees that we, too, through His power, can be perfect as He is. And although we may achieve perfection of character, at heart, we remain sinners, by nature, until the final day of atonement.

To be perfect means two things: to love God with all of my heart, soul, mind, and strength, and to love my neighbor as myself. If I take a thorough inventory of my thoughts and feelings, words and actions, and if I am truly honest with myself, I have to admit that every single sin I commit is breaking one of these two principles. And I cannot escape it, not alone.

Jesus is the express image, an exact personification of the Father. Perfection personified. No matter if you are the weakest person and the greatest sinner, that only means that you need Jesus as your personal Saviour all the more. He has enough power, enough wisdom, and enough love for all the righteous attributes of His character to become part of your character.

This requires, however, a complete surrender of your will to God. Only then can the Holy Spirit perform a complete transformation of your character. No more will you be trapped under the sway of the devil, helpless to resist his temptations and deceptions.

*The Great Controversy*, in its closing chapter, tells us that there will finally be a group of people who have been made spotless by the blood of the Lamb, who possess not one defect of character. "The great controversy is ended. Sin and sinners are no more. The entire universe is clean." Don't you want to be part of that group? [All emphasis supplied.] **LM**

*Pastor John J. Grosboll is Director of Steps to Life and pastors the Prairie Meadows Church in Wichita, Kansas. He may be contacted by email at: [historic@stepstolife.org](mailto:historic@stepstolife.org), or by telephone at: 316-788-5559.*

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If we confess our  
sins, He is faithful and  
just to forgive us our sins  
and to cleanse us from all  
unrighteousness.

1 John 1:9

February 26 – March 4, 2023

# Jacob's Dream

## Key Text

“Then he [Jacob] dreamed, and behold, a ladder was set up on the earth, and its top reached to heaven; and there the angels of God were ascending and descending on it.”  
Genesis 28:12

**Study Help:** *Patriarchs and Prophets*, 183–187

## Introduction

“The ladder represents Jesus, the appointed medium of communication. Had He not with His own merits bridged the gulf that sin had made, the ministering angels could have held no communion with fallen man. Christ connects man in his weakness and helplessness with the source of infinite power.”  
*Patriarchs and Prophets*, 184

## Sunday

### 1 JACOB, THE RUNAWAY

1.a. After deceiving his brother, what step was Jacob forced to take? Genesis 28:10, 11

**Note:** “Threatened with death by the wrath of Esau, Jacob went out from his father’s home a fugitive; but he carried with him the father’s blessing; Isaac had renewed to him the covenant promise, and had bidden him, as its inheritor, to seek a wife of his mother’s family in Mesopotamia. Yet it was with a deeply troubled heart that Jacob set out on his lonely journey.”  
*Patriarchs and Prophets*, 183

1.b. Describe the state of Jacob’s conscience.

**Note:** “The evening of the second day found him [Jacob] far away from his father’s tents. He felt that he was an outcast, and he knew that all this trouble had been brought upon him by his own wrong course. The darkness of despair pressed upon his soul, and he hardly dared to pray. But he was so utterly lonely that he felt the need of protection from God as he had never felt it before. With weeping and deep humiliation he confessed his sin, and entreated for some evidence that he was not utterly forsaken. Still his burdened heart found no relief. He had lost all confidence in himself, and he feared that the God of his fathers had cast him off.” *Patriarchs and Prophets*, 183

## Monday

### 2 A DIVINE REVELATION

2.a. How did the Lord manifest Himself to His fugitive servant? Genesis 28:12–15

**Note:** “But God did not forsake Jacob. His mercy was still extended to His erring, distrustful servant. The Lord compassionately revealed just what Jacob needed—a Saviour. He had sinned, but his heart was filled with gratitude as he saw revealed a way by which he could be restored to the favor of God.

“Wearied with his journey, the wanderer lay down upon the ground, with a stone for his pillow. As he slept he beheld a ladder, bright and shining, whose base rested upon the earth, while the top reached to heaven. Upon this ladder angels were ascending and descending; above it was the Lord of glory, and from the heavens His voice was heard: ‘I am the Lord God of Abraham thy father, and the God of Isaac.’ The land whereon he lay as an exile and fugitive was promised to him and to his posterity, with the assurance, ‘In thee and in thy seed shall all the families of the earth be blessed.’ This promise had been given to Abraham and to Isaac, and now it was renewed to Jacob. Then in special regard to his present loneliness and distress, the words of comfort and encouragement were spoken: ‘Behold, I am with thee, and will keep thee in all places whither thou goest, and will bring thee again into this land; for I will not leave thee, until I have done that which I have spoken to thee of.’” *Patriarchs and Prophets*, 183, 184

2.b. How did Jacob react to his dream? Genesis 28:16–22

**Note:** “Jacob awoke from his sleep in the deep stillness of night. The shining forms of his vision had disappeared. Only the dim outline of the lonely hills, and above them the heavens bright with stars, now met his gaze. But he had a solemn sense that God was with him. An unseen presence filled the solitude. ‘Surely the Lord is in this place,’ he said, ‘and I knew it not. ... This is none other but the house of God, and this is the gate of heaven.’” *Patriarchs and Prophets*, 187

## Tuesday

### 3 THE PLAN OF SALVATION

3.a. What was revealed to Jacob through his dream?

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**Note:** “The Lord knew the evil influences that would surround Jacob, and the perils to which he would be exposed. In mercy He opened up the future before the repentant fugitive, that he might understand the divine purpose with reference to himself, and be prepared to resist the temptations that would surely come to him when alone amid idolaters and scheming men. There would be ever before him the high standard at which he must aim; and the knowledge that through him the purpose of God was reaching its accomplishment, would constantly prompt him to faithfulness.

“In this vision the plan of redemption was presented to Jacob, not fully, but in such parts as were essential to him at that time.” *Patriarchs and Prophets*, 184

3.b. How did Jesus explain the meaning of this ladder?  
John 1:51

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**Note:** “The mystic ladder revealed to him in his dream was the same to which Christ referred in His conversation with Nathanael. Said He, ‘Ye shall see heaven open, and the angels of God ascending and descending upon the Son of man.’ John 1:51. Up to the time of man’s rebellion against the government of God, there had been free communion between God and

man. But the sin of Adam and Eve separated earth from heaven, so that man could not have communion with his Maker. Yet the world was not left in solitary hopelessness. The ladder represents Jesus, the appointed medium of communication. Had He not with His own merits bridged the gulf that sin had made, the ministering angels could have held no communion with fallen man. Christ connects man in his weakness and helplessness with the source of infinite power.

“All this was revealed to Jacob in his dream. Although his mind at once grasped a part of the revelation, its great and mysterious truths were the study of his lifetime, and unfolded to his understanding more and more.” *Patriarchs and Prophets*, 184

## Wednesday

### 4 THE LADDER

4.a. Describe the ladder Jacob saw and its meaning. Genesis 28:12, 13; John 1:51

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**Note:** “‘Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man.’

“Here Christ virtually says, On the bank of the Jordan the heavens were opened, and the Spirit descended like a dove upon Me. That scene was but a token that I am the Son of God. If you believe on Me as such, your faith shall be quickened. You shall see that the heavens are opened, and are never to be closed. I have opened them to you. The angels of God are ascending, bearing the prayers of the needy and distressed to the Father above, and descending, bringing blessing and hope, courage, help, and life, to the children of men.” *The Desire of Ages*, 142, 143

4.b. Why could only Christ be humanity’s Saviour? Isaiah 7:14; Matthew 1:23

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**Note:** “From the days of eternity the Lord Jesus Christ was one with the Father; He was ‘the image of God,’ the image



of His greatness and majesty, 'the outshining of His glory.' It was to manifest this glory that He came to our world. To this sin-darkened earth He came to reveal the light of God's love—to be 'God with us.' ...

"Our little world is the lesson book of the universe. God's wonderful purpose of grace, the mystery of redeeming love, is the theme into which 'angels desire to look,' and it will be their study throughout endless ages. Both the redeemed and the unfallen beings will find in the cross of Christ their science and their song. It will be seen that the glory shining in the face of Jesus is the glory of self-sacrificing love. In the light from Calvary it will be seen that the law of self-renouncing love is the law of life for earth and heaven; that the love which 'seeketh not her own' has its source in the heart of God. ...

"Jesus might have remained at the Father's side. He might have retained the glory of heaven, and the homage of the angels. But He chose to give back the scepter into the Father's hands, and to step down from the throne of the universe, that He might bring light to the benighted, and life to the perishing." *God's Amazing Grace*, 45

"The angels prostrated themselves at the feet of their Commander and offered to become a sacrifice for man. But an angel's life could not pay the debt; only He who created man had power to redeem him. Yet the angels were to have a part to act in the plan of redemption. Christ was to be made 'a little lower than the angels for the suffering of death.' Hebrews 2:9. As He should take human nature upon Him, His strength would not be equal to theirs, and they were to minister to Him, to strengthen and soothe Him under His sufferings. They were also to be ministering spirits, sent forth to minister for them who should be heirs of salvation. Hebrews 1:14. They would guard the subjects of grace from the power of evil angels and from the darkness constantly thrown around them by Satan." *Patriarchs and Prophets*, 64, 65

## Thursday

### 5 THE RED HEIFER

**5.a. Describe the animal sacrificed for purification. Numbers 19:2**

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**Note:** "This heifer was to be red without spot, which was a symbol of blood. It must be without blemish, and one that had never borne a yoke. Here, again, Christ was typified. The Son of God came voluntarily to accomplish the work of atonement. There was no obligatory yoke upon him, for He

was independent and above all law." *The Review and Herald*, January 9, 1883

**5.b. Where was the red heifer to be offered as a sacrifice? Numbers 19:3. Where was Jesus offered as sacrifice for us? Hebrews 13:11, 12**

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**Note:** "The sacrificial heifer was conducted without the camp, and slain in the most solemn manner. Thus Christ suffered without the gates of Jerusalem, for Calvary was outside the city walls. This was to show that Christ did not die for the Hebrews alone, but for all mankind. He proclaims to a fallen world that He has come to be their Redeemer, and urges them to accept the salvation which He offers." *The Review and Herald*, January 9, 1883

**5.c. What is our duty as Christ's followers? Hebrews 13:13; Matthew 28:19, 20**

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**Note:** "Go to the farthest part of the habitable globe, but know that My presence will be there. Labor in faith and confidence, for the time will never come when I will forsake you." *The Desire of Ages*, 822

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 How did Jacob's conscience feel after deceiving his father?
- 2 Explain the meaning of the ladder in Jacob's dream.
- 3 Who takes an active part in the plan of redemption?
- 4 Explain the broad meaning of the expression "God with us."
- 5 Describe the ceremonial sacrifice of the red heifer.

# The Great Law of Love

## Key Text

“Open my eyes, that I may see wondrous things from Your law.” Psalm 119:18

**Study Help:** *Selected Messages*, Book 1, 211–215

## Introduction

“The law of God is as holy as He is holy, as perfect as He is perfect. It presents to men the righteousness of God. It is impossible for man, of himself, to keep this law; for the nature of man is depraved, deformed, and wholly unlike the character of God. The works of the selfish heart are ‘as an unclean thing;’ and ‘all our righteousnesses are as filthy rags’ (Isaiah 64:6).” *Thoughts from the Mount of Blessing*, 54

## Sunday

### 1 THE LAW IS PERFECT

1.a. What is written about the law of God? Psalm 19:7, 8

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**Note:** “In the precepts of His holy law, God has given a perfect rule of life; and He has declared that until the close of time this law, unchanged in a single jot or tittle, is to maintain its claim upon human beings. Christ came to magnify the law and make it honorable. He showed that it is based upon the broad foundation of love to God and love to man, and that obedience to its precepts comprises the whole duty of man.” *The Acts of the Apostles*, 505

1.b. What is the relation between the law of God and the unconverted heart? Romans 8:7

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**Note:** “By nature the heart is evil, and ‘who can bring a clean thing out of an unclean? not one.’ Job 14:4. No human invention can find a remedy for the sinning soul. ‘The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.’ ‘Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.’ Romans 8:7; Matthew 15:19.” *The Desire of Ages*, 172

## Monday

### 2 THE LAW IS HOLY

2.a. What did Paul declare in regard to the law? Romans 7:12

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**Note:** “Through the plan of salvation the law holds its dignity in condemning the sinner, and the sinner can be saved through the propitiation of Christ for our sins, ‘in whom we have redemption through His blood, even the forgiveness of sins.’ The law is not changed in any particular to meet man in his fallen condition. It remains what it ever has been—holy, just, and good.” *The Review and Herald*, May 23, 1899

2.b. Mention one of the purposes of the law. Romans 7:7, 8

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**Note:** “Paul says that ‘as touching the law’—as far as outward acts were concerned—he was ‘blameless,’ but when the spiritual character of the law was discerned, when he looked into the holy mirror, he saw himself a sinner. Judged by a human standard, he had abstained from sin, but when he looked into the depths of God’s law, and saw himself as God saw him, he bowed in humiliation, and confessed his guilt. He did not go away from the mirror and forget what manner of man he was, but he exercised genuine repentance toward God and faith toward our Lord Jesus Christ. He was washed, he was cleansed. He says, ‘I had not known lust, except the law had said, Thou shalt not covet. But sin, taking occasion by the commandment, wrought in me all manner of concupiscence. For without the law sin was dead. For I was alive without the law once: but when the commandment came, sin revived, and I died.’

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*The law of God is as holy  
as He is holy, as perfect as  
He is perfect. It presents to  
men the righteousness  
of God.*

“Sin then appeared in its true hideousness, and his self-esteem was gone. He became humble. He no longer ascribed goodness and merit to himself. He ceased to think more highly of himself than he ought, and he ascribed all the glory to God. He was no longer ambitious for greatness. He ceased to want to avenge himself, and was no longer sensitive to reproach, neglect, or contempt. He no longer sought earthly alliance, station, or honor. He did not pull others down to uplift himself. He became gentle, condescending, meek and lowly of heart, because he had learned his lesson in the school of Christ.” *The Review and Herald*, July 22, 1890

## Tuesday

### 3 THE LAW—A SCHOOLMASTER

3.a. What other essential function does the law of God have? Galatians 3:24

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**Note:** “The law was our schoolmaster to bring us unto Christ, that we might be justified by faith.’ In this scripture, the Holy Spirit through the apostle is speaking especially of the moral law. The law reveals sin to us, and causes us to feel our need of Christ, and to flee unto Him for pardon and peace by exercising repentance toward God and faith toward our Lord Jesus Christ.” “Ellen G. White Comments,” *The Seventh-day Adventist Bible Commentary*, Vol. 6, 1110

“When the law was proclaimed from Sinai, God made known to men the holiness of His character, that by contrast they might see the sinfulness of their own. The law was given to convict them of sin, and reveal their need of a Saviour. It would do this as its principles were applied to the heart by the Holy Spirit. This work it is still to do. In the life of Christ the principles of the law are made plain; and as the Holy Spirit of God touches the heart, as the light of Christ reveals to men their need of His cleansing blood and His justifying righteousness, the law is still an agent in bringing us to Christ, that we may be justified by faith. ‘The law of the Lord is perfect, converting the soul.’ Psalm 19:7.” *The Desire of Ages*, 308

3.b. What is the essence of God’s law? Romans 13:8–10

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**Note:** “The law of God, from its very nature, is unchangeable. It is a revelation of the will and the character of its Author. God is love, and His law is love. Its two great principles are love to God and love to man. ‘Love is the fulfilling of the law.’ Romans 13:10. The character of God is righteousness and truth; such is the nature of His law. Says the psalmist: ‘Thy law is the truth:’ ‘all Thy commandments are righteousness.’ Psalm 119:142, 172. And the apostle Paul declares: ‘The law is holy, and the commandment holy, and just, and good.’ Romans 7:12. Such a law, being an expression of the mind and will of God, must be as enduring as its Author.” *The Great Controversy*, 467



## Wednesday

### 4 THE LAW—THE STANDARD OF JUDGMENT

4.a. What will be the standard of judgment for all human beings? Romans 2:12, 13

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**Note:** “There are only two classes in the world today, and only two classes will be recognized in the judgment—those who violate God’s law and those who obey it. Christ gives the test by which to prove our loyalty or disloyalty. ‘If ye love Me,’ He says, ‘keep My commandments. . . . He that hath My commandments, and keepeth them, he it is that loveth Me. And he that loveth Me shall be loved of My Father, and I will love him, and will manifest Myself to him. . . . He that loveth Me not keepeth not My sayings; and the word which ye hear is not Mine, but the Father’s which sent Me.’ ‘If ye keep My commandments, ye shall abide in My love; even as I have kept My Father’s commandments, and abide in His love.’ John 14:15–24; 15:10.”

*Christ’s Object Lessons*, 283

“He who becomes a partaker of the divine nature will be in harmony with God’s great standard of righteousness, His holy law. This is the rule by which God measures the actions of men. This will be the test of character in the judgment.” *Ibid.*, 314

4.b. How is the duty of every person clearly delineated? Ecclesiastes 12:13, 14; Matthew 5:17–20

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**Note:** “In the precepts of His holy law, God has given a perfect rule of life; and He has declared that until the close of time this law, unchanged in a single jot or tittle, is to maintain its claim upon human beings. Christ came to magnify the law and make it honorable. He showed that it is based upon the broad foundation of love to God and love to man, and that obedience to its precepts comprises the whole duty of man. In His own life He gave an example of obedience to the law of God. In the Sermon on the Mount He showed how its requirements extend beyond the outward acts and take cognizance of the thoughts and intents of the heart.” *The Acts of the Apostles*, 505

## Thursday

### 5 OBEDIENCE TO THE LAW—THE CONDITION OF ETERNAL HAPPINESS

5.a. What vital question did a learned man put to Christ? Matthew 19:16

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**Note:** “The Lord desires every one of us to be decidedly in earnest. We cannot afford to make a mistake in spiritual matters. The life-and-death question with us is, ‘What shall I do that I may be saved, eternally saved?’ ‘What shall I do that I may inherit eternal life—a life that measures with the life of God?’ This is a question that it becomes every one of us to consider carefully.” *Selected Messages*, Book 1, 98

5.b. What was Christ’s answer? Matthew 19:17

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**Note:** “‘If thou wilt enter into life,’ He [the Saviour] added, ‘keep the commandments.’

“The character of God is expressed in His law; and in order for you to be in harmony with God, the principles of His law must be the spring of your every action.” *Christ’s Object Lessons*, 391

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 Why is the law of God immutable?
- 2 Mention three characteristics of the law of God.
- 3 What is the meaning of the word “schoolmaster” as applied to the law of God?
- 4 Before God, how many classes are there in the world?
- 5 How can we fulfill the condition of eternal life?

March 12 – 18, 2023

# The Righteousness of Christ

## Key Text

“The Lord is well pleased for His righteousness’ sake; He will exalt the law and make it honorable.” Isaiah 42:21

**Study Help:** *Selected Messages*, Book 1, 236–241

## Introduction

“Paul and his fellow workers proclaimed the doctrine of righteousness by faith in the atoning sacrifice of Christ. They presented Christ as the One who, seeing the helpless condition of the fallen race, came to redeem men and women by living a life of obedience to God’s law and by paying the penalty of disobedience.” *The Acts of the Apostles*, 207

## Sunday

### 1 “THE LORD OUR RIGHTEOUSNESS”

1.a. What did Jeremiah prophesy about Jesus? Jeremiah 23:5, 6

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**Note:** “Jeremiah also bore witness of the coming Redeemer as a Prince of the house of David: ‘Behold, the days come, saith the Lord, that I will raise unto David a righteous Branch, and a King shall reign and prosper, and shall execute judgment and justice in the earth. In His days Judah shall be saved, and Israel shall dwell safely: and this is His name whereby He shall be called, The Lord Our Righteousness.’ And again: ‘Thus saith the Lord: David shall never want a man to sit upon the throne of the house of Israel; neither shall the priests the Levites want a man before Me to offer burnt offerings, and to kindle meat offerings, and to do sacrifice continually.’ Jeremiah 23:5, 6; 33:17, 18.” *The Acts of the Apostles*, 223

1.b. How did Micah identify Jesus in his prophecy? Micah 5:1

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**Note:** “Had not Micah prophesied, ‘They shall smite the Judge of Israel with a rod upon the cheek?’ Micah 5:1.” *The Acts of the Apostles*, 225

## Monday

### 2 A SINLESS LIFE

2.a. What did Pilate declare about Jesus during the judgment? Luke 23:4

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**Note:** “Christ affirmed that His word was in itself a key which would unlock the mystery to those who were prepared to receive it. It had a self-commending power, and this was the secret of the spread of His kingdom of truth. He desired Pilate to understand that only by receiving and appropriating truth could his ruined nature be reconstructed.

“Pilate had a desire to know the truth. His mind was confused. He eagerly grasped the words of the Saviour, and his heart was stirred with a great longing to know what it really was, and how he could obtain it. ‘What is truth?’ he inquired. But he did not wait for an answer. The tumult outside recalled him to the interests of the hour; for the priests were clamorous for immediate action. Going out to the Jews, he declared emphatically, ‘I find in Him no fault at all.’” *The Desire of Ages*, 727

2.b. What words did Judas utter before the Sanhedrin? Matthew 27:3, 4

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**Note:** “As the trial [of Jesus] drew to a close, Judas could endure the torture of his guilty conscience no longer. Suddenly a

hoarse voice rang through the hall, sending a thrill of terror to all hearts: He is innocent; spare Him, O Caiaphas!

“The tall form of Judas was now seen pressing through the startled throng. His face was pale and haggard, and great drops of sweat stood on his forehead. Rushing to the throne of judgment, he threw down before the high priest the pieces of silver that had been the price of his Lord’s betrayal. Eagerly grasping the robe of Caiaphas, he implored him to release Jesus, declaring that He had done nothing worthy of death. Caiaphas angrily shook him off, but was confused, and knew not what to say. The perfidy of the priests was revealed. It was evident that they had bribed the disciple to betray his Master.

“‘I have sinned,’ again cried Judas, ‘in that I have betrayed the innocent blood.’ But the high priest, regaining his self-possession, answered with scorn, ‘What is that to us? see thou to that.’ Matthew 27:4. The priests had been willing to make Judas their tool; but they despised his baseness. When he turned to them with confession, they spurned him.” *The Desire of Ages*, 721, 722

## Tuesday

### 3 “THE HOLY ONE”

3.a. What powerful public testimony did Peter give about Jesus? Acts 3:14, 15

**Note:** “When Jesus died, the priests thought that no more miracles would be performed among them, that the excitement would die out and the people would again turn to the traditions of men. But lo! right among them the disciples were working miracles, and the people were filled with amazement. Jesus had been crucified, and they wondered where His followers had obtained this power. When He was alive, they thought that He imparted power to them; but when He died, they expected the miracles to cease. Peter understood their perplexity and said to them, ‘Ye men of Israel, why marvel ye at this? or why look ye so earnestly on us, as though by our own power or holiness we had made this man to walk? The God of Abraham, and of Isaac, and of Jacob, the God of our fathers, hath glorified His Son Jesus; whom ye delivered up, and denied Him in the presence of Pilate, when he was determined to let Him go. But ye denied the Holy One and the Just, and desired a murderer to be granted unto you; and killed the Prince of life, whom God hath raised from the dead; whereof we are witnesses. And His name through faith in His name hath made this man strong, whom ye see and know.’” *Early Writings*, 192, 193

3.b. What did the same apostle write later? 1 Peter 2:21–23

**Note:** “Christ was holy, harmless, undefiled. He did no sin, neither was guile found in His mouth.” *The Acts of the Apostles*, 570

“Christ is our Master. By definite instructions He prepared His followers for their work before leaving them. As soon as He could talk, Christ used the talent of speech, in the family circle and among friends and acquaintances, in a way that was without fault. Not one impure word escaped His lips. Never did He do a wrong action, for He was the Son of God. Although He possessed a human form, yet He was without a taint of sin.” *Welfare Ministry*, 286, 287

## Wednesday

### 4 “THE REJECTED STONE”

4.a. What other title was prophetically applied to Jesus? Psalm 118:22; Isaiah 28:16

**Note:** “Centuries before the Saviour’s advent Moses had pointed to the Rock of Israel’s salvation. The psalmist had sung of ‘the Rock of my strength.’ Isaiah had written, ‘Thus saith the Lord God, Behold, I lay in Zion for a foundation a stone, a tried stone, a precious cornerstone, a sure foundation.’ Deuteronomy 32:4; Psalm 62:7; Isaiah 28:16.” *The Desire of Ages*, 413

“But every building erected on other foundation than God’s word will fall. He who, like the Jews in Christ’s day, builds on the foundation of human ideas and opinions, of forms and ceremonies of man’s invention, or on any works that he can do independently of the grace of Christ, is erecting his structure of character upon the shifting sand. The fierce tempests of temptation will sweep away the sandy foundation and leave his house a wreck on the shores of time.” *Thoughts from the Mount of Blessing*, 150, 151



#### 4.b. How did Jesus apply this prophecy? Matthew 21:42-44

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**Note:** “The prophets had spoken of the rejected stone; and Christ Himself, speaking on one occasion to the priests and elders, said: ‘Did ye never read in the Scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord’s doing, and it is marvelous in our eyes? Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof. And whosoever shall fall on this stone shall be broken: but on whomsoever it shall fall, it will grind him to powder.’ Matthew 21:42-44.” *The Acts of the Apostles*, 64

“Christ would have averted the doom of the Jewish nation if the people had received Him. But envy and jealousy made them implacable. They determined that they would not receive Jesus of Nazareth as the Messiah. They rejected the Light of the world, and thenceforth their lives were surrounded with darkness as the darkness of midnight. The doom foretold came upon the Jewish nation. Their own fierce passions, uncontrolled, wrought their ruin. In their blind rage they destroyed one another. Their rebellious, stubborn pride brought upon them the wrath of their Roman conquerors.” *Christ’s Object Lessons*, 295, 296

## Thursday

### 5 “THE REJECTED STONE” (continued)

#### 5.a. How did Peter apply the prophecy of Isaiah to Jesus? Acts 4:11; 1 Peter 2:4-8

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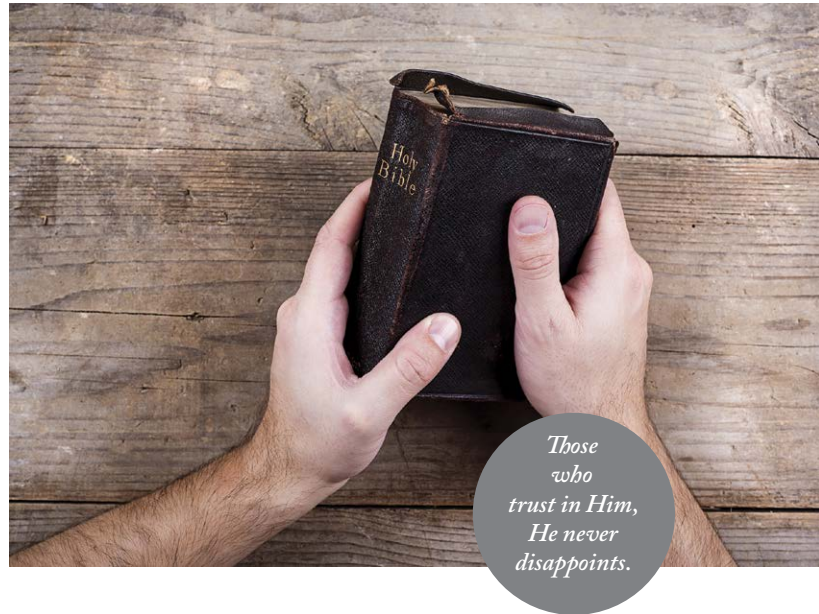


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**Note:** “Peter himself, writing by inspiration, applies this prophecy to Jesus. He says, ‘If ye have tasted that the Lord is gracious: unto whom coming, a living stone, rejected indeed of men, but with God elect, precious, ye also, as living stones, are built up a spiritual house.’ 1 Peter 2:3-5, R. V.” *The Desire of Ages*, 413



#### 5.b. What did Paul declare about the “chief cornerstone”? Ephesians 2:20-22

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**Note:** “In infinite wisdom, God chose the foundation stone, and laid it Himself. He called it ‘a sure foundation.’ The entire world may lay upon it their burdens and griefs; it can endure them all. With perfect safety they may build upon it. Christ is a ‘tried stone.’ Those who trust in Him, He never disappoints. He has borne every test. He has endured the pressure of Adam’s guilt, and the guilt of his posterity, and has come off more than conqueror of the powers of evil. He has borne the burdens cast upon Him by every repenting sinner. In Christ the guilty heart has found relief. He is the sure foundation. All who make Him their dependence rest in perfect security.” *The Desire of Ages*, 598, 599

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What is the meaning of the expression “The Lord Our Righteousness”?
- 2 What testimony did Pilate and Judas bear about Christ?
- 3 What is written about Christ’s character?
- 4 Explain the words “whosoever shall fall on this Stone shall be broken.”
- 5 Why is Christ called “the rejected stone”?

March 19 – 25, 2023

# False Justification

## Key Text

“Now to him who works, the wages are not counted as grace but as debt. But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness.” Romans 4:4, 5

**Study Help:** *Faith and Works*, 15–18

## Introduction

“Justification is wholly of grace and not procured by any works that fallen man can do.” *Faith and Works*, 20

## Sunday

### 1 THE LAW CANNOT JUSTIFY

1.a. What is written about the purpose of God’s law?  
Romans 3:20, 28

**Note:** “I would call on all who would win heaven, to take warning. Do not devote your precious probationary time to sewing together fig leaves to cover the nakedness which is the result of sin. As you look into the Lord’s great moral looking glass, His holy law, His standard of character, do not for a moment suppose that it can cleanse you. There are no saving properties in the law. It cannot pardon the transgressor. The penalty must be exacted.” *The Seventh-day Adventist Bible Commentary*, Vol. 6, 1070

1.b. What is written about the Israelites as a nation?  
Romans 10:1–4

**Note:** “Priests and rulers became fixed in a rut of ceremonialism. They were satisfied with a legal religion, and it was impossible for them to give to others the living truths of heaven. They thought their own righteousness all-sufficient, and did not desire that a new element should be brought into their religion. The good will of God to men they did not accept as something apart from themselves, but connected it with their own merit because of their good works.” *The Acts of the Apostles*, 15

## Monday

### 2 HUMAN WORKS CANNOT JUSTIFY

2.a. What does the Bible say about a person’s good works? Romans 4:1–5

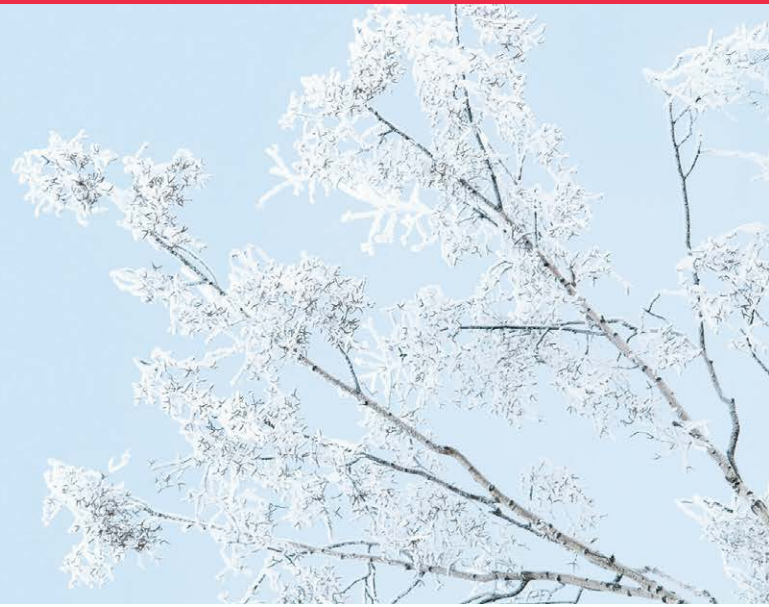
**Note:** “The reward is not of works, lest any man should boast; but it is all of grace. ‘What shall we say then that Abraham our father, as pertaining to the flesh, hath found? For if Abraham were justified by works, he hath whereof to glory; but not before God. For what saith the scripture? Abraham believed God, and it was counted unto him for righteousness. Now to him that worketh is the reward not reckoned of grace, but of debt. But to him that worketh not, but believeth on Him that justifieth the ungodly, his faith is counted for righteousness.’ Romans 4:1–5. Therefore there is no occasion for one to glory over another or to grudge against another. No one is privileged above another, nor can anyone claim the reward as a right.” *Christ’s Object Lessons*, 401, 402

“The work of faith means more than we think. It means genuine reliance upon the naked word of God. By our actions we are to show that we believe that God will do just as He has said. The wheels of nature and of providence are not appointed to roll backward nor to stand still. We must have an advancing, working faith, a faith that works by love and purifies the soul from every vestige of selfishness. It is not self, but God, that we must depend upon. We must not cherish unbelief. We must have that faith that takes God at His word. ...

“Sanctification of soul, body, and spirit will surround us with the atmosphere of heaven. If God has chosen us from eternity, it is that we might be holy, our conscience purged from dead works to serve the living God. We must not in any way make self our god. God has given Himself to die for us, that He might purify us from all iniquity. The Lord will carry on this work of perfection for us if we will allow ourselves to be controlled by Him. He carries on this work for our good and His own name’s glory.” *Bible Training School*, June 1, 1915

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*Justification is wholly of grace and not procured by any works that fallen man can do.*



**2.b. What is said about the works of righteousness and our salvation? Titus 3:5**

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**Note:** “Our acceptance with God is sure only through His beloved Son, and good works are but the result of the working of His sin-pardoning love. They are no credit to us, and we have nothing accorded to us for our good works by which we may claim a part in the salvation of our souls.” *Selected Messages*, Book 3, 199

## Tuesday

### 3 FAITH PLUS WORKS CANNOT JUSTIFY

**3.a. What did the apostle Paul explain to the Galatians? Galatians 2:16**

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**Note:** “Let the subject be made distinct and plain that it is not possible to effect anything in our standing before God or in the gift of God to us through creature merit. Should faith and works purchase the gift of salvation for anyone, then the Creator is under obligation to the creature. Here is an opportunity

for falsehood to be accepted as truth. If any man can merit salvation by anything he may do, then he is in the same position as the Catholic to do penance for his sins. Salvation, then, is partly of debt, that may be earned as wages. If man cannot, by any of his good works, merit salvation, then it must be wholly of grace, received by man as a sinner because he receives and believes in Jesus. It is wholly a free gift. Justification by faith is placed beyond controversy. And all this controversy is ended, as soon as the matter is settled that the merits of fallen man in his good works can never procure eternal life for him.” *Faith and Works*, 19, 20

**3.b. Who is the author of the theory of salvation by works?**

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**Note:** “A legal religion can never lead souls to Christ; for it is a loveless, Christless religion. Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God. The solemn assembly for worship, the round of religious ceremonies, the external humiliation, the imposing sacrifice, proclaim that the doer of these things regards himself as righteous, and as entitled to heaven; but it is all a deception. Our own works can never purchase salvation.” *The Desire of Ages*, 280

“The principle that man can save himself by his own works lay at the foundation of every heathen religion; it had now become the principle of the Jewish religion. Satan had implanted this principle. Wherever it is held, men have no barrier against sin.” *Ibid.*, 35, 36



## Wednesday

### 4 FALSE FAITH vs. TRUE FAITH

4.a. What did James explain about false faith? James 2:14–20

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**Note:** “The apostle James saw that dangers would arise in presenting the subject of justification by faith, and he labored to show that genuine faith cannot exist without corresponding works. The experience of Abraham is presented. ‘Seest thou,’ he says, ‘how faith wrought with his works, and by works was faith made perfect?’ James 2:22. Thus genuine faith does a genuine work in the believer. Faith and obedience bring a solid, valuable experience. ...

“The so-called faith that does not work by love and purify the soul will not justify any man. ‘Ye see,’ says the apostle, ‘how that by works a man is justified, and not by faith only.’ James 2:24. Abraham believed God. How do we know that he believed? His works testified to the character of his faith, and his faith was accounted to him for righteousness. We need the faith of Abraham in our day, to lighten the darkness that gathers around us, shutting out the sweet sunlight of God’s love, and dwarfing spiritual growth. Our faith should be prolific of good works; for faith without works is dead.” *The Faith I Live By*, 115

4.b. On the other hand, what is the result of true faith? Galatians 5:6

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**Note:** “The Holy Spirit comes to convict of sin, and the faith that springs up in the heart works by love to Christ, conforming us in body, soul, and spirit to His own image. Then God can use us to do His will. The power given us works from within outwardly, leading us to communicate to others the truth that has been communicated to us.” *Christ’s Object Lessons*, 100

“The faith that works by love and purifies the soul could find no place for union with the religion of the Pharisees, made up of ceremonies and the injunctions of men.” *The Acts of the Apostles*, 15

## Thursday

### 5 OUR OWN RIGHTEOUSNESS CANNOT JUSTIFY US

5.a. What is written about our own righteousness? Isaiah 64:6; Revelation 3:18

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**Note:** “The true Witness has said, ‘Buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear.’ What is the shame of this nakedness and poverty? It is the shame of clothing ourselves with self-righteousness, and of separating ourselves from God, when He has made ample provision for all to receive His blessing.” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 965

5.b. What will be the fate of those who cling to their own righteousness? Revelation 3:16

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**Note:** “There are those who, though professedly serving God, are witnessing against Him. To them the message to the Laodicean church is given. Christ says to them, ‘I know thy works, that thou art neither cold nor hot.’ When the avenging angel shall pass through the land, Christ cannot say of them, ‘Touch them not. I have graven them upon the palms of my hands.’ No; of these halfhearted ones He says, ‘I will spew them out of my mouth. They are offensive to me.’” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 963

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 God’s law cannot justify anyone. Why?
- 2 Can a person’s good works assure his or her salvation?
- 3 Why do we have no merits in ourselves before God?
- 4 How does James explain true faith?
- 5 Why are we not justified before God by our own righteousness?

March 26 – April 1, 2023

# A Special Invitation

## Key Text

“Moreover whom He predestined, them He also called; whom He called, these He also justified; and whom He justified, these He also glorified.” Romans 8:30

**Study Help:** *The Desire of Ages*, 328–332

## Introduction

“Calling and justification are not one and the same thing. Calling is the drawing of the sinner to Christ, and it is a work wrought by the Holy Spirit upon the heart, convicting of sin, and inviting to repentance.” *Selected Messages*, Book 1, 390

## Sunday

### 1 CHRIST'S INVITATION

1.a. What invitation does Jesus Christ send to all of us?  
Matthew 11:28

**Note:** “And to those who are longing for rest and peace today just as truly as to those who listened to His words in Judea, He is saying, ‘Come unto me, all ye that labour and are heavy laden, and I will give you rest.’” *The Signs of the Times*, June 24, 1897

“Turning from the ambitious, self-satisfied favorites of this world, He declared that those were blessed who, however great their need, would receive His light and love. To the poor in spirit, the sorrowing, the persecuted, He stretched out His arms, saying, ‘Come unto Me, ... and I will give you rest.’ Matthew 11:28.” *Education*, 79, 80

1.b. What is the relationship between Christ's invitation and the Sabbath? Isaiah 58:13, 14

**Note:** “And the Lord says, ‘If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of the Lord, honorable; ... then shalt thou delight thyself in the Lord.’ Isaiah 58:13, 14. To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him.” *The Desire of Ages*, 289

## Monday

### 2 “TAKE MY YOKE UPON YOU”

2.a. What does Christ offer us together with His invitation? Matthew 11:29

**Note:** “‘Take My yoke upon you,’ Jesus says. The yoke is an instrument of service. Cattle are yoked for labor, and the yoke is essential that they may labor effectually. By this illustration Christ teaches us that we are called to service as long as life shall last. We are to take upon us His yoke, that we may be coworkers with Him.

“The yoke that binds to service is the law of God. The great law of love revealed in Eden, proclaimed upon Sinai, and in the new covenant written in the heart, is that which binds the human worker to the will of God. If we were left to follow our own inclinations, to go just where our will would lead us, we should fall into Satan's ranks and become possessors of his attributes. Therefore God confines us to His will, which is high, and noble, and elevating. He desires that we shall patiently and wisely take up the duties of service. The yoke of service Christ Himself has borne in humanity. He said, ‘I delight to do Thy will, O My God: yea, Thy law is within My heart.’ Psalm 40:8. ‘I came down from heaven, not to do Mine own will, but the will of Him that sent Me.’ John 6:38.” *The Desire of Ages*, 329, 330

“When you find your work hard, when you complain of difficulties and trials, when you say that you have no strength to withstand temptation, that you cannot overcome impatience, and that the Christian life is uphill work, be sure that you are not bearing the yoke of Christ; you are bearing the yoke of another master.” *Child Guidance*, 267

2.b. What is Christ willing to teach us? Matthew 11:29

**Note:** “We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven. This training means a knowledge of Christ. It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness. The soul must be delivered from all that is opposed to loyalty to God.

“In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage.” *The Desire of Ages*, 330

## Tuesday

### 3 “MY YOKE IS EASY”

3.a. What does Christ mean when He says, “My yoke is easy”? Matthew 11:30

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**Note:** “The yoke is placed upon the oxen to aid them in drawing the load, to lighten the burden. So with the yoke of Christ. When our will is swallowed up in the will of God, and we use His gifts to bless others, we shall find life’s burden light. He who walks in the way of God’s commandments is walking in company with Christ, and in His love the heart is at rest. When Moses prayed, ‘Show me now Thy way, that I may know Thee,’ the Lord answered him, ‘My presence shall go with thee, and I will give thee rest.’ And through the prophets the message was given, ‘Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.’ Exodus 33:13, 14; Jeremiah 6:16. And He says, ‘O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea.’ Isaiah 48:18.” *The Desire of Ages*, 331

3.b. What words does John employ to utter the same message? 1 John 5:3

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**Note:** “In the new birth the heart is brought into harmony with God, as it is brought into accord with His law. When this mighty change has taken place in the sinner, he has passed from death unto life, from sin unto holiness, from transgression and rebellion to obedience and loyalty. The old life of alienation from God has ended; the new life of reconciliation, of faith and love, has begun. Then ‘the righteousness of the law’ will ‘be fulfilled in us, who walk not after the flesh, but after the Spirit.’ Romans 8:4. And the language of the soul will be: ‘O how love I Thy law! It is my meditation all the day.’ Psalm 119:97.

“‘The law of the Lord is perfect, converting the soul.’ Psalm 19:7. Without the law, men have no just conception of the purity and holiness of God or of their own guilt and uncleanness. They have no true conviction of sin and feel no need of repentance. Not seeing their lost condition as violators of God’s law, they do not realize their need of the atoning blood of Christ. The hope of salvation is accepted without a radical change of heart or reformation of life. Thus superficial conversions abound, and multitudes are joined to the church who have never been united to Christ.” *The Great Controversy*, 468

## Wednesday

### 4 “ENTERING INTO HIS REST”

4.a. What is the main hindrance that has prevented our entrance into the heavenly Canaan? Hebrews 3:18, 19

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**Note:** “It was not the will of God that the coming of Christ should be ... delayed. God did not design that His people, Israel, should wander forty years in the wilderness. He promised to lead them directly to the land of Canaan, and establish them there a holy, healthy, happy people. But those to whom it was first preached, went not in ‘because of unbelief.’ Their hearts were filled with murmuring, rebellion, and hatred, and He could not fulfill His covenant with them.

“For forty years did unbelief, murmuring, and rebellion shut out ancient Israel from the land of Canaan. The same sins have delayed the entrance of modern Israel into the heavenly Canaan. In neither case were the promises of God at fault. It is the unbelief, the worldliness, unconsecration, and strife among the Lord’s professed people that have kept us in this world of sin and sorrow so many years.

“We may have to remain here in this world because of insubordination many more years, as did the children of Israel; but for Christ’s sake, His people should not add sin to sin by charging God with the consequence of their own wrong course of action.” *Evangelism*, 696



4.b. On the other hand, how can we enter into Christ's rest? Hebrews 4:1-3

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**Note:** "It is not a conclusive evidence that a man is a Christian because he manifests spiritual ecstasy under extraordinary circumstances. Holiness is not rapture: it is an entire surrender of the will to God; it is living by every word that proceeds from the mouth of God; it is doing the will of our heavenly Father; it is trusting God in trial, in darkness as well as in the light; it is walking by faith and not by sight; it is relying on God with unquestioning confidence, and resting in His love." *The Acts of the Apostles*, 51

"By giving the gospel to the world it is in our power to hasten our Lord's return." *The Desire of Ages*, 633

## Thursday

### 5 PRACTICAL RESULTS OF CHRIST'S REST

5.a. What is the fruit of entering into Christ's rest? Hebrews 4:10, 11

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**Note:** "There remains therefore a rest for the people of God. ... Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience." The rest here spoken of is the rest of grace, obtained by following the prescription, Labor diligently. Those who learn of Jesus His meekness and lowliness find rest in the experience of practicing His lessons. It is not in indolence, in selfish ease and pleasure-seeking, that rest is obtained. Those who are unwilling to give the Lord faithful, earnest, loving service will not find spiritual rest in this life or in the life to come. Only from earnest labor comes peace and joy in the Holy Spirit—happiness on earth and glory hereafter." *The Seventh-day Adventist Bible Commentary*, Vol. 7, 928



5.b. What is the final rest reserved for God's people? Revelation 7:15-17

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**Note:** "As through Jesus we enter into rest, heaven begins here. We respond to His invitation, Come, learn of Me, and in thus coming we begin the life eternal. Heaven is a ceaseless approaching to God through Christ. The longer we are in the heaven of bliss, the more and still more of glory will be opened to us; and the more we know of God, the more intense will be our happiness. As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence. All that human nature can bear, we may receive here." *The Desire of Ages*, 331, 332

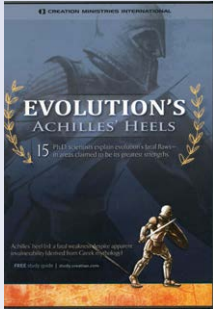
## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What does Christ offer to those who accept His invitation?
- 2 What is the meaning of the "yoke" of Christ?
- 3 Under what circumstances is the "yoke" of Christ easy?
- 4 When do we really enter into Christ's rest?
- 5 When will God's people have complete rest?

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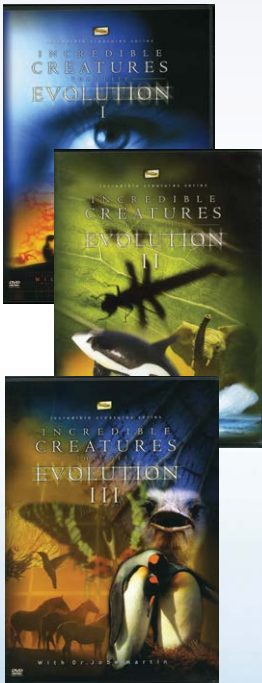
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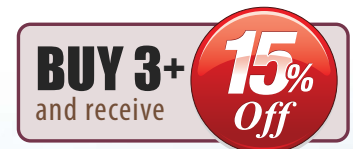
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## BLUEBERRY APPLE FOLD-OVER PIE

### Ingredients

1 cup Granny Smith apple, cored and thinly sliced  
 ¼ cup coconut sugar  
 1 Tbs. water  
 1 tsp. fresh lemon juice  
 1 Tbs. whole wheat pasty flour, or flour of choice  
 ¼ tsp. salt  
 1 Tbs. plant-based butter or coconut oil  
 ½ tsp. vanilla flavoring  
 1 cup blueberries, fresh or frozen  
 2 pie crusts  
 2 baking sheets

### Process

- In a saucepan, combine the apple, coconut sugar, water, and lemon juice.
- Cook over medium heat until bubbly. Cover, lower heat to low, cook 6-8 minutes, stirring often.
- In a bowl, mix flour, and salt. Stir into apple mixture until it thickens. Remove from heat; add butter or oil and vanilla. Fold blueberries into mixture. Let cool about 10 minutes.
- Lay one pie crust on a baking sheet, lay the other crust on a second baking sheet.
- Spoon half of filling onto center of one crust. Fold over pie crust to meet other edge. Press edges with fork tines. Cut a few small slits on top of crust. Repeat with the second crust.
- Bake at 375° for 25-35 minutes, until crust is golden brown. Remove from oven. Let cool. Cut into desired servings.



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