

HISTORIC
LANDMARKS
OF ADVENTISM



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Lot's Wife***

*There is a valuable lesson in the story of
Lot and what happened to his wife.*

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From the Editor

John J. Grosboll

Our God is a Consuming Fire

"**N**adab and Abihu, the sons of Aaron, each took his censer and put fire in it, put incense on it, and offered profane fire before the Lord, which He had not commanded them. So fire went out from the Lord and devoured them, and they died before the Lord. And Moses said to Aaron, 'This is what the Lord spoke, saying: "By those who come near Me I must be regarded as holy."' " Leviticus 10:1-3, *first part*

We are living in a generation that seems not to understand what holiness is. He who is not holy will not see the Lord (Hebrews 12:14). An unholy person does not talk or act in harmony with the law of God. But the thoughts, feelings, words, and actions of a holy person are in harmony with the ten commandments, because the law is holy, just, and good. (Romans 7:12.)

One of the chief aspects of holiness is purity. The Bible says concerning God, "You are of purer eyes than to behold evil, and cannot look on wickedness." Habakkuk 1:13

We are told that the glory of God is a consuming fire (Hebrews 12:29), and the

work of Jesus for His people in the last days is likened to a refiner's fire (Malachi 3:2). Fire is one of the symbols of the Holy Spirit. On the day of Pentecost, the Holy Spirit was manifested to the apostles as tongues of fire resting on each of the apostles.

"The prophet Isaiah had declared that the Lord would cleanse His people from their iniquities 'by the spirit of judgment, and by the spirit of burning.' The word of the Lord to Israel was, 'I will turn My hand upon thee, and purely purge away thy dross, and take away all thy tin.' Isaiah 4:4; 1:25. ... In all who submit to His power, the Spirit of God will consume sin. But if men cling to sin, they become identified with it. Then the glory of God, which destroys sin, must destroy them. ...

"Wherever men came before God while willfully cherishing evil, they were destroyed. ... The light of the glory of God, which imparts life to the righteous, will slay the wicked." *The Desire of Ages*, 107, 108

When the Lord looks upon you does He see that you have been baptized with fire and now are living a holy life? **LM**

HISTORIC

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Staff

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

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Publisher

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

facebook

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

YouTube

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By John J. Grosboll



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By Harvey Steck



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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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Remember Lot's Wife

By John J. Grosboll

There are a few verses in the Bible that consist of fewer than five words:

Jesus wept.	John 11:35
Quench not the Spirit.	1 Thessalonians 5:19
Pray without ceasing.	1 Thessalonians 5:17
Remember Lot's wife.	Luke 17:32

I want to study with you Luke 17:32: "Remember Lot's wife."

We find the story of Lot in the book of Genesis, but it is spoken of a number of times throughout the Bible. In the account found in Luke, Jesus was telling His disciples what to expect at the end of time, and He said, "Remember Lot's wife."

It is an astonishing thing that the few things in the Bible that God calls upon us to "Remember" are the very things that mankind tends to forget. For instance, the fourth commandment begins with the word "Remember," yet most of the world today believe this commandment was done away with at the cross, or that the seventh-day Sabbath was just for the Jews, or that it doesn't really matter what day is kept as the Sabbath, just so long as I worship God on one day.

But God said to remember Lot's wife, so we should go back to the Old Testament and look at the Biblical account of Lot and the destruction of Sodom and Gomorrah to learn why He said it.

Haran, Lot's father, died, leaving Lot fatherless. Abraham, his uncle, assumed the role of father to him, and when Abraham left Ur of the Chaldees and ultimately went to the promised land, Lot was with him.

Early in Lot's life, he made a choice that proved to be a very serious mistake. Many people make some of the most serious mistakes of their lives when they are young, and the consequences can follow them throughout their life. However, Lot's mistake didn't just affect his own life, it also changed the course of world history.

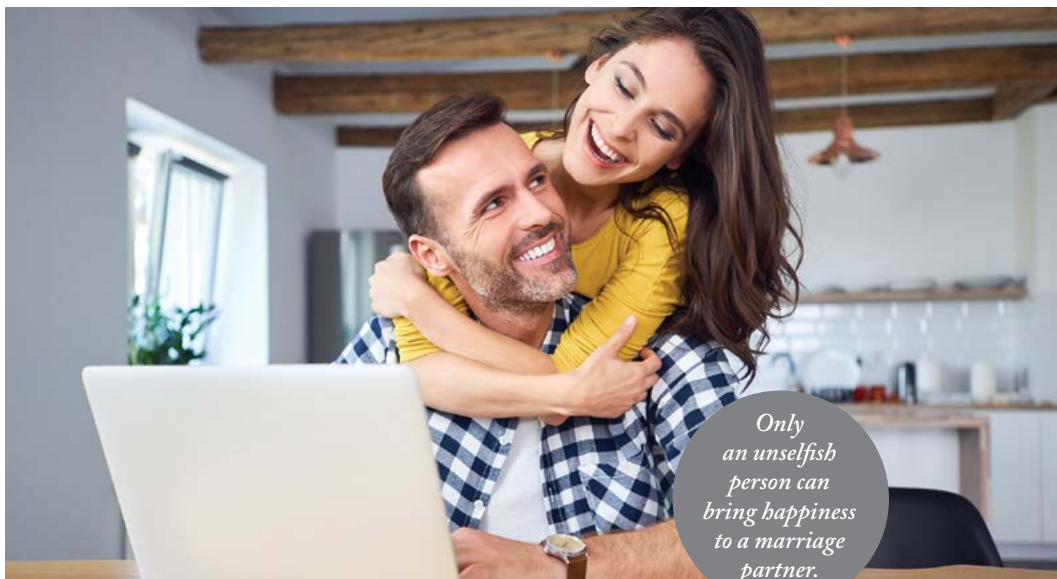
"The wife of Lot was a selfish, irreligious woman, and her influence was exerted to separate her husband from Abraham. But for her, Lot would not have remained in Sodom, deprived of the counsel of the wise, God-fearing patriarch. The influence of his wife and the associations of that wicked city would have led him to apostatize from God had it not been for the faithful instruction he had early received from Abraham. The marriage of Lot and his choice of Sodom for a home were the first links in a chain of events fraught with evil to the world for many generations." *Patriarchs and Prophets*, 174

Lot made a poor choice of a marriage partner, but if he had asked the following three questions, he might never have married her.

1

Is the man or woman I'm planning to marry a proud person?

Marriage to a proud person is a guarantee that you will have trouble in your marriage. Study the book of Proverbs.



Only an unselfish person can bring happiness to a marriage partner.

2

Is the man or woman I'm planning to marry a selfish person?

Mrs. White says that Lot's wife was a selfish woman. No man or woman should ever consider marriage to a person who gives clear evidence of a selfish character. Such an act guarantees sadness in your life, for only an unselfish person can bring happiness to a marriage partner.

then be converted." *Manuscript Releases*, Vol. 7, 271

Just imagine being married to someone who cannot control their tongue!

"No one who fears God can without danger connect himself with one who fears Him not. 'Can two walk together, except they be agreed?' Amos 3:3." *Patriarchs and Prophets*, 174

The marriage of Christians with the ungodly is forbidden in the Bible. The Lord's direction is, "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?" 2 Corinthians 6:14

Lot made a poor choice and married a proud, selfish, and irreligious woman, but he could not leave her, so he remained faithful to her. (See 1 Corinthians 7.)

Abraham and Lot had large herds of cattle between them, and soon, the Bible tells us, strife rose up. This strife was between Lot's herdsmen and Abraham's herdsmen over the pasture land and watering places for the cattle.

"Contention among God's people is offensive in His sight." *The Signs of the Times*, August 19, 1880

3

Is the man or woman I'm planning to marry an irreligious person?

Mrs. White says that Lot's wife was not only selfish but also irreligious. This is how the Bible describes an irreligious person:

"If anyone among you thinks he is religious, and does not bridle their tongue but deceives his own heart, this one's religion is useless." James 1:26

Mrs. White has this to say about the quarrelsome faultfinder: "I feel an intense interest regarding every faultfinder; for I know that a quarrelsome disposition will never find entrance into the city of God. Quarrel with yourself, but with no one else; and

“

Do not scandalize the truth by bitter envying and contention for such is the spirit of the world.

“Charity does not rejoice in evil, revenge does. ... Avoid every bitter word, every unkind action. Love as brethren; be kind; be courteous. Do not scandalize the truth by bitter envying and contention for such is the spirit of the world.” Ibid., February 14, 1895

It became apparent that a solution must be found. Having a great deal of land, Abraham pointed out that there was no need for fighting, and offered to Lot the ability to choose where he would like to set up his home. Lot chose the good pasture land with plenty of water that lay closest to Sodom. But was this the only choice Lot could have made, the one the Lord would have wanted for him? I’m sure it wasn’t.

Sadly, pride held sway in Lot’s side of the camp, and he was pleased with the obvious benefits of the land. Sodom was a prosperous city, and living near it helped Lot to continue to prosper. It also pleased Lot’s wife.

Abraham, as Lot’s senior, and, acting as his father, could have disallowed Lot from taking that part of the land. Abraham had every right to make the first choice, and whatever was left would have been Lot’s. Mrs. White distinctly says that Abraham was responsible for Lot’s financial success and prosperity. But Abraham was a gracious person, and even though by right he could have made the first choice, he told Lot, “Please let there be no strife between you and me, and between my herdsmen and your herdsmen; for we are brethren.” Genesis 13:8. Instead, he gave Lot the first choice, and because he and his wife were proud and selfish, Lot looked around, saw how fine the plain of Jordan was and chose Sodom.

“Abram dwelt in the land of Canaan, and Lot dwelt in the cities of the plain and pitched his tent toward Sodom.” Verse 12

It appears that Lot didn’t at first live in Sodom, but he was very close by and it wasn’t long before he moved his family right into the city. The Bible doesn’t tell us how many children Lot had, though we know he

had at least four daughters, but there is no record that he had any sons.

Sodom was filled with wealthy, corrupt, and sexually-perverse people. Homosexuality was an accepted practice with the inhabitants of the city, but as far as we know, none of Lot’s family was involved in those practices.

Homosexuality is not our subject here. However, we need to understand that we can be as guilty as those of Sodom—become like the Sodomite—if we involve ourselves in sexual activities that are contrary to the guidance of the Bible and Inspiration.

Do not Submit Your Body

“Any youth who would submit her body to be handled by a man is in no way fit for the kingdom of heaven. All this vile practice and commonness is what is ruining our youth. ...

“These are the very sins which corrupted Sodom. Their evil practices did not come all at once. First one man and woman stupefied themselves by unholy polluted habits. Then as the inhabitants settled in Sodom ... [and] continued to multiply, these ministers of sin continued in educating them in their own defiling practices ... until Sodom became renowned for its pollutions.” *Testimonies on Sexual Behavior, Adultery, and Divorce*, 125, 126

We must be vigilant that we do not allow ourselves, particularly the young, to participate in this sodomitish practice of petting and handling one another outside the bonds of marriage, else we cannot enter heaven.

Forsake Uncleanness

Reading again from the Spirit of Prophecy: “Not one particle of sodomitish impurity will escape the wrath of God at the execution of the judgment. Those who do not repent of and forsake all uncleanness will fall with the wicked. ...

“Handbills on which indecent pictures are printed are posted up along our streets to allure our eyes and deprave the morals. These presentations are of such a character as to stir up the basest passions of the human heart through corrupt imaginings. These corrupt imaginings are followed by defiling practices like those in which the Sodomites

indulged. ... Our youth will be defiled, their thoughts degraded, and their souls polluted unless they are barricaded with the truth." Ibid., 119, 120

Sodom was filled with portrayals of indecent and corrupting activities; and it continues today on billboards, lighted displays, in posters, magazines, movies, and TV shows.

A Stylish Appearance

"Far greater pains should be taken to instruct them so that they shall have beautiful characters and keep the way of the Lord than to have them make a stylish appearance, taking the way of the Sodomites." *Pamphlet 096 – Testimonies on the Case of Elder E. P. Daniels* (1890), 16

So what is wrong with a stylish appearance? Too much of what makes up a stylish appearance is designed—intentionally—to awaken sensuality and sexual passions, and if we wear any kind of garment or adornment that arouses sexual passions, we are following the way of the Sodomites.

By Withholding, You are Holier

In the first centuries following Christ's ascension, the devil introduced the practice of celibacy among the clergy. This practice put forth that if you were celibate, then you were more holy than married people. The practice of celibacy continues within the Catholic church even today. (See *History of Sacerdotal Celibacy in the Christian Church* by Henry Charles Lea.)

We can never fully imagine how much homosexuality, fornication, adultery, and all other kinds of lewd practices have resulted in the world as a result of this teaching.

Growing up in Sodom

"I have had a sharp pointed testimony for the youth, and I am pained to the heart to see the little modesty and real, good, decent behavior in the young. [There are] young girls so forward as to make advances to young men; so



destitute of Christlike humility and elevation of character. The young girls [are] flirting with young men, sitting in meeting and exchanging notes with them at the very time I am presenting a message from God to the people.

"The young women make advances to the young men and get up a flirtation with them. Their forwardness, their common, cheap talk and ways, are offensive to God, and I told them last Sabbath that they were fast becoming like the Sodomites." *Manuscript Releases*, Vol. 19, 218, 219

Sodom was a place where the young people were flirtatious with each other and spoke common, cheap words.

"Their young men and women think only of how they can get into each other's society and break down all the barriers of reserve and true decorum. It is a pitiful condition of things. ...

"Boys flirting with the girls, and the girls flirting with the boys, seems to be a passion which destroys common sense ... and leaves the souls of youth, who might use their talents to the glory of God, as destitute of the Spirit of God as the hills of Gilboa ...

"Unless the moral taste is refined, unless Christ becomes an abiding principle in the soul, but few of the youth will ever see heaven." Ibid., 219, 220

It is a dangerous thing to grow up in Sodom. Only three people escaped the destruction of Sodom alive; only a few people from the large cities of the world today will escape their Sodom-like influence. We must get out of Sodom. It would be best to physically remove ourselves from Sodom's influence. It may not be possible at this time, but definitely we must turn our backs from its lifestyle and wicked influences.

"Lot could have preserved his family from many evils had he not made his home in the wicked, polluted city. All that Lot and his family did in Sodom could have been done by them even if they had lived in a place some distance from the city." *Last Day Events*, 96

"Enoch walked with God, and yet he did not live in the midst of any city polluted with any kind of violence and wickedness, as did Lot in Sodom.

"He [Enoch] did not make his abode with the wicked." *Maranatha*, 184

"Cities and even country towns are becoming like Sodom and Gomorrah, and like the world as it was in the days of Noah. The training of the youth in those days was after the same order as the children are being educated and trained in this age, to love excitement, to glorify themselves,

to follow the imagination of their own evil hearts.” *Manuscript Releases*, Vol. 12, 89

“Those who will take their families into the country place them where they have fewer temptations.” *The Adventist Home*, 143

Leaving Sodom and moving to the country, if you can, is a good idea. But physically leaving a place doesn’t remove it or its attractions from the mind and heart. It isn’t enough to take your body out of Sodom, you have to remove Sodom from your mind and heart as well; and there’s the rub.

With so much electronic media that can reach even isolated places out in the country, you don’t have to be in Sodom to continue enjoying all its pleasures via radio, television, or the Internet. But if it is your desire to truly be free of Sodom, in every way, then you have some work to do, because if you want to get out of Sodom, you must first get Sodom out of your mind.

There is a principle found in God’s law regarding how we relate to our parents. In the fifth commandment, the Lord said, and of course this would apply to children of any age, that we should honor our father and mother.

One of the greatest problems for Sodom was that they had lost all concept of the principle of honor. They had no respect for themselves nor anyone else. If they wanted something, they took it, even if they had no right to it. But the principle of honor is part of the ten commandments. We dishonor God and our fellow man when we fail to obey these commandments. And if we want to be truly rid of Sodom in our

minds and hearts, then we must sacrifice everything to honor and obey God’s law, seeking always to do His will, and to honor the lives of all around us. If not, we will never be a part of the kingdom of heaven.

“

Too much of what makes up a stylish appearance is designed—intentionally—to awaken sensuality.

Out of Time

Looking at the last night for Sodom, we see that angels came to town, and Lot being very hospitable, invited them to his home.

There he prepared a meal, but before they could retire for the night, the men of the city gathered

around the house demanding that Lot should, “Bring them [the angels] out to us that we may know them carnally (have sexual relations with them).” Genesis 19:5

What was Lot’s response? He offered his two virgin daughters to these men in an attempt to keep them from committing homosexual acts with his guests. He obviously was under a lot of pressure, afraid no doubt, that he and everyone in the house might be killed.

Lot thought he was just entertaining two men who had journeyed to Sodom, but he soon discovered that his guests were far from ordinary men. The angels, in response to the demands of the men of Sodom, struck them with blindness. The Bible tells us that the men then wandered around outside unable to find the door until they became weary from the effort.

The angels then told Lot their purpose for visiting Sodom. “For we will destroy this place, because the outcry against them has grown great before the face of the Lord, and the Lord has sent us to destroy it.” Verse 13

Lot went to warn his daughters and their husbands telling them of the mission of the angels and the soon-coming destruction of Sodom. They laughed and called him insane. “Lot returned sorrowfully to his home ...” *The Truth About Angels*, 76. The angels instructed Lot, his wife, and remaining two daughters to leave Sodom. But Lot hesitated. “Stupified with sorrow, he lingered, loath to depart. But for the angels of God, they would all have perished in the ruin of Sodom. The heavenly messengers took him and his wife and daughters by the hand, and led them out of the city.” *Patriarchs and Prophets*, 160

Why did Lot delay? We could say because he didn’t want to leave his children who did not want to leave Sodom, and that would be true. But a whole lot of what made Lot who he was at that moment was there in Sodom. He was influential and wealthy. His wife and children were happy there. Lot didn’t just live in Sodom, Sodom lived in him, and a decision to leave meant having to leave Sodom behind in every way. He would have to give up everything, and he would be asking his wife and children to do the same.

The angels had to take Lot and his family from the city by force and, once outside the city, they left them to return to their work of destruction, instructing Lot and his family to flee to the mountains and not to look back. But Lot pleaded that they could go instead to one of the small towns nearby. He had lived in the city for so long he was afraid to be in the mountains, afraid of wild beasts and snakes, and likely, the inhospitable aspect of living in the wild.

Because Lot hesitated and was reluctant to follow the angels’ instructions quickly and to the letter, it cost his wife her life. Because he lingered and was afraid, his wife manifested unbelief and she disobeyed a direct, divine command from the Lord Himself. She looked back toward Sodom; and immediately she became a pillar of salt.

Friend, we are living in a world that has become a second Sodom. Will you get out alive? Will your spouse and children get out alive? The decisions that you make now, each and every day, will determine if you will. It is not enough to get your body out of Sodom; you have to get Sodom out of your mind and heart.

The Great Controversy tells us that when God delivers His people, they will have given up all for Christ. How much? Everything. From a worldly point of view, all the saints are going to be very poor.

You see, when Jesus comes, this will all be burned up—houses, cars, bank accounts, stocks, bonds, businesses—everything. The only thing that the saints will take from this world to the next is their character; a character free of Sodom, “a character formed according to the divine likeness.” *Christ’s Object Lessons*, 332

“Lot had too much of a lingering spirit. Let us not be like him. The same voice that warned Lot to leave Sodom bids us, ‘Come out from among them, and be ye separate ... and touch not the unclean.’ Those who obey this warning will find a refuge. Let every man be wide awake for himself, and try to save his family. Let him gird himself for the work. God will reveal from point to point what to do next.

“Hear the voice of God through the apostle Paul, ‘Work out your own salvation with fear and trembling. For it is God that worketh in you both to will and to do of His good pleasure.’ Lot trod the plain with unwilling and tardy steps. He had so long associated with evil workers that he could not see his peril until his wife stood on the plain a pillar of salt forever.” *Country Living*, 6, 7

Remember Lot’s wife. **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, or by telephone at: 316-788-5559.

With
God
all
Things
are
possible

~matt 19:26~



Our Perfect Example

By Harvey Steck

“For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: ‘Who committed no sin, nor was deceit found in His mouth’; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously; who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.”

1 Peter 2:21–24

Here Peter says that Christ has left us an example for what we are to *do* and *say*. Verse 22 says that He “committed no sin, nor was deceit found in His mouth.” I would like to share with you some gems from the Spirit of Prophecy that I found as I studied the words *sinless* and *sinlessness*.

Now what does it actually mean to be my “example”? If I cut some lumber with a power tool, and then I give my nine-year-old daughter Hannah a handsaw and ask her to do what I just did, can I expect her to do her part just as well and as quickly as I did mine? Is she fully equipped to follow my example? Hannah is much smaller and weaker, not to mention less experienced. Even if we both had the same tools, it would take her longer to do the job. I have such an advantage that it is ridiculous for me to require her to follow my example.



We read from 1 Peter 2 that Christ left us an example, that we should follow in His steps. It would be unfair and cruel to us if we were expected to follow Christ's example without the tools that He had at His disposal. Thankfully, we may be assured that His example is not out of our reach if we will fully surrender to Him and take advantage of the heavenly grace He has offered to us.

"As one of us, He was to give an example of obedience. For this He took upon Himself our nature, and passed through our experiences. 'In all things it behooved Him to be made like unto His brethren.' Hebrews 2:17. If we had to bear anything which Jesus did not endure, then upon this point Satan would represent the power of God as insufficient for us. Therefore Jesus was 'in all points tempted like as we are.' Hebrews 4:15. He endured every trial to which we are subject. And He exercised in His own behalf no power that is not freely offered to us. As man, He met temptation, and overcame in the strength given Him from God. ...

"By His humanity, Christ touched humanity; by His divinity, He lays hold upon the throne of God. As the Son of man, He gave us an example of obedience; as the Son of God, He gives us power to obey." *The Desire of Ages*, 24

"Jesus revealed no qualities, and exercised no powers, that men may not have through faith in Him. His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was." *Ibid.*, 664

A Sinless Example

What kind of example did Jesus give us? He lived a sinless life, showing that God's law—all of it—could be perfectly kept, demonstrating that a sinless character could be developed in man.

"He came with such a heredity to share our sorrows and temptations, and to give us the example of a sinless life." *Ibid.*, 49



Jesus
lived
a sinless life,
showing that God's
law—all of it—
could be perfectly
kept.

Some have suggested that Jesus' example is something that I should be striving to follow, but I cannot actually live a sinless life—one of perfect obedience. I will always be relying upon Christ's covering robe of righteousness to make up for my own deficiencies. But is this what Inspiration teaches?

"Christ has left us a perfect, sinless example. His followers are to *walk in His footsteps*. If they are not transformed in character, they can never dwell with Him in His kingdom. Christ died to elevate and ennoble them, and *those who retain hereditary tendencies to wrong cannot dwell with Him*. He suffered all that it is possible for human flesh to suffer and endure, that we might pass triumphantly through all the temptations Satan may invent to destroy our faith." *Sons and Daughters of God*, 294

Truly this is a matter of salvation. Christ's atonement offers justification to the repentant sinner for his past sins and is vital for our salvation; but it is just as vital that we take the next step of complete transformation and submission to God's revealed will. Those who neglect this latter step "can never dwell with Him."

"Christ has made every provision for the sanctification of His church. He has made abundant provision for every

soul to have such grace and strength that he will be more than a conqueror in the warfare against sin. The Saviour is wounded afresh and put to open shame when His people pay no heed to His word. *He came to this world and lived a sinless life, that in His power His people might also live lives of sinlessness. He desires them by practicing the principles of truth to show to the world that God's grace has power to sanctify the heart.*" *The Review and Herald*, April 1, 1902

"Everyone who believes on Christ, everyone who relies on the keeping power of a risen Saviour that has suffered the penalty pronounced upon the transgressor, everyone who resists temptation and in the midst of evil copies the pattern given in the Christ life, will through faith in the atoning sacrifice of Christ become a partaker of the divine nature, having escaped the corruption that is in the world through lust. *Everyone who by faith obeys God's commandments will reach the condition of sinlessness in which Adam lived before his transgression.*" *In Heavenly Places*, 146

Please notice, we are called to "the condition of sinlessness in which Adam lived before his transgression." Heaven requires that you and I reflect the character of the pre-fall Adam while we still have the sinful flesh of the post-fall

Adam—and God has made every provision necessary to make it possible.

It Is the Thought that Counts!

Jesus showed the result of continually keeping the thoughts and feelings pure and elevated. While He had to rely upon His heavenly Father for strength to resist temptations just as we do, He did not have the same desire for sin that exists in the unconverted heart; instead, He recoiled from sin.

“Our Saviour identifies Himself with our needs and weaknesses, in that He became a suppliant, a nightly petitioner, seeking from His Father fresh supplies of strength, to come forth invigorated and refreshed, braced for duty and trial. He is our example in all things. He is a brother in our infirmities, but not in possessing like passions. As the sinless One, His nature recoiled from evil. He endured struggles and torture of soul in a world of sin.” *Testimonies*, Vol. 2, 201, 202

God has called us to reflect the character of Christ, “to be conformed to the image of His Son.” Romans 8:29

“Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own.” *Christ’s Object Lessons*, 69

What does it mean to reflect the character of Jesus? It means that the principles of the ten commandments—God’s law of love—are written upon the heart and will be reflected in our words and actions. It means that when faced with temptation we will recoil from evil.

It means we will be disgusted at any thought of sin, and temptation will lose its power over us.

There was a time when I focused almost all my attention on my outward actions, trying my best to make sure that I was perfectly obedient, while inside I still cherished sinful thoughts. At times, I lost my temper and then apologized, but I would still tell myself that I was justified, that the other party was in the wrong. This mixture of success and failure, victory and defeat, was a confusing witness for the Lord:

“A righteous man who falters before the wicked is like a murky spring and a polluted well.” Proverbs 25:26

“Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening?” James, 3:10, 11

Solomon said, “Keep your heart with all diligence, for out of it spring the issues of life.” Proverbs 4:23

I had not fully realized that the key to a truly victorious experience has everything to do with the mind and heart—how we think and feel.

Christ said to the Pharisees, “Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of the heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.” Matthew 12:34, 35

“Through Christ you may and should be happy and should acquire habits of self-control. Even your thoughts must be brought into subjection to the will of

God and your feelings under the control of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way without any effort at restraint and discipline. *If the thoughts are wrong, the feelings will be wrong, and the thoughts and feelings combined make up the moral character.* When you decide that as Christians you are not required to restrain your thoughts and feelings, you are brought under the influence of evil angels and invite their presence and their control. If you yield to your impressions and allow your thoughts to run in a channel of suspicion, doubt, and repining you will be among the most unhappy of mortals, and your lives will prove a failure.” *Testimonies*, Vol. 5, 310

If we desire to reflect Christ’s character, we need to give proper attention to thinking and feeling as Christ thought and felt. “Let this mind be in you which was also in Christ Jesus.” Philippians 2:5

“As God works upon the heart by His Holy Spirit, man must cooperate with Him. The thoughts must be bound about, restricted, withdrawn from branching out and contemplating things that will only weaken and defile the soul. The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to heaven and helpful to your associates.” *Mind, Character, and Personality*, Vol. 2, 657

“Gird up the loins of your mind, says the apostle; then control your thoughts, not allowing them to have full scope. The thoughts may be guarded and controlled by your own determined efforts. Think right thoughts, and you will perform right actions. You have, then, to guard the affections, not letting them go out and fasten upon improper objects. Jesus has purchased you with His own life; you belong to Him; therefore He is to be consulted in all things, as to how the powers of your mind and the affections of your heart shall be employed.” *The Adventist Home*, 54

“
*Jesus revealed no
qualities, and exercised no
powers, that men may not
have through faith in
Him.*”

When I began to see that victory over temptation begins with right thoughts, then I started experiencing victory over my besetting sins.

“You may think that there can be no sin in permitting your thoughts to run as they naturally would without restraint. But this is not so. You are responsible to God for the indulgence of vain thoughts; for from vain imaginations arises the committal of sins, the actual doing of those things upon which the mind has dwelt. Govern your thoughts, and it will then be much easier to govern your actions. Your thoughts need to be sanctified. Paul writes to the Corinthians: ‘Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.’ When you come into this position, the work of consecration will be better understood by you both. Your thoughts will be pure, chaste, and elevated; your actions pure and sinless.” *Testimonies*, Vol. 3, 82, 83

Did you catch that? If we keep our thoughts in submission to Christ, the result will be that our actions will be pure and sinless. If you are frustrated by a “yo-yo” experience of victory and defeat, then lay the axe at the root of the tree (Matthew 3:10), rather than trying to pick off the ugly fruit. Focus on your thoughts.

“There is earnest work before each one of us. Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them.” *Mind, Character, and Personality*, Vol. 2, 656

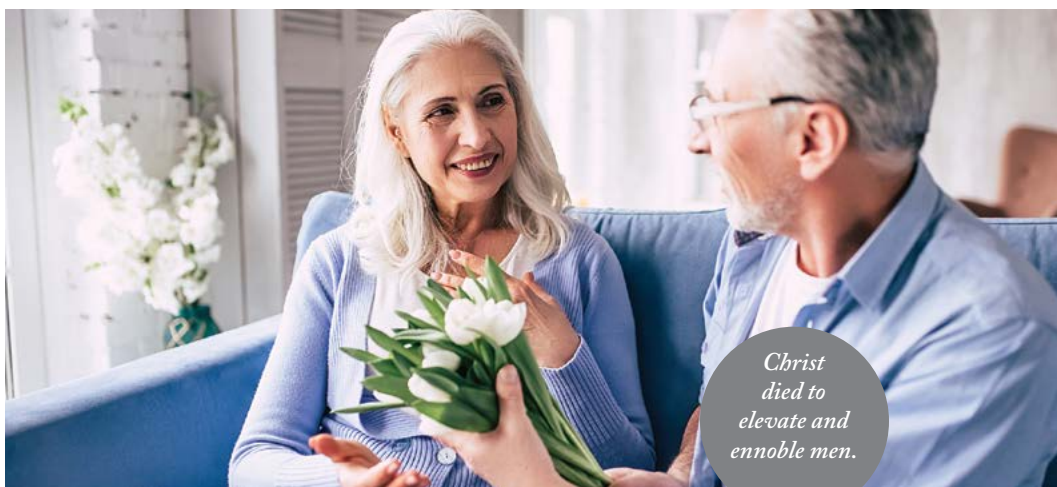
How to Control the Thoughts

There are two simple principles that help me to control my thoughts:

1

“You are what you eat”

Your life will show what your mind is feeding on. Therefore, dedicate time for study and prayer at the beginning and end of the day. Don’t let anyone or anything



take away that time. In addition to feeding on God’s word, you must also refrain from feeding the mind on sinful and worldly things. Resist the enemy’s temptation to make you believe you won’t be affected by watching that movie, reading that book, spending time on the Internet and social media, or listening to that music. Be always on guard, for Satan is looking for us to just crack the door open, and then he will be inside before we realize it.

2

The Replacement Principle

When you are tempted to think wrong thoughts, send up a quick prayer to God for help. Then don’t just try to stop those thoughts; focus your mind on something better. Memorize scripture; sing songs; converse with God in prayer—out loud if no one is nearby. Let your imagination picture the scenes that you have studied in the Scriptures, particularly the life of Christ and the beauties of the new earth. Use the time to think about ways to work more effectively for the Lord.

As we follow these principles in keeping all of our thoughts in submission to Christ, He will fulfill in us this powerful promise:

“Christ was obedient to every requirement of the law. He said of Himself, ‘I delight to do Thy will, O My God; yea, Thy law is within My heart.’ Psalm 40:8. When on earth, He said to His disciples, ‘I have kept My Father’s commandments.’ John 15:10. *By His perfect obedience He has made it possible for every human being to obey God’s commandments.* When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; *we live His life.*” *Christ’s Object Lessons*, 312

May this be our experience.

[All emphasis supplied.]

Taken from: *Our Firm Foundation*, Volume 19, Number 5, May 2004, 8–11

Harvey Steck is a life-time Seventh-day Adventist who has worked in the Lord’s vineyard for many years. He was a book and magazine editor by profession, but subsequently transitioned to Internet work. Yielding to the call for missionary work, He and his wife, Brenda, are currently working to alleviate the needs of the many internally displaced persons on the border between Thailand and Burma as missionaries with the “Border Light” project through development and implementation of several humanitarian and Gospel projects.



The Divinely Prescribed Diet after Sin

By John J. Grosboll

After God created Adam and Eve, He said, “I have given you every herb yielding seed ... and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food.” [Genesis 1:29.]” *Counsels on Diet and Foods*, 81. But when they sinned and were banished from the garden of Eden, the Lord altered their diet making a specific addition: “you shall eat the herb of the field.” Genesis 3:18.

The word translated *herb* is identified as word number 6212 in the Hebrew-English lexicon contained in *Strong's Concordance of the Scriptures*. If you have the *New Englishman's Concordance of the Old Testament* by Wigram, you will see that this word is used about 33 times in the Old Testament and one of its most common translations is "grass." *The Analytical Hebrew and Chaldee Lexicon* by Davidson gives the following translations of this word: "green herb," and plural, "herb," and "vegetables." This same word is translated "green herb" in Genesis 1:30.

The definition of *herb* is a plant that has a fleshy stem as distinguished from the woody stem of shrubs and trees. Herbs generally die back at the end of the growing season.

An herb then is a green vegetable; and after sin man was given green vegetables—herbs—as part of his diet from then on. Adam and Eve had not been in the habit of eating grasses or green herbs in the garden of Eden; before sin entered the world, herbs were only animal food.

This divine instruction to man has never been rescinded. Therefore, green vegetables, or herbs, such as spinach, Swiss chard, turnip greens, collards, alfalfa, dandelion, parsley, lamb's quarter, kelp, watercress, celery, and many more are to be part of the diet of all who fear God. If the human race had always been careful to observe this divine instruction, great suffering would have been prevented down through the ages, but that is beyond the scope of this study.

In 1960, H. E. Kirschner, M.D., published a book entitled *Nature's Healing Grasses*. The book was published by Herbert C. White Publications, and by 1980 had gone through 16 printings. Herbert White was one of Ellen White's grandsons.

In 1936, N.W. Walker, D. Sci. published a book entitled *Raw Vegetable Juices*. In the expanded version of this book, published in 1970, there are over



70 vegetable juice formulas with instructions of how these formulas may be used to help treat various disease conditions.

These green foods will probably cease to be a part of the saints' diet during the time of trouble because then their diet is going to be restricted to only bread and water (see Isaiah 33), but until then if we want to be in harmony with all of the divine instructions about how to live, these foods need to be a part of our daily diet.

A vegetable is defined as the edible part of a plant such as the root, the stem, the leaves and/or the flower. A fruit on the other hand is defined as the ripened ovary or ovaries of a seed-bearing plant together with the surrounding flesh in which the seed or seeds are usually contained.

Human beings evidently like sugar from birth and we can obtain and refine sugar from both fruits and vegetables or herbs. Vegetables that are concentrated sources of sugar include, beets, especially sugar beets, carrots, sweet potatoes, and yams. Fruits as a general class of food are high in sugar, but some fruits are much higher in sugar than others, including pineapple, dates, figs, grapes, pears, bananas, and several other tropical fruits.

Adding a little more sugar to your fruit would not be a problem if you are not a diabetic, and some raw fruits (raspberries come to mind) are better enjoyed by most people if a little sugar is added. But even though some vegetables contain significant amounts of sugar, adding more sugar to vegetables often results in indigestion. Mrs. White makes the following statement on this subject: "It is not well to eat fruit and vegetables at the same meal. *If the digestion is feeble*, the use of both will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal and the vegetables at another." *The Ministry of Healing*, 299, 300

Notice several details about this statement:

1. The subject is not given as a command. For example, it is not well to eat butter, either, but God's people are not commanded not to eat butter.
2. So this is counsel, but not a command, and this counsel is given especially for a certain subset of the general population—those who have weak digestion (dyspeptics).
3. And because of the possibility of suffering indigestion as a result of consuming fruits and vegetables at



the same meal, it is better for those individuals to eat fruit at one meal and vegetables at another.

Unfortunately, very few statements found in Inspiration concerning diet have caused as many questions to be directed at medical missionary workers as this simple statement with very rational counsel. Since questions about the counsel in the above statement have been asked to me in front of college educators with General Conference personnel present, I am acquainted with the unfortunate controversies that develop over this question and I want to explain a few further points on this subject.

- The counsel in the above statement was intended as a *general statement about fruits and vegetables* and was not intended to be all inclusive to include all fruits and all vegetables. A general statement cannot be taken and interpreted literally to all varieties of food. I will explain this in a moment.
- Since this statement was written especially for those with weak

digestion, if you know that you have strong digestion, there certainly is nothing wrong with eating a piece of fruit at the end of a vegetable meal or eating a stalk of celery with your apple as some people like to do.

- Since the statement is a general statement stating a general rule, we need to understand that there are exceptions to this statement (this general rule) where it does not apply. I will begin to list some exceptions now.

I myself listened to a report by Alma McGibbon who was one of Ellen White's close associates during her later years, who stated that Ellen White ate cooked greens daily during that period of her life and she did not eat these cooked greens with just salt. She added some lemon juice. This of course is mixing fruits and vegetables. Was Ellen White a hypocrite, not following her own counsel since she had very weak digestion in her later years? No, this is an exception to the rule. In fact, it is two exceptions to the rule. First of all, greens, either cooked or raw, do not

cause as much problems with indigestion as most other vegetables—such as potatoes or beets—if fruit is eaten at the same meal. But more importantly lemon juice does not contain sugar, and partly for this reason, lemons can be used freely with any vegetable meal. Secondly, lemons can be used at a vegetable meal because they are high in acid content. Consequently, we could easily formulate another general rule: if a fruit has a high acid and low sugar content, it may be freely used with vegetables. There may be some dyspeptics whose digestions are so feeble that this general rule would not apply, but if your digestion is that feeble, you are either very near death's door or you should be seeing a physician who specializes in disorders of the digestive system.

Are there other fruits that are high in acid and low in sugar content that can be eaten with vegetables? Yes. Tomatoes should immediately come to mind. Some people have thought that they could not eat tomatoes with their tossed green salad, but such a restriction is not really necessary. If you want to have a tomato and lettuce sandwich, that is not a violation of the counsel any more than adding lemon juice to a salad or cooked greens.

Other questions soon surface such as this one: What if the fruit is high in acid content, but it also contains some sugar, such as oranges? This becomes a guessing game, and if you are a person with weak digestion it is safer to stick with high acid fruits that are low in sugar, but to be honest I have to say that so far I have never met a person who can eat Harvard beets (prepared with lemon juice) who could not eat Yale beets (prepared with orange juice).

What about the fruits which do not have much sugar content, but are not high in acid content? This is definitely a gray area where any person who is not sure that he has a strong digestion should avoid. There are many people who say that they cannot eat cucum-

bers. Every time a person has told me this I have asked them to try eating part of a cucumber at a meal not containing any vegetables or vegetable derivatives (example—potato flour). So far every person who thought they could not eat cucumbers found that they could eat them just fine. Foods in the melon family cannot be eaten with any other kinds of fruits or vegetables by people with very weak digestion, so you might want to try eating part of a cucumber with no other fruit or vegetable in the meal and see what happens—you probably will be able to eat as much cucumber as you please under those conditions.

Some of the other fruits that are low in sugar that most people can eat with vegetables would include most kinds of squash, green beans, peppers, (however, sweet peppers and potatoes give some people severe indigestion), and eggplant.

If you are troubled with any kind of indigestion problem, it is wise to ask yourself the question: Have I eaten some combination of foods that it would be wiser for me not to eat together at the same meal? Even if you are not combining fruits and vegetables, if the variety of food at one meal is too great, indigestion will result. “There should not be a great variety at any one meal, for this encourages overeating and causes indigestion.” Ibid.

There is still one other general exception to the counsel not to eat fruits and vegetables at the same meal. Mrs. White stated this herself: “Olives may be so prepared as to be eaten with good results at every meal.” *Testimonies*, Vol. 7, 134. Olives are a fruit, high in fat and low in sugar and acidic content, but they may be eaten with good results at every meal including vegetable meals.

Another fruit that is high in fat and low in sugar and acidic content is the popular avocado. Avocados, just like olives, can be eaten as part of a fruit meal or a vegetable meal “with good results.”

Causes of Indigestion	
1	Eating too fast
2	Overeating
3	Meals not spaced far enough apart (less than five hours)
4	Eating between meals
5	Eating late at night
6	Eating when tired
7	Unhealthy state of mind or negative mental attitudes, such as depression
8	Eating unwholesome food such as unripe fruit or spoiled food, or fresh leavened bread, or bread not thoroughly baked, or rich, complicated mixtures of foods, especially combinations of milk and sugar, or simply too much sugar, or too much liquid with meals, and either too much liquid food or too much drinking with meals
9	Use of tea, coffee, cocoa, and soft drinks
10	Use of aluminum utensils for cooking or eating

A most important fact to remember is that fruits and vegetables eaten at the same meal are not the only cause of indigestion, but that the same result can be brought about just as readily by any of the points in the table above.

For a more complete discussion of the problem of indigestion see the book *Abundant Health* by Julius Gilbert White, pages 85–99; or *Natural Remedies Encyclopedia*, sixth edition, by Vance Ferrell and Harold M. Cherne M.D., pages 348–350 [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, or by telephone at: 316-788-5559.

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Lemons do not contain sugar and can be used freely with any vegetable meal.



Christian Character

Clues – KJV/NKJV

Across

- B4 What could Abraham do if he was justified by his works? Romans 4:2 (NKJV)
- C10 Isaiah said, "I am undone because I have unclean _____." Isaiah 6:5
- C18 In the flood, God did not _____ the ancient world. 2 Peter 2:5
- E2 To serve God, we must purge our _____ from dead works?..... Hebrews 9:14
- F17 Paul was not _____ of the gospel of Christ. Romans 1:16
- H13 By the _____ of the Lord were the heavens made. Psalm 33:6
- I2 Jesus is described as the only _____ of the Father. John 1:14
- I20 Enoch walked with God for _____ hundred years after he begat Methuselah Genesis 5:22
- K2 We are God's _____. Ephesians 2:10
- L16 Jesus is referred to as the _____. John 15:5
- N8 God _____ them by giving them the Holy Spirit. Acts 15:8 (NKJV)
- N21 When did Paul implore the centurion and soldiers to take food? Acts 27:33 (NKJV)
- P5 God _____ and it was done. Psalm 33:9
- P21 Abel offered a more excellent sacrifice than _____. Hebrews 11:4
- Q11 What does the grace of God bring? Titus 2:11
- S17 The invitation to the great wedding went out to the _____. Matthew 22:9
- T6 We should keep our hearts with all _____. Proverbs 4:23
- U21 Eve ate the fruit from the forbidden tree thinking she would be _____. Genesis 3:6
- V5 God's grace allows us to have an abundance of _____. (2 words) 2 Corinthians 9:8
- W15 John came to bear _____ of the Light. John 1:7, 8
- X2 We are referred to as _____. John 15:5
- Y16 Eternal life is to know the only _____ God. John 17:3
- Z6 The redeemed will be led to living _____ of waters. Revelation 7:17
- Z21 God is rich in _____. Ephesians 2:4

Down

- B8 Enoch was _____ because he pleased God. Hebrews 11:5 (NKJV)
- B10 Abel brought the firstborn of his _____ for an offering. Genesis 4:4
- B19 Why did God send men into the land of Canaan? Numbers 13:2 (NKJV)
- B22 The Lord will ordain _____ for us. Isaiah 26:12
- D3 We can be more than _____ through Him who loved us. Romans 8:37
- F18 Faith is the _____ of things hoped for. Hebrews 11:1
- F21 God has chosen the weak things to confound the _____. 1 Corinthians 1:27
- F23 Nor did anyone _____ question Jesus after He asked hard questions. Matthew 22:46 (NKJV)
- G9 The angel used _____ to take a coal from the altar. Isaiah 6:6
- G11 The message of the cross is _____ to those who are perishing. 1 Corinthians 1:18
- G14 Noah and his _____ were taken into the ark..... Genesis 7:1 (NKJV)
- K6 Peter says grace and peace be _____ in the knowledge of God. 2 Peter 1:2
- L24 A fruit of the Spirit. Galatians 5:22 (NKJV)
- P8 God is rich in _____. Romans 11:33
- P18 Sin shall not have _____ over you. Romans 6:14
- S3 Who did Christ Jesus come to save? 1 Timothy 1:15
- S14 What is faith without works? James 2:20

[illegible]

LANDMARKS ✱ April 2023



The Light of the World

“Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”

Matthew 5:14–16

Jesus is to be reflected in the Christian's deportment; our characters must be beautiful with the graces of heaven. The presence of God is to be an abiding presence with us; wherever we are, we are to carry light to the world. Those around us should realize that the atmosphere of heaven surrounds us.

But many say, “How can I help sinning? I have tried to overcome, but I do not make advancement.” In your own strength you will fail, but help has been laid upon One who is mighty. In His strength you may be more than conqueror. Say, “Through the grace of God I will be an overcomer.” Put your will on the side of God's will, and with your eye fixed upon Him who is the author and finisher of your faith, you may make straight paths for your feet. When you are



tempted, say, "Jesus is my Saviour, I love Him because He first loved me." Show that you trust Him. As you walk the streets, as you work about your house, you can communicate with your Lord; lay hold upon Him by living faith, and believe His word to the letter.

Now suppose you put away all murmuring and complaining, and look to the light. Let us try it, and see what kind of a life we shall have. When Satan suggests doubt and darkness, say, "I will be free, I am free," and when Satan tells you that you are a sinner, tell him, "I know it; but Jesus said, 'I am not come to call the righteous, but sinners to repentance.'" Ask God to help you to place your thoughts upon Jesus, and Satan cannot control your mind. Put away all commonness; determine that through Jesus you will elevate your soul above all that is low and earthly, and become lights to the world. Let your words be as choice silver, your conversation full of hope and courage in the Lord, and wherever you are those around you will realize that a precious influence goes with you. The light and love and power of God will rest upon you.

Through the mercy of God we have been taken out of the quarry of the world by the mighty cleaver of truth, and we are to be hewn and polished, and fitted for the heavenly building. ... As pilgrims we have been brought into the highway cast up for the ransomed of the Lord to walk in; and we should go in this way with rejoicing, instead of with complaining. This privilege has been bought for us at an infinite cost, and we ought to manifest our joy and gratitude that we are permitted to be numbered among the children of God. Should we walk from day to day with rejoicing and gladness of heart, showing forth the praises of Him who has called us out of darkness into His marvellous light, what effect should we have upon the minds of those around us? They would say, "Certainly they have been with Jesus, and have learned of Him."

Our lives will not be all sunshine; there will be trials. "In the world ye shall have tribulation," says Christ; but in Me ye shall have peace. But the trials are for a purpose. Pride, selfishness, evil passions, and love of worldly pleasures, must all be overcome; therefore afflictions come to test and prove us, and show that these evils exist in the character. We must overcome them through divine strength and grace, that we may become like Jesus, our perfect pattern. Afflictions, crosses, temptations, adversity—all our varied trials—are God's workmen to refine and sanctify us, and make us channels of light to the world. And "our light affliction," says Paul, "which is but for a moment, worketh for us a far more exceeding and eternal weight of glory."

Trials are also God's appointed means to separate the chaff from the wheat. Satan never sleeps. He is watching to lead souls away from Christ. He suggests worldly principles. The "good seed" is choked in many hearts, because it is overgrown with unnecessary cares and needless anxiety—with love for the worldly pleasures and honors that riches give. Meetings are neglected; the heart is not strengthened by these religious privileges, because time and energy are absorbed in money-getting. In other cases there is no depth and stability of character. Principle does not reach down deep, underlying the springs of action. When such persons are tested and proved by the heat of trial and temptation, when the pruning knife of God is applied, that they may bring forth fruit unto perfection, their zeal dies, their piety withers.

The sincere believers of truth are often made sad, and their trials greatly increased, by elements among them that annoy and dishearten them in their efforts. But there is no need of doubts and fears that the work of God will not succeed. God is at the head of the work, and He will set everything in order. Let us have faith that He is going to carry the noble ship which bears His people, safely into port. ... When you think that the work of God is in danger, pray, "Lord, stand at the wheel; carry us through this perplexity; bring us safely into port." Have we not reason to believe that the Lord will bring us through triumphantly?

With each one it is an individual work. You are to commit the keeping of your soul unto God as unto a faithful Creator. When you do this, you will know something of the love of God; for it will abound in your heart unto His glory. When you come together for the worship of God, the meetings will be uplifting in character; for the Lord will put a new song into your mouth, even praise unto our God. You will say, "Hear what the Lord has done for my soul." Your soul will be all light in the Lord. Perhaps you have been looking on the dark side of the picture. Now, turn to the other side. Turn the dark side to the wall, and look on the beautiful pictures of the love of God. Educate your tongue to talk of God's mercy, and speak forth the praises of Him who hath called you out of darkness into His marvellous light. Let us answer to the purpose of God, and be indeed the "light of the world." *Bible Echo and Signs of the Times*, July 15, 1892 LM

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*Jesus is to be reflected in
the Christian's deportment;
our characters must be
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of heaven.*”



Little Scotch Granite

Burt and Johnny Lee were delighted when their Scottish cousin Willie came to live with them. He was as far along in his studies as they were; and the first day he went to school, they thought him a very good student. He wasted no time in play when he should have been studying, and he recited well.

At night, just before the close of school, the teacher called a roll, and the boys began to answer, "Ten." When Willie understood that he was to say "ten" if he had not whispered during the day, he replied, "I have whispered."

"More than once?" asked the teacher.

"Yes, sir," answered Willie.

"As many as ten times?"

"Maybe I have," he said slowly.

"Then I shall mark you 'zero,'" said the teacher sternly, "and that is a very great disgrace."

"Why, I did not see you whisper once," said Johnny that night after school.

"Well, I did," said Willie, "I saw others doing it, and so I asked to borrow a book; then I lent a slate pencil, and asked a boy for a knife, and did several such things. I supposed it was allowed."

"Oh, we *all* do *that*," said Burt, reddening. "There isn't any sense in the old rule, and nobody could keep it. Nobody does."

"I will, or else I will say I haven't," said Willie. "Do you suppose I would tell ten lies in one heap?"

"Oh, we don't call them lies," muttered Johnny.

"There wouldn't be a credit among us at night if we were so strict."

"What of *that*, if you told the *truth*?" laughed Willie bravely.

In a short time, the boys all saw how it was with this truthful little Scottish boy. He studied hard, played with all his might in playtime, but from his own account he lost more credits than any of the rest.

After some weeks, the other boys answered *nine* and *eight* oftener than they used to. Yet the schoolroom seemed to have grown much more quiet. Sometimes, when Willie Grant's mark was even lower than usual, the teacher would smile, but said no more of "disgrace."

Willie never preached at the boys or told tales. But somehow it made the

boys ashamed of themselves, just seeing that this sturdy, blue-eyed Scottish boy must tell the truth. They felt like cheats and "storytellers." They talked about him among themselves and loved him, if they *did* nickname him "Scotch Granite," because he was so firm about a promise.


At the end of the term, Willie's name was very low down in the credit list. When it was read, he had hard work not to cry, for he had tried hard to be perfect.

The very last thing that day was a speech by the teacher.

"I want to give a little gold medal to the most faithful boy, the one really the most conscientiously perfect in his deportment," he said. "Who shall have it?"

"Little Scotch Granite!" shouted forty boys at once. For the child whose name was so low on the credit list had made truth noble in their eyes.

Is every boy in your school a "Scotch Granite"?

Balloons, Selections from the True Education Series, ©1930, 53-55 





What is Love?

A soldier hurt in a war lost his legs and suffered brain damage. His young wife sacrifices all to care for him. Is that love?

A single mother raising three children alone, working three jobs to keep them in school, dressed, fed, and housed. Is that love?

The mother bird gathers her chicks under her wings to protect them from a raging wildfire, sacrificing her own life to save theirs. Is that love?

Helping a man, an enemy, beaten and robbed on the side of the road when no one else will. Is that love?

Yes, it is. How do we know?

Because Jesus gave up everything to save you and me. He lived the life that He promises we will be able to live by His power. And He died to pay the penalty for our sinfulness that we could not pay. That is love!

"In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins." 1 John 4:10

We sacrifice, giving up everything, all of ourselves. We obey His commands and do His will. This is love.

"Beloved, if God so loved us, we also ought to love one another. No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us."

Verses 11, 12

"Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly origin, which lives and flourishes only where Christ reigns.

"Love cannot live without action, and every act increases, strengthens, and extends it. Love will gain the victory

when argument and authority are powerless. ... It is diffusive in its nature, and quiet in its operation, yet strong, mighty, to overcome great evils. It is melting and transforming in its influence, and will take hold of the lives of the sinful and affect their hearts when every other means has proved unsuccessful." *Gospel Workers*, 312

"Those who have genuine love for God will manifest an earnest desire to know His will and to do it." *Reflecting Christ*, 96

"John's love for his Master was not a mere human friendship, but it was the love of a repentant sinner, who felt that he had been redeemed by the precious blood of Christ. ... His love

for Jesus led him to love all for whom Christ died. ...

"John desired to become like Jesus, and under the transforming influence of the love of Christ, he became meek and lowly of heart. Self was hid in Jesus. He was closely united to the Living Vine, and thus became a partaker of the divine nature." *Ibid.*, 92

"Perfect obedience to the law of God is the test by which it is known that our love is perfect toward Christ." *The Signs of the Times*, June 18, 1896

"It is not the great results we attain, but the motives from which we act, that weigh with God." *Testimonies*, Vol. 2, 510, 511

"We give evidence of being the friends of Christ when we manifest implicit obedience to His will. It is no evidence to say, and do not; but in doing, in obeying, is the evidence." *Testimonies*, Vol. 1, 691

“
*Love cannot
live without action,
and every loving act
increases, strengthens,
and extends it.*

Lord, help us to seek and to obey Your will. Perfect Your love within us, for alone we are not able, but You have promised to do a work in us. Transform us by the power of Your love so that we are remade in Your image. LM

Planning Underway

Speakers have committed and a schedule is being developed for our 2023 camp meeting, which will begin on Wednesday evening, May 24 and conclude on Sabbath evening, May 27.

The speakers for this year's meeting include both local pastors, Pr. John Grosboll and Pr. Domingo Nunez.

Additional speakers will be Dr. Michael Snyder, a private practice physician who spoke at our 2018 camp meeting; Jonathan Bennett, director of Advent Books in England; and Stephanie Griffin of Stephanie Griffin Ministries.

Please see the March/April *In His Steps* newsletter for additional information on the speakers. A full schedule for the event will be included in the May/June newsletter.

April Sermon of the Month

The Blotting Out of Sin

By John J. Grosboll

God says that He will blot out our sins, but no human being can explain how He does this. Yet, we must study it to know how to get ready for the future.

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

April 2023

Dear Friend,

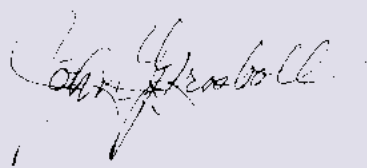
"How many of those who have drawn about them the dark robes of atheism have let that robe fall before the grim messenger of death? We might cite many instances where learned men have gloried in their unbelief, and in parading their atheism. But when death claimed them, they have looked with horror into the starless future, and their dying words have been, 'I have tried to believe that there is no God, no reward for the faithful, no punishment for the wicked. But how vain has been the attempt. I know now that I must meet the doom of the lost.'

"Sir Thomas Scott in his last moments cried: 'Until this moment I believed there was neither a God nor a hell. Now I know and feel that there are both, and that I am doomed to perdition by the just judgment of God.'" *The Retirement Years*, 153, 154

"Go now to the death-bed of a Christian—Halburton of Scotland. He was in poverty, and was suffering great pain. ... He said: 'I shall shortly die. In the resurrection I shall come forth to see my God and to live forevermore. I bless His name that I have found Him, and I die rejoicing in Him. I bless God that I was ever born.'

"Giving an account of the last days of Sir Davis Brewster, his daughter writes: 'He thanked God that the way of salvation was so simple. No labored argument, no hard attainment, was required. To believe in the Lord Jesus Christ was to live. He trusted in Him, and enjoyed His peace.' The last words of this great man of science were: 'Life has been very bright to me, and now there is the brightness beyond. I shall see Jesus, who created all things, who made the worlds. I shall see Him as He is. Yes, I have had the Light for many years. Oh, how bright it is! I feel so safe, so satisfied.'" *Ibid.*, 154

Your brother in witnessing,



John J. Grosboll

Q:

Where is Heaven?

A:

Heaven. The home of God. Does heaven have an address? Do we have directions with which to find it? If we could stand just outside Earth's atmosphere and gaze across the wide expanse of space—at least all that the human eye could see—could we discern it, perhaps just there, left of Jupiter about a zillion miles?

Mrs. White writes regarding a vision during which she heard the voice of God coming from the open space in Orion (*Maranatha*, 279). So is that where heaven is?

Inspiration tells us precisely where heaven should be found, and it's not somewhere out there.

"To save the transgressor of God's law, *Christ, the One equal with the Father, came to live heaven before men, that they might learn to know what it is to have heaven in the heart.* He illustrated what man must be to be worthy of the precious boon of the life that measures with the life of God.

"The life of Christ was a life charged with a divine message of the love of

God, and He longed intensely to impart this love to others in rich measure. Compassion beamed from His countenance, and His conduct was characterized by grace, humility, truth, and love. Every member of His church militant must manifest the same qualities, if he would join the church triumphant. The love of Christ is so broad, so full of glory, that in comparison to it, everything that men esteem as great, dwindles into insignificance. When we obtain a view of it, we exclaim, O the depth of the riches of the love that God bestowed upon men in the gift of His only begotten Son!" *Christian Education*, 76

Our focus now should not be outward, but inward. One day soon, Jesus will come and He will take His children home to heaven. Until that glorious morning, we must receive the transformation of character that results in living each day in such a way that heaven can be found in us.

[Emphasis supplied.] **LM**



from the
Mission Fields



The Mexican state of Guerrero on the Pacific coast is one of the poorest in the country.

Faithful Workers *in Guerrero, Mexico*

By Domingo Nunez

The state of Guerrero, on the Pacific coast of Mexico, is one of the poorest states in Mexico. But in the middle of all this poverty, we are very encouraged to see so many people openly receiving the three angels' messages in the region.

I am very happy to make the following report regarding the work in Mexico:



Top left: Sabbath service in Tecuanapa

Top right: Baptism

Bottom: Ordination of Ángel Damián

Ángel Damián was ordained as an elder for the church of Copala, Guerrero, Mexico. Ángel came to the United States during the latter part of 1980 for a job opportunity to work as an auto mechanic for Pepp Boys Auto Parts in Los Angeles, California. While working in Los Angeles, he received the Seventh-day Adventist message. After working in Los Angeles for eight years, he was offered a job working for Napa Auto Parts in Salt Lake City, Utah. After moving to Salt Lake City, he was baptized into the Seventh-day Adventist church.

A few weeks after his baptism, the church announced that it would be having an evening testimony meeting. During that meeting, Ángel shared his testimony how, while in Los Angeles, he had been

given a copy of the *National Sunday Law*. After reading the book, he was convicted that Saturday, the seventh day, was the Sabbath. Shortly after finishing the *National Sunday Law*, he was given *The Great Controversy*, but was so overwhelmed by what he had read in the *National Sunday Law* that he set aside *The Great Controversy* to read later. After moving to Salt Lake City and being baptized, he picked up *The Great Controversy* and read it through. He was convicted deep in his heart that he must do something to preach this message to his hometown in Copala, Guerrero, Mexico.

So, in 2001, he returned to Copala to preach the three angels' messages to the people there and the nearby towns, especially to his own family and his

wife's family. He is responsible for also bringing the gospel to Costa Chica, Guerrero.

Today, by God's grace, there are four churches established in the state of Guerrero. One in Copala, where Ángel is the elder. The second church is in the town of Tecuanapa where Santos Albañil is the elder, and where I had the privilege of baptizing two souls. The third and fourth churches are in Marquelia and Cuajileles where we are working to prepare individuals to take on the responsibility of leadership in the churches.

Please pray for the work in the state of Guerrero. There are many things to be done and many souls to reach for the kingdom of heaven. **LM**



Daddy Longlegs

Daddy Longlegs are quite fascinating. Equally fascinating are the false and misleading accounts regarding the nature of these creatures. Many of these accounts have been passed down from generation to generation with the validity rarely challenged. Do they have fangs? Are they venomous? Do they bite, even humans? Are they even spiders? Let us explore the facts. The fossil record shows that daddy longlegs have been around for quite some time.

Myths

It sounds silly today, but as early as the 1600s, English farmers believed that daddy longlegs had a scythe (sickle) that assisted them with each harvest and killing one was thought to be bad luck. Some farmers believed that holding a daddy longlegs with one leg free would help them locate the direction of their lost cattle. And the poor among the French longed to see one in the evening,

because they believed it was a sign of good fortune, hope, and happiness.

Environment, Defense & Feeding

Currently, of thousands of daddy longlegs species, six are critically endangered with a high possibility of extinction, eight are endangered, and two are vulnerable. Their habitat is being destroyed, degraded, and even lost due to man-made factors such as coffee growing, urban development, runoff pollution, and cave tourism.

Daddy longlegs live on every continent except Antarctica. In the temperate northern hemisphere, their legs tend to be longer; a male's legs are also longer than a female's legs. Their preferred environment is dark and moist, although they can also thrive in the desert. In your house, they would prefer a crawl space, your basement, or garage. Outside they live under logs and rocks, in tree burrows, and in sodden grassland. They have a 2-7 year lifecycle;

taking a single year to develop from an egg into an adult.

Interestingly, daddy longlegs do not produce silk, therefore you will only find them in a web if they have fallen victim to the web spun by another type of spider.

Daddy longlegs are social creatures. They gather in thick, clustered communities of at least 300,000 individuals called aggregations. Researchers think that they aggregate for mating, temperature and humidity control, and to deter predators. When threatened by a parasite or predator, the entire aggregation signals a warning by excreting a foul scent. They then bob in a disorienting motion. Finally, they scatter quickly and individually. This foul scent is also used to communicate with one another, perfectly explaining the synchronized defense tactic. Other defenses include blending in with the surroundings, use of its armored body, playing dead to repulse, or willfully

detaching a leg or legs to disorient a predator. Loss of a leg or legs is a permanent disability that occurs in at least 60% of their community.

They are poor-sighted creatures with a single pair of eyes, each one mounted on an eye turret that act as light sensors. You may wonder how they acquire food with such limited vision and no web in which to catch an unsuspecting meal. Researchers have concluded that they are most receptive to the light emitted by glowworms, which is a noteworthy portion of their diet. Although they are primarily scavengers of decomposing vegetable and animal matter, they are also opportunistic predators. As omnivores, they also eat plants, fungi, carrion (dead things), invertebrates (certain insects, like centipedes) and snails.

Daddy longlegs use small, hairy appendages near their mouth as sensory organs called pedipalps. These are not fangs nor venomous glands that cause harm by injecting venom into the prey to subdue it. The hairs secrete a poisonous and microscopic, glue-like substance that quickly subdues its prey, even those twice its own size. Although the poisonous secretion may cause harm through topical contact or ingestion by another creature, it is weak and therefore, not strong enough to harm humans.

Researchers have not, to date, found any evidence that daddy longlegs have fangs, are venomous, nor that they are capable of biting humans. Equally as important, they are not spiders.

In spite of their poor eyesight, daddy longlegs are able to sense their surroundings with the sensitive tips of their eight legs. The two longest legs are used as feelers while three legs are lifted and the other three legs touch the ground at the same time. This movement is compared to basketball dribbling or a bobbing motion. They keep these sensory organs in optimal condition by sliding one leg at a time through their mouth, in a motion called leg-threading.

Mistaken Identity

The term, “granddaddy or daddy longlegs” is commonly used with reference to three different creatures: the crane fly, the cellar spider, and the harvestman. Only one is truly a spider. Only one is truly a daddy longlegs.

The crane fly is not a true spider so it is not a daddy longlegs.

The cellar spider is an arachnid in the family Phocidae. It has a two-part segmented body, eight legs, and eight eyes that are clustered together on the foremost segment of its body. It is a true spider, but it is not a daddy longlegs.

The harvestman is an arachnid in its own separate order Opiliones. It has a single, pill-like body without segments, eight legs, and a single pair of eyes. It does not have fangs or venom glands nor is it able to bite. The poisonous secretion found on its pedipalp hairs is actually a “glue” that subdues its prey, either by topical contact or ingestion. The more the prey struggles, the more stuck it becomes. It does not produce silk to spin webs. The harvestman is a true daddy longlegs.

As with daddy longlegs, there may be times in our lives when people mistake our nature, abilities, and limitations. There may also be times in our lives when people believe things about us that simply are not true. At times, we may become our own harshest critic; finding ourselves listening to the lies of the enemy without much resistance, surrendering in hopeless defeat.

Daddy longlegs are clueless to the myths and mistaken identities that have been imposed upon them, but we

humans, we know what we think about ourselves, and more often than not, are aware of the beliefs and feelings that others have about us.

Beloved, let us not surrender in hopeless defeat, for we know that the thoughts imposed upon us cannot compare to the truth known by the Lord, the spiritual gifts and talents given by the Holy Spirit, and our true identity and life that is hidden in Jesus Christ. What a blessing it is to know the beauty of proving all things, knowing the power by which we may rebuke falsities, and to hold fast to that which edifies and is good. Stand firm in truth.

“For the weapons of our warfare are not carnal but mighty in God to the pulling down of strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.” 2 Corinthians 10:4–6

Sources: spiders.ucr.edu/daddy-long-legs; treehugger.com/facts-about-daddy-long-legs-will-surprise-you-4864488; live-science.com/are-daddy-longlegs-the-most-venomous-spiders; budgetbrotherstermite.com/daddy-long-legs-myth-facts; news.fnl.gov/2018/10/daddy-long-legs-15-interesting-facts; callnorthwest.com/2019/11/the-myth-of-the-granddaddy-long-legs; entomologytoday.org/2014/10/02/harvest-men-use-glue-to-capture-prey

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Depression

Not all that long ago, depression was known as melancholia and looked upon as a resulting state of mind when a loved one died, a person lost their job, or maybe things just weren't going the way a person hoped they would, so they would sigh and find it hard to get through the day.

But we now know that depression is classified as a mental illness and it has become, for some, an everyday way of life. Hopelessness and fear consume them, and too many come to believe that suicide is the only way to find peace.

“Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.”

It affects how you feel, how you think and behave, and it can cause a number of physical and emotional problems. A person can have trouble just getting through a normal day, sometimes even feeling as if life isn't worth living.

It seems odd that it is during the holiday season filled with joyful celebration and the start of a new year with the potential of fresh beginnings, that we find the number of suicides and instances of depression and discouragement to be higher than at almost any other time throughout the year.

Many things can contribute to depression such as feelings of low self-esteem, bullying, conditions in the world, loss of a job or loved one, long debilitating illness—as occurred during the personal and societal changes caused by the Covid-19 pandemic.

The symptoms of depression can include

- Feelings of sadness, hopelessness
- Angry outbursts and frustration
- Loss of interest and pleasure in normal activities
- Sleep disturbances
- Tiredness and lack of energy
- Reduced or increased appetite with resulting weight loss or gain
- Anxiety
- Slowed thinking
- Feelings of worthlessness and guilt
- Difficulty in concentration
- Suicidal thoughts
- Unexplained physical problems

Anyone who has any of these symptoms or others like them should talk to a friend, a loved one, someone you trust, or it might be time to consult with your physician.

Source: [mayoclinic.org/disease-conditions/depression/symptoms-causes](https://www.mayoclinic.org/disease-conditions/depression/symptoms-causes)

“Nothing is so fruitful a cause of disease as depression, gloominess, and

sadness. Mental depression is terrible.” *Testimonies*, Vol. 1, 702

We must, however, always remember that we know the One who cares for us in a way no one else does or even can. Jesus is always here and He loves us (see *Christ's Object Lessons*, 100).

“Do not give way to depression, but let the comforting influence of the Holy Spirit be welcomed into your heart, to give you comfort and peace.” *This Day With God*, 305

“A contented mind, a cheerful spirit, is health to the body and strength to the soul ...

“Many of the diseases from which men suffer are the result of mental depression.

“Because *God's love is so great and so unfailing*, the sick should be encouraged to trust in Him and be cheerful. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better ...” *Mind, Character, and Personality*, Vol. 2, 482

“A person whose mind is quiet and satisfied in God is in the pathway to health.” *My Life Today*, 150

“Let nothing depress you. It will not pay to allow yourself to become cast down. Satan is pleased when he can work his will in this respect. You are to look to the One *who has never failed you, who will never leave you*. You need not be discouraged, notwithstanding there may be many things of a discouraging nature to meet ...

“Let us gather to our souls the sure encouragements the Lord has given, and read often the precious promises of His

word. Christ is our Mediator and our Redeemer.” *Manuscript Releases*, Vol. 19, 62–64

Today, in this world of ever-increasing sin, depression and discouragement have a stranglehold on many people, even, or maybe more so, on professed Christians. Studying God's word, reliance upon His promises and the arm of the Holy Spirit, prayer, a positive frame of mind, helping others in need, spending time in the sunshine, breathing in the fresh air, and making certain that we have adequate exercise and rest are all effective defenses against depression.

However, it is not wrong if a person feels the need to consult with the appropriate physician and/or counselor because of sadness and depression, and this should not be looked upon as lack of faith in God. God is the Great Physician, and He can and will help us when we ask according to His will for our lives. But He also has given man the knowledge and skill to help himself. We should ever look to Him who knows all things and does all things for our best good when we seek counsel from man; but we also must use the counsel that God has given us. He created us. He made every part of our body and mind to work efficiently when we maintain it according to His guidance. We are collaborators with God in our spiritual health, and He has also provided that man may be a collaborator with Him in his physical health.

[Emphasis supplied.] LM

“
Because God's love is so great and so unfailing, the sick should be encouraged to trust in Him.”



*“And without controversy great is the mystery of godliness,
God was manifested in the flesh.”*

1 Timothy 3:16

In the old covenant, God’s law was written on stone, but in the new covenant, His law is written on a fleshly tablet—the heart. “You are our epistle written in our hearts, known and read by all men; clearly you are an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart.” 2 Corinthians 3:2, 3

Jesus is a perfect, living example of the ten commandments written in the heart and lived out in the life. We can read this in Psalm 40:8. “I delight to do Your will, O My God, and Your law is within My heart.” The context of this verse makes it clear that this is a prophecy regarding the Messiah.

Since Jesus is our perfect, living example of how the ten commandments are to be lived out in the life, anything that is in my life, anything that I think or say or do that is not Christ-like is a violation of the ten commandments, and therefore is sin. This is the new covenant understanding of what sin is.

Just as God was manifested in the flesh of Jesus Christ, He wants to be manifested in my flesh and in your flesh. In fact, unless this happens in your life and my life, we will never be in the kingdom of heaven. Let me repeat that. If God is not manifested in your flesh and my flesh, as He was in the flesh of Jesus Christ, then we will not be in the kingdom of heaven.

Mrs. White wrote the following regarding the purpose of the plan of salvation. “In order to understand what is comprehended in the work of education, we need to consider both the nature of man and the purpose of God in creating him. We need to consider also the change in man’s condition through the coming in of a knowledge of evil, and God’s plan for still fulfilling His glorious purpose in the education of the human race.” *Education*, 14, 15

There are four things in this quotation we need to study:

1. The nature of man
2. The purpose of God in creating him
3. The change in man’s condition through the knowledge of evil
4. God’s plan for fulfilling His purpose in the education of the human race

When God created man, He said, “‘Let Us make man in Our image, and in Our likeness.’” The purpose of the plan of salvation is to restore in mankind, in all who will accept His salvation, the image of God.

When I was seven years old, I began reading my Bible through for the first time. I read the first chapter of Genesis and contemplated that man was created in the image of God. I thought that we must then look like God. I have hands and eyes, feet and ears, so God must have those, too, I thought. But I was a child, and as I grew into adulthood, I started thinking differently about the terms *likeness* and *image*.

Being in the likeness of something has to do with resemblance, being a copy, representing someone, acting like some-



one, specifically bearing the character or power of another. Children may have the same color eyes and hair as their parents, but they also may adopt their parents’ mannerism and habits, they may sound like them, walk like them, they may have the same moral character and spiritual beliefs as their parents. People will say of them, “You are just like your mother,” or “You are just like your father.”

God wants you to become like Him. He wants people to look at you and me and see Him in our words and actions, in our compassion and love. “Higher than the highest human thought can reach is God’s ideal for His children. Godliness—godlikeness—is the goal to be reached.” *Ibid.*, 18

“When Adam came from the Creator’s hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. ‘God created man in His own image’ (Genesis 1:27), and it was His purpose that the longer man lived, the more fully he should reveal this image—the more fully reflect the glory of the Creator. All his faculties were capable of development; their

capacity and vigor were continually to increase. Vast was the scope offered for their exercise, glorious the field opened to their research. The mysteries of the visible universe—the ‘wondrous works of Him which is perfect in knowledge’ (Job 37:16)—invited man’s study. Face-to-face, heart-to-heart communion with his Maker was his high privilege. Had he remained loyal to God, all this would have been his forever. Throughout eternal ages he would have continued to gain new treasures of knowledge, to discover fresh springs of happiness, and to obtain clearer and yet clearer conceptions of the wisdom, the power, and the love of God. More and more fully would he have fulfilled the object of his creation, more and more fully have reflected the Creator’s glory.” *Ibid.*, 15.

That was God’s purpose when man was created, but when man sinned, it seemed to the whole universe that God’s plan would never be fulfilled.

Man was created to be like his Creator in every way, and it was God’s plan that as he continued to live, he would more and more fully reveal or reflect His image. “The glory of God is His character. While Moses was in the mount, earnestly interceding with God, He prayed, ‘I beseech Thee, show me Thy glory.’ In answer God declared ‘I will make all My goodness pass before thee, and I will proclaim the name of the Lord before thee; and will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.’” *The Signs of the Times*, September 3, 1902

“In the beginning, man was created in the image of God. He was in perfect harmony with the nature and law of God; the principles of righteousness were written upon his heart.” *The Great Controversy*, 467

In his original state, Adam was in perfect harmony, not only with the law of God, but also with the nature of God. The principles of righteousness were written on his heart. You will recall that nature, heart, mind, and

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It was God's purpose that the longer man lived, the more fully he should reveal His image.

character are used synonymously in the Bible and Spirit of Prophecy. It is the natural thoughts and feelings, the disposition and affections that make up a person's character. Adam's natural thoughts and feelings, his disposition and affections were in harmony with the nature and law of God; he reflected the character of God.

First John 4:16 tells us that “God is love.” This is His nature. Adam was in harmony with the nature of God because the principles of righteousness were written in his heart. A principle is “a law of action in a human being,” in other words, an innate propensity common to the human species. And when man was created, his nature was in harmony with the nature of God.

Psalms 119, the longest chapter in the Bible, is about the ten commandments. Verse 172 says, “My tongue shall speak of Your word, for all Your commandments are righteousness.” The principles of righteousness are the principles of God's commandments. Paul says, “Love does no harm to a neighbor; therefore love is the fulfillment of the law.” Romans 13:10. Ellen White describes it like this: “Love must be the principle of action. Love is the underlying principle of God's government in heaven and earth, and it must be the foundation of the Christian's character. This alone can make and keep him steadfast. This alone can enable him to withstand trial and temptation.” *Christ's Object Lessons*, 49

So, what causes the Christian to obey God? Obedience is the outworking of a principle within. “The essence of all righteousness is loyalty to our Redeemer, doing right because it is right.” *That I May Know Him*, 118

“Love is power. Intellectual and moral strength are involved in this principle, and cannot be separated from it. The power of wealth has a tendency to corrupt and destroy; the power of force is strong to do hurt; but the excellence and value of pure love consist in its efficiency to do good, and to do

nothing else than good. ... Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly origin, which lives and flourishes where Christ reigns.

“Love cannot live without action, and every act increases, strengthens, and extends it. Love will gain the victory when argument and authority are powerless.” *Gospel Workers*, 311, 312

After man sinned, when he was no longer in harmony with the character and love of God, we are told that, “Christ came to our world to represent the character of God as it is represented in His holy law; for His law is a transcript of His character.” *Manuscript Releases*, Vol. 1, 44

Christ came and lived the very principles of the law of God; the principles that are the very nature of God (*Steps to Christ*, 60). It is God's purpose that as the law was written in the heart of Jesus (Psalm 40:8), so they will be written in our hearts. This is His promise to His people under the new covenant. “This is the covenant that I will make with the house of Israel after those days,” says the Lord. *‘I will put My law into their mind, and write them in their hearts; and I will be to them a God, and they shall be to Me a people.’* Hebrews 8:10

To be in the kingdom of heaven, the law of God must be written in your heart. It was once a natural part of the nature of man, but once man sinned, selfishness took its place and became the all-governing principle of the human heart and mind.

“All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses. The will, refined and sanctified, will find its highest delight in doing His service. When we know God as it is our privilege to know Him, our life will be a life of continual obedience. Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us.” *The Desire of Ages*, 668

Imagine it! To be so aligned with Christ that you would rather die than sin; that all

you want, all you think about is to do the will of God. To know God so well that you literally hate sin. Have you ever eaten something and hated it so bad you would never eat it again? I'm reminded of a child with their lips firmly closed together, absolutely refusing the food mom is trying to spoon in their mouth.

If sin isn't like that for me, then I don't know God. If there is any sin that has not become hateful to me, if I have chosen to become a Christian, but there is still some darling sin that I am hanging on to, then I do not know God. But once the sinful things I used to love become hateful and terrible to me, then I can say that I know God and that He has changed me so that I now hate sin and once again love righteousness.

As part of his nature, Adam also had other powers of mind that were created in the image of God, such as his judgment, his reason, his intellect, and his affection, but these, too, were ruined when Adam sinned.

"When man came from the hand of his Creator, he was perfect in organization and beautiful in form." *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1082. What does it mean that "he was perfect in organization"?

"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." *Messages to Young People*, 236, 237

This speaks of the higher powers of man's mind. His will, judgment, reason, and conscience were regulated according to the truth, the law or the will of God, and therefore, they controlled the lower powers of the body.

"Before his fall Adam was free from the results of the curse. When he was assailed by the tempter, none of the effects of sin were upon him. He was created perfect in thought and in action." *Selected Messages*, Book 3, 141



The power of wealth has a tendency to corrupt and destroy.

Our actions, good and bad, have their very foundation in the mind. The thought must exist before the action can take place. People must sin in their mind before they can sin with their lips or their hand. "Man was originally endowed with noble powers and a well-balanced mind. He was perfect in his being, and in harmony with God. His thoughts were pure, his aims holy." *Steps to Christ*, 17

"In the counsels of heaven God said, 'Let us make man in our image, after our likeness. ... So God created man in His own image, in the image of God created He him.' The Lord created man's moral faculties and his physical powers. All was a sinless transcript of Himself. God endowed man with holy attributes, and placed him in a garden made expressly for him." *The Youth's Instructor*, July 20, 1899

"God did not create man sinful. Adam came forth from the hand of his Maker without the taint of evil." *The Signs of the Times*, August 26, 1897

All moral evil is sin. Therefore, the taint of evil can also be called the taint of sin. To be tainted with evil or sin means to be sinful. So, God made man upright with intellectual and moral powers. He was not created sinful, but

was created without the taint of evil.

"God made man upright. He gave him noble traits of character, with no bias toward evil. He endowed him with high intellectual powers, and presented before him the strongest possible inducements to be true to his allegiance." *Patriarchs and Prophets*, 49

When Adam came from the Creator's hand, he bore in his physical, mental, and spiritual nature a likeness to his Maker. He was noble, pure and holy, with no tendency to evil. The purpose of the new covenant is to restore men and women to the perfection they possessed when created. Christ alluded to the significance of this restoration in His conversation with the scribes and Pharisees.

"'Woe to you, scribes and Pharisees, hypocrites! For you cleanse the outside of the cup and dish, but inside they are full of extortion and self-indulgence. Blind Pharisee, first cleanse the inside of the cup and dish, that the outside of them may be clean also. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead men's bones and all uncleanness. Even so you also out-

wardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.’” Matthew 23:25–28

Notice, the people who crucified Jesus appeared clean on the outside, but on the inside they were unclean and full of wickedness. They worked to look good to the world, but they had failed to do the heart work necessary to make the inside clean so that the outside would then be truly clean.

Let’s say a bomb exploded inside your house and caused a lot of damage—ruined your furniture, blew out a couple walls and made holes in the ceiling, broke all the windows and left burn marks and peeling paint outside. You hurriedly replaced the windows and had the exterior of the house repainted, making sure that all signs of the damage were no longer visible. You stand back and smile because now everyone will see that the outside looks like new again. But inside, you just cleared a path and made do, making no repairs, not even making sure that the house was still in stable condition.

That’s what the scribes and Pharisees were doing. Sin had made a horrible mess on the inside of their lives, but they were only concerned with cleaning up what people could see.

God doesn’t work that way. He is determined to clean up the inside first. In our spiritual lives, with the inside clean, the outside actions and words will be clean also. When God gives us a new heart and mind, then our character will be like Christ’s character. This is the purpose of the plan of salvation under the new covenant. God’s purpose is to restore perfection in man’s physical,

mental, and moral nature so that it once again reflects the likeness of his Creator.

Remember, the image of God is His glory and the glory of God is His character. God’s character was reflected in the character of Adam because the law of God, the principles of righteousness, were written upon his heart, and the Holy Spirit was the ruling power in his life. The law of God is a transcript of His character, and it is also, Ellen White says, an expression of His very nature.

Lucifer told God that he wanted a change in the law, but what he was actually telling his Creator was, You change. And today, people are still saying that. They look at the ten commandments as rules too restrictive to bear and they want to be free to adjust or do away with them as they please.

But the ten commandments are a transcript of God’s character, His very nature, the embodiment of the great principle of love that prompted God to create man in the first place. When God made man, He placed these precepts in his heart. They were a part of his very nature. Obedience to the law kept every thought and action in harmony with God’s own nature.

After man sinned, however, man’s nature was governed by selfishness, and it became necessary for God to write the ten commandments in stone so that man could read them and know what God required of him. But it wasn’t enough to have the law written down. So God sent His Son, in person, so that we, sinful man, could see Him live out the principles of God’s law—principles of righteousness and love so strong that

Jesus was willing to die to redeem us, so that we might once again have these principles written in our hearts and perfectly reflect the nature of God.

“Therefore, since we have this ministry, as we have received mercy, we do not lose heart. But we have renounced the hidden things of shame, not walking in craftiness nor handling the word of God deceitfully, but by manifestation of the truth commending ourselves to every man’s conscience in the sight of God. But even if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them. For we do not preach ourselves, but Christ Jesus the Lord, and ourselves your bondservants for Jesus’ sake. For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.” 2 Corinthians 4:1–6

Jesus Christ was a perfect reflection of the glory of God, the law of God, the nature of God. “For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.” Verse 6. The purpose of the new covenant is to restore in you and me a perfect reflection of the law of God, the nature of God, the thoughts of God, the character of God.

Let it be our constant prayer to be changed so that the new covenant can be worked out in our lives; that the law may once again be written in our hearts, so that our lives will be in harmony with God and our characters will be like Jesus. **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, or by telephone at: 316-788-5559.

“
*Man was originally
endowed with noble
powers and a well-balanced
mind. He was perfect in his
being, and in harmony
with God.*”

He Careth

What can it mean? Is it aught to Him
That the nights are long, and the days are dim?
Can He be touched with the grief I bear
Which saddens the heart and whitens the hair?
About His throne are eternal calms,
And the strong, glad music of happy psalms,
And bliss unruffled by any strife;
How can He care for my little life?

And yet I want Him to care for me
While I live in this world where sorrows be.
When the lights die down from the paths I take,
When strength is feeble, and friends forsake,
When love and music that once did bless
Have left me to silence and loneliness,
And my life-song changes to sobbing prayers,
Then my heart cries out for a God who cares.

When shadows hang over the whole long day,
And my spirit is bowed with shame and wrong,
When I am not good, and the deeper shade
Of conscious sin makes my heart afraid,
And this busy world has too much to do
To stay its course to help me through,
And I long for a Saviour, can it be
That the God of the universe cares for me?

O wonderful story of deathless love!
Each child is dear to that Heart above.
He fights for me when I cannot fight,
He comforts me in the gloom of night,
He lifts the burden, for He is strong;
He stills the sigh, and awakes the song;
The sorrow that bows me down He shares,
And loves and pardons because He cares.

Let all who are sad take heart again;
We are not alone in our hours of pain;
Our Father stoops from His throne above,
To soothe and quiet us with His love;
He leaves us not when the storm is high;
And we have safety, for He is nigh;
Can it be trouble that He doth share?
O, rest in peace, for the Lord will care!

April 30 – May 6, 2023

Knowing God

Key Text

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.” John 17:3

Study Help: *The Ministry of Healing*, 409–426

Introduction

“The knowledge of God as revealed in Christ is the knowledge that all who are saved must have. This is the knowledge that works transformation of character. Received into the life, it will re-create the soul in the image of Christ. This is the knowledge that God invites His children to receive, beside which all else is vanity and nothingness.” *The Acts of the Apostles*, 475

Sunday

1 WORLDLY WISDOM

1.a. What is written about worldly wisdom?

1 Corinthians 1:19, 20

Note: “In their pride of intellect and human wisdom may be found the reason why the gospel message met with comparatively little success among the Athenians. The worldly-wise men who come to Christ as poor lost sinners, will become wise unto salvation; but those who come as distinguished men, extolling their own wisdom, will fail of receiving the light and knowledge that He alone can give.” *The Acts of the Apostles*, 240

“Many of the greatest scholars and statesmen, the world’s most eminent men, will in these last days turn from the light because the world by wisdom knows not God.” *Ibid.*, 241, 242

1.b. What special effort should we make in behalf of learned men? Matthew 22:9

Note: “God’s servants are to improve every opportunity to communicate the truth to these [eminent] men. Some will acknowledge their ignorance of the things of God and will take their place as humble learners at the feet of Jesus, the Master Teacher.” *The Acts of the Apostles*, 242

Monday

2 TRUE WISDOM

2.a. What does Scripture teach about true wisdom?

Proverbs 1:2, 3, 5, 7; Jeremiah 9:23, 24

2.b. Where can we find this true wisdom? Isaiah 34:16;

1 Corinthians 1:22–25, 30

Note: “There is no branch of legitimate business for which the Bible does not afford an essential preparation. Its principles of diligence, honesty, thrift, temperance, and purity are the secret of true success. These principles, as set forth in the book of Proverbs, constitute a treasury of practical wisdom.” *Education*, 135

2.c. As we seek such wisdom, what also should we bear in mind? Romans 11:33

Note: “We can never by searching find out God. We must not attempt to lift with presumptuous hand the curtain behind which He veils His majesty. ... We can so far comprehend His dealings with us, and the motives by which He is actuated, that we may discern boundless love and mercy united to infinite power. Our Father in heaven orders everything in wisdom and righteousness, and we are not to be dissatisfied and distrustful, but to bow in reverent submission. He will reveal to us as much

of His purposes as it is for our good to know, and beyond that we must trust the Hand that is omnipotent, the Heart that is full of love." *The Great Controversy*, 527

2.d. What qualifies us to receive that wisdom which God intends for us to have? Psalm 25:9

Note: "The Bible is yet but dimly understood. A lifelong, prayerful study of its sacred revealings will leave still much unexplained. It is the deep movings of the Spirit of God that is needed to operate upon the heart to mold character, to open the communication between God and the soul, before the deep truths will be unraveled." *Counsels to Writers and Editors*, 82

Tuesday

3 KNOWING THE FATHER

3.a. What is essential for us in order to know God?
Jeremiah 24:7; John 3:3

Note: "The refining influence of the grace of God changes the natural disposition of man. Heaven would not be desirable to the carnal minded; their natural, unsanctified hearts would feel no attraction toward that pure and holy place, and if it were possible for them to enter, they would find there nothing congenial. The propensities that control the natural heart must be subdued by the grace of Christ before fallen man is fitted to enter heaven and enjoy the society of the pure, holy angels. When man dies to sin and is quickened to new life in Christ, divine love fills his heart; his understanding is sanctified; he drinks from an inexhaustible fountain of joy and knowledge, and the light of an eternal day shines upon his path, for with him continually is the Light of life." *The Acts of the Apostles*, 273

3.b. How can we attain to a knowledge of God?
Matthew 11:27; John 1:18



The gospel had little success with Athenians because of their pride of intellect and human wisdom.

Note: "Only by knowing God here can we prepare to meet Him at His coming." *In Heavenly Places*, 250

"The world by wisdom knows not God. Many have talked eloquently about Him, but their supposed sound reasoning, their subtle arguments, bring men no nearer to Him, because they themselves are not in vital connection with Him. ... A correct knowledge of God is not a hearsay report, but an intelligent, experimental knowledge. ...

"Only by knowing Christ can we know God." *The Review and Herald*, July 20, 1897

"Christ is the perfect revelation of God. Let those who desire to know God, study the work and teaching of Christ. To those who receive Him and believe on Him, He gives power to become the sons of God." *Life Sketches of Ellen G. White*, 94

"The heavens are full of rich blessings, and it is our privilege to have the joy of Christ in us that our joy may be full. We have not because we ask not, or because we do not pray in faith, believing that we shall be blessed with the special influence of the Holy Spirit. To the true seeker through the mediation of Christ the gracious influences of the Holy Spirit are imparted in order that the receiver may impart a knowledge of saving truth." *Sabbath-School Worker*, February 1, 1896

Wednesday

4 KNOWING JESUS CHRIST

4.a. Why is it vitally important to cultivate a knowledge of Christ? John 14:9

Note: “‘This is life eternal,’ Christ declared, ‘that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent.’ These words mean much. It is only by knowing Christ that we can know God. The Sent of God calls upon all to listen to these words. They are the words of God, and all should give heed to them; for by them they will be judged. To know Christ savingly is to be vitalized by spiritual knowledge, to practice His words. Without this, all else is valueless.

“Christ came to this world to reveal the Father. What patience, what pitying tenderness, what divine compassion, what strength of purpose, He manifested! He did not fail nor become discouraged. He was the embodiment of purity, and His love was without a parallel. At every step He practiced self-denial and self-sacrifice. In His death He was the revelation of the reconciliation between God and man. By taking our nature, He bound Himself to us through eternal ages. He is our representative and head. He represents our race before God, still and forever bearing the humanity of the race. He pleads before the Father the perfect righteousness of all who accept Him.” *The Signs of the Times*, January 27, 1898

4.b. What is our knowledge of Christ to involve? 1 Corinthians 1:24, 30

Note: “To talk of religion in a casual way, to pray without soul hunger and living faith, avails nothing. A nominal faith in Christ, which accepts Him merely as the Saviour of the world, can never bring healing to the soul. The faith that is unto salvation is not a mere intellectual assent to the truth. He who waits for entire knowledge before he will exercise faith, cannot receive blessing from God. It is not enough to believe *about* Christ; we must believe *in* Him. The only faith that will benefit us is that which embraces Him as a personal Saviour; which appropriates His merits to ourselves. Many hold faith as an opinion. Saving faith is a transaction by which those who receive Christ join themselves in covenant relation with God. Genuine faith is life. A living faith means an increase of vigor, a confiding trust, by which the soul becomes a conquering power.” *The Desire of Ages*, 347 [Author’s emphasis.]

Thursday

5 DIVINE WISDOM VS. HUMAN WISDOM

5.a. How does the apostle Paul compare divine wisdom with human wisdom? 1 Corinthians 1:18–21

Note: “To each of us God has committed sacred trusts, for which He holds us accountable. He designs that man shall be so educated as to develop his mental and moral powers, that he may have a well-balanced mind and a symmetrical character. But education alone will not prepare him to answer the object of his creation. He needs the grace of God, and divine aid awaits his demand. Divine power united with human effort will enable him to do good and glorify his Creator.” *The Signs of the Times*, April 3, 1884

5.b. Why do so few learned men accept the true gospel? 1 Corinthians 1:25–31; Matthew 11:25, 26

Note: “Because of the pride and ambition of the children of men, God has chosen to perform His mighty works by the most simple and humble means. It is not the men whom the world honors as great, talented, or brilliant, that God selects. He chooses those who will work in meekness and simplicity, acknowledging Him as their leader and their source of strength. He would have us make Him our protector and our guide in all the duties and affairs of life. ...

“The Majesty of heaven works by whom He will. His providence sometimes selects the humblest instruments to do the greatest work, for His power is revealed through the weakness of men. We have our standard of reckoning, and by it we pronounce one thing great, and another small; but God estimates not according to the standard of men; He does not graduate His scale by theirs. We are not to suppose that what is great to us must be great to God, and what is small to us must be small to Him.” *The Signs of the Times*, July 14, 1881

Friday

PERSONAL REVIEW QUESTIONS

- 1 What is the basis of false wisdom?
- 2 How can we be wise in the sight of God?
- 3 What kind of knowledge can we have about God?
- 4 How can we know God?
- 5 What is the main distinction between false and true wisdom?

May 7 – 13, 2023

Grace

Key Text

“And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. ... And of His fullness we have all received, and grace for grace. For the law was given through Moses, but grace and truth came through Jesus Christ.” John 1:14, 16, 17

Study Help: *The Desire of Ages*, 167–177

Introduction

“Those who labor for souls must attain to a deeper, fuller, clearer knowledge of God than can be gained by ordinary effort. They must throw all their energies into the work of the Master. They are engaged in a high and holy calling, and if they gain souls for their hire they must lay firm hold upon God, daily receiving grace and power from the Source of all blessing.” *The Acts of the Apostles*, 205

Sunday

1 UNDERSTANDING GRACE

1.a. What is grace? John 1:14–17

Note: “Grace is unmerited favor, and the believer is justified without any merit of his own, without any claim to offer to God. He is justified through the redemption that is in Christ Jesus, who stands in the courts of heaven as the sinner’s substitute and surety.” *Amazing Grace*, 182

1.b. To whom is God’s grace offered? Titus 2:11

Note: “In the council of heaven, provision was made that men, though transgressors, should not perish in their disobedience, but, through faith in Christ as their substitute and surety, might become the elect of God, predestinated unto the adoption of children by Jesus Christ to Himself according to the good pleasure of His will. God wills that all men should be saved; for ample provision has been made, in giving His only-begotten Son to pay man’s ransom.” *The Faith I Live By*, 157

Monday

2 THE PURPOSE OF GRACE

2.a. What is the main purpose of God’s grace?
Ephesians 2:8; Acts 15:11

Note: “The Lord saw our fallen condition; He saw our need of grace, and because He loved our souls, He has given us grace and peace. Grace means favor to one who is undeserving, to one who is lost. The fact that we are sinners, instead of shutting us away from the mercy and love of God, makes the exercise of His love to us a positive necessity in order that we may be saved.” *Selected Messages*, Book 1, 347

2.b. Who needs grace? 1 Timothy 1:15

Note: “Without the grace of Christ, the sinner is in a hopeless condition; nothing can be done for him; but through divine grace, supernatural power is imparted to the man and works in mind and heart and character. It is through the impartation of the grace of Christ that sin is discerned in its hateful nature and finally driven from the soul temple. It is through grace that we are brought into fellowship with Christ, to be associated with Him in the work of salvation. Faith is the condition upon which God has seen fit to promise pardon to sinners; not that there is any virtue in faith whereby salvation is merited, but because faith can lay hold of the merits of Christ, the remedy provided for sin. Faith can present Christ’s perfect obedience instead of the sinner’s transgression and defection. When the sinner believes that Christ is his personal Saviour, then accord-

ing to His unfailing promises, God pardons his sin and justifies him freely. The repentant soul realizes that his justification comes because Christ, as his Substitute and Surety, has died for him, is his atonement and righteousness.” *Faith and Works*, 100

2.c. What poignant thought from a diary entry of Sister White relates to us all?

Note: “This day has been a day of perplexity and trial. We feel deeply our need of the grace of God. These small trials are worse to bear than heavy afflictions. Shall I ever learn to be perfectly patient under minor trials? I know that I shall be tempted and proved until self shall be hid in Jesus. My earnest prayer to God daily is for divine grace to do His will.” *Manuscript Releases*, Vol. 20, 209

Tuesday

3 GRACE—POWER FOR TRANSFORMATION

3.a. How are we to overcome sin? Romans 6:14

Note: “Before the believer is held out the wonderful possibility of being like Christ, obedient to all the principles of the law. But of himself man is utterly unable to reach this condition. The holiness that God’s word declares he must have before he can be saved is the result of the working of divine grace as he bows in submission to the discipline and restraining influences of the Spirit of truth. Man’s obedience can be made perfect only by the incense of Christ’s righteousness, which fills with divine fragrance every act of obedience. The part of the Christian is to persevere in overcoming every fault. Constantly he is to pray to the Saviour to heal the disorders of his sin-sick soul. He has not the wisdom or the strength to overcome; these belong to the Lord, and He bestows them on those who in humiliation and contrition seek Him for help.

“The work of transformation from unholiness to holiness is a continuous one. Day by day God labors for man’s sanctification, and man is to cooperate with Him, putting forth persevering efforts in the cultivation of right habits. He is to add grace to grace; and as he thus works on the plan of addition, God works

for him on the plan of multiplication. Our Saviour is always ready to hear and answer the prayer of the contrite heart, and grace and peace are multiplied to His faithful ones. Gladly He grants them the blessings they need in their struggle against the evils that beset them.” *The Acts of the Apostles*, 532

3.b. What is promised to all who surrender to Christ?

Matthew 16:24–27; James 4:10; 1 Peter 5:6–10

Note: “The only safety for the youth in this age of pollution is to make God their trust. Without divine help they will be unable to control human passions and appetites. In Christ is the very help needed, but how few will come to Him for that help. Said Jesus when upon the earth, ‘Ye will not come to me, that ye might have life.’ In Christ all can conquer. You can say with the apostle, ‘Nay, in all these things we are more than conquerors through him that loved us.’ Again, ‘But I keep under my body, and bring it into subjection.’” *Child Guidance*, 467

Wednesday

4 FRUITFUL CHRISTIANS

4.a. What is the fruit of a Christian, and how is it borne?

Galatians 5:22, 23; 2 Corinthians 9:8

Note: “The prayer of the living Christian will be ‘to be filled with the knowledge of His will, in all wisdom, and spiritual understanding, that they may walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God, strengthened with all might, according to His glorious power, unto all patience and longsuffering, with joyfulness;’ ‘In whom are hid all the treasures of wisdom and knowledge.’

“Here is the true knowledge which should be desired, and possessed by every Christian. This knowledge will not lead to ungodliness. It will not break down the constitution, nor bring a gloomy cloud over the mind; but will impart substantial joys, and true happiness. This wisdom is divine, and flows ceaselessly from a pure fountain which gives peace, joy, and health.” *An Appeal to Mothers*, 32, 33

4.b. What enables us to continuously bear fruit? John 15:5

Note: “As the graft receives life when united to the vine, so the sinner partakes of the divine nature when connected with Christ. Finite man is united with the infinite God. When thus united, the words of Christ *abide* in us, and we are not actuated by a spasmodic feeling, but by a living, abiding principle. The words of Christ must be meditated upon and cherished and enshrined in the heart. They should not be repeated, parrot-like, finding no place in the memory and having no influence over the heart and life.

“As the branch must abide in the vine to obtain the vital sap which causes it to flourish, so those who love God and keep all His sayings must abide in His love. Without Christ we cannot subdue a single sin or overcome the smallest temptation. Many need the Spirit of Christ and His power to enlighten their understanding, as much as blind Bartimaeus needed his natural sight. ‘As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me.’ All who are really in Christ will experience the benefit of this union. The Father accepts them in the Beloved, and they become objects of His solicitude and tender, loving care. This connection with Christ will result in the purification of the heart and in a circumspect life and faultless character.” *Testimonies*, Vol. 4, 355 [Author’s emphasis.]

Thursday

5 GROWING IN GRACE

5.a. How can believers grow in grace? 2 Peter 1:2–8; 3:18

Note: “It is the Lord’s desire that His followers shall grow in grace, that their love shall abound more and more, that they shall be filled with the fruits of righteousness, which are by Jesus Christ, unto the praise and glory of God. ...

“One of the divine plans for growth is impartation. The Christian is to gain strength by strengthening others. ‘He that watereth shall be watered also himself.’ This is not merely a promise; it is a divine law, a law by which God designs that the streams of benevolence, like the waters of the great deep, shall be kept in constant circulation, continually flowing back to their source. In the fulfilling of this law is the secret of spiritual growth.” *The Signs of the Times*, June 12, 1901

“
Grace is unmerited favor,
and the believer is justified
without any merit of his
own, without any claim to
offer to God.”

5.b. What do we need to grow in God’s grace? Psalm 119:9–11, 105; 1 Thessalonians 5:17; Proverbs 4:23

Note: “Diligent heart-keeping is essential to a healthy growth in grace.” *Our High Calling*, 161

“How is it possible that we may grow in grace? It is possible to us only as we empty our hearts of self, and present them to heaven, to be molded after the divine Pattern. We may have a connection with the living Channel of Light; we may be refreshed with the heavenly dew, and have the showers of heaven descend upon us. As we appropriate the blessing of God, we shall be able to receive greater measures of His grace. As we learn to endure as seeing Him who is invisible, we shall become changed into the image of Christ. The grace of Christ will not make us proud, cause us to be lifted up in self, but we shall become meek and lowly in heart.” *The Signs of the Times*, January 16, 1893

Friday

PERSONAL REVIEW QUESTIONS

- 1 What is grace and to whom is it offered?
- 2 What is man’s condition without God’s grace?
- 3 How can we be overcomers?
- 4 What is the result of God’s grace in our life?
- 5 What is essential for us to grow in grace?

May 14 – 20, 2023

Faith

Key Text

“For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek. For in it the righteousness of God is revealed from faith to faith; as it is written, ‘The just shall live by faith.’” Romans 1:16, 17

Study Help: *Education*, 253–261

Introduction

“Christ did not fail, neither was He discouraged; and the disciples were to show a faith of the same enduring nature. They were to work as He had worked, depending on Him for strength. Though their way would be obstructed by apparent impossibilities, yet by His grace they were to go forward, despairing of nothing and hoping for everything.” *The Acts of the Apostles*, 23

Sunday

1 SAVING FAITH

1.a. What is the Bible definition of faith? Hebrews 11:1

Note: “We can have the salvation of God in our families; but we must believe for it, live for it, and have a continual, abiding faith and trust in God.” *Child Guidance*, 484

“The prayer of the publican was heard because it showed dependence reaching forth to lay hold upon Omnipotence. Self to the publican appeared nothing but shame. Thus it must be seen by all who seek God. By faith—faith that renounces all self-trust—the needy suppliant is to lay hold upon infinite power.” *Christ’s Object Lessons*, 159

1.b. What is written about the creation of the universe?
Hebrews 11:3; Psalm 33:6, 9

Note: “God spoke, and His words created His works in the natural world. God’s creation is but a reservoir of means made ready for Him to employ instantly to do His pleasure.” *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1081

Monday

2 OVERCOMERS BY FAITH

2.a. What is recorded about Abel? Genesis 4:4;
Hebrews 11:4

Note: “In every offering to God we are to acknowledge the one great Gift; that alone can make our service acceptable to Him. When Abel offered the firstling of the flock, he acknowledged God, not only as the Giver of his temporal blessings, but also as the Giver of the Saviour. Abel’s gift was the very choicest he could bring; for it was the Lord’s specified claim. But Cain brought only of the fruit of the ground, and his offering was not accepted by the Lord. It did not express faith in Christ. All our offerings must be sprinkled with the blood of the atonement. As the purchased possession of the Son of God, we are to give the Lord our own individual lives.” *The Review and Herald*, November 24, 1896

“Fallen man, because of his guilt, could no longer come directly before God with his supplications; for his transgression of the divine law had placed an impassable barrier between the holy God and the transgressor. But a plan was devised that the sentence of death should rest upon a Substitute of superior value to the law of God. In the plan of redemption there must be the shedding of blood, for death must come in consequence of man’s sin. The beasts for sacrificial offerings were to prefigure Christ. In the slain victim, man was to see the fulfillment for the time being of God’s word, ‘Ye shall surely die.’” *Ibid.*, March 3, 1874

2.b. What was the main difference between Cain and Abel’s offerings? Genesis 4:3–5

“

*Be ambitious, for the
Master's glory, to cultivate
every grace of character.*



Note: “Cain thought himself righteous, and he came to God with a thank offering only. He made no confession of sin, and acknowledged no need of mercy. But Abel came with the blood that pointed to the Lamb of God. He came as a sinner, confessing himself lost; his only hope was the unmerited love of God. The Lord had respect to his offering, but to Cain and his offering He had not respect. The sense of need, the recognition of our poverty and sin, is the very first condition of acceptance with God. ‘Blessed are the poor in spirit; for theirs is the kingdom of heaven.’ Matthew 5:3.” *Christ's Object Lessons*, 152

Tuesday

3 OVERCOMERS BY FAITH (continued)

3.a. Summarize the biography of Enoch. Genesis 5:21–24

Note: “Did he [Enoch] see God by his side? Only by faith. He knew that the Lord was there, and he adhered steadfastly to the principles of truth. We, too, are to walk with God. When we do this, our faces will be lighted up by the brightness of His presence, and when we meet one another, we shall speak of His power, saying, Praise God. Good is the Lord, and good is the word of the Lord.” *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1087

3.b. What was Enoch's reward? Hebrews 11:5

Note: “We can have what Enoch had. We can have Christ as our constant companion. Enoch walked with God, and when assailed by the tempter, he could talk with God about it. He had no ‘It is written’ as we have, but he had a knowledge of his heavenly Companion. He made God his Counselor, and was closely bound up with Jesus. And Enoch was honored in this course. He was translated to heaven without seeing death. And those who will be translated at the close of time, will be those who commune with God on earth. Those who make manifest that their life is hid with Christ in God will ever be representing Him in all their life practices. Selfishness will be cut out by the roots.” *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1087

“Be ambitious, for the Master's glory, to cultivate every grace of character. In every phase of your character building you are to please God. This you may do; for Enoch pleased Him though living in a degenerate age. And there are Enochs in this our day.” *Christ's Object Lessons*, 332

“If you will only watch, continually watch unto prayer, if you will do everything as if you were in the immediate presence of God, you will be saved from yielding to temptation, and may hope to be kept pure, spotless, and undefiled till the last.” *Gospel Workers*, 128

Wednesday

4 OVERCOMERS BY FAITH (continued)

4.a. What is written of Noah? Genesis 5:28, 29, 32; 6:8, 9, 13, 14, 22; Hebrews 11:7

Note: “The descendants of Seth were called the sons of God—the descendants of Cain, the sons of men. As the sons of God mingled with the sons of men, they became corrupt, and by intermarriage with them, lost, through the influence of their wives, their peculiar, holy character, and united with the sons of Cain in their idolatry. Many cast aside the fear of God, and trampled upon His commandments. But there were a few that did righteousness, who feared and honored their Creator. Noah and his family were among the righteous few.” *The Spirit of Prophecy*, Vol. 1, 66

“While Noah was giving his warning message to the world, his works testified of his sincerity. It was thus that his faith was perfected and made evident. He gave the world an example of believing just what God says. All that he possessed, he invested in the ark. As he began to construct that immense boat on dry ground, multitudes came from every direction to see the strange sight and to hear the earnest, fervent words of the singular preacher. Every blow struck upon the ark was a witness to the people.” *Patriarchs and Prophets*, 95

4.b. What title did God Himself apply to Noah?

Genesis 7:1; 2 Peter 2:5

Note: “Of the vast population of the earth before the Flood, only eight souls believed and obeyed God’s word through Noah. For a hundred and twenty years the preacher of righteousness warned the world of the coming destruction, but his message was rejected and despised. So it will be now. Before the Lawgiver shall come to punish the disobedient, transgressors are warned to repent, and return to their allegiance; but with the majority these warnings will be in vain. Says the apostle Peter, ‘There shall come in the last days scoffers, walking after their own lusts, and saying, Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning.’ 2 Peter 3:3, 4. Do we not hear these very words repeated, not merely by the openly ungodly, but by many who occupy the pulpits of our land?” *Patriarchs and Prophets*, 102, 103

Thursday

5 ABRAHAM—A FRIEND OF GOD

5.a. How was Abraham justified before God?

Genesis 15:6; Romans 4:1–5

Note: “The first and the last are to be sharers of the great, eternal reward, and the first should gladly welcome the last. He who grudges the reward to another, forgets that he himself is saved by grace alone.” *The Review and Herald*, July 10, 1894

5.b. How was Abraham justified before the whole universe? James 2:18–26

Note: “In order for man to be justified by faith, faith must reach a point where it will control the affections and impulses of the heart; and it is by obedience that faith itself is made perfect.” *The Review and Herald*, November 4, 1890

“The faith that does not produce good works does not justify the soul.” *Selected Messages*, Book 1, 397

“Faith works by love and purifies the soul. Faith buds and blossoms and bears a harvest of precious fruit. Where faith is, good works appear. The sick are visited, the poor are cared for, the fatherless and the widows are not neglected, the naked are clothed, the destitute are fed. Christ went about doing good, and when men are united with Him, they love the children of God, and meekness and truth guide their footsteps. The expression of the countenance reveals their experience, and men take knowledge of them that they have been with Jesus and learned of Him. Christ and the believer become one, and His beauty of character is revealed in those who are vitally connected with the Source of power and love.” *Ibid.*, 398

Friday

PERSONAL REVIEW QUESTIONS

- 1 What is faith?
- 2 Why did God accept Abel’s offering?
- 3 How did Enoch walk with the Lord?
- 4 How was Noah considered by God, and why?
- 5 What is the basic difference between faith and presumption?

May 21 – 27, 2023

Good Works

Key Text

“Let your light so shine before men, that they may see your good works, and glorify your Father in heaven.” Matthew 5:16

Study Help: *Faith and Works*, 47–50; 95–98

Introduction

“The unselfish labor of Christians in the past should be to us an object lesson and an inspiration. The members of God’s church are to be zealous of good works, separating from worldly ambition and walking in the footsteps of Him who went about doing good.” *The Acts of the Apostles*, 109

Sunday

1 SOLELY BY GRACE

1.a. What is the sure foundation of our salvation?

Ephesians 2:8, 9

Note: “Salvation is God’s free gift to the believer, given to him for Christ’s sake alone. The troubled soul may find peace through faith in Christ, and his peace will be in proportion to his faith and trust.” *The Review and Herald*, January 29, 1895

1.b. What is the role of good works in our spiritual life?

Ephesians 2:10

Note: “The Lord has ordained that good works shall be rewarded. We are accepted through Christ’s merit alone; and the acts of mercy, the deeds of charity, which we perform, are the fruits of faith; and they become a blessing to us; for men are to be rewarded according to their works. It is the fragrance of

the merit of Christ that makes our good works acceptable to God, and it is grace that enables us to do the works for which He rewards us. Our works in and of themselves have no merit. When we have done all that it is possible for us to do, we are to count ourselves as unprofitable servants. We deserve no thanks from God. We have only done what it was our duty to do, and our works could not have been performed in the strength of our own sinful natures.” *The Review and Herald*, January 29, 1895

Monday

2 DEAD WORKS

2.a. What is the meaning of the expression “dead works”?
Hebrews 9:14

Note: “True sanctification means perfect love, perfect obedience, perfect conformity to the will of God. We are to be sanctified to God through obedience to the truth. Our conscience must be purged from dead works to serve the living God. We are not yet perfect; but it is our privilege to cut away from the entanglements of self and sin, and advance to perfection.” *The Acts of the Apostles*, 565

“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.” *Selected Messages*, Book 3, 200, 201

2.b. How can we be purged from dead works? Isaiah 6:5–7

Note: “Let every soul who claims to be a son or a daughter of God examine himself in the light of Heaven; let him consider the polluted lips that make him ‘undone.’ They are the medium of communication. ...

“How many words are spoken in lightness and foolishness, in jesting and joking! This would not be so did the followers of Christ realize the truth of the words, ‘Every idle word that

men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.'

"Harsh and unkind words, words of censure and criticism of God's work and His messengers, are indulged in by those who profess to be His children. When these careless souls discern the greatness of God's character, they will not mingle their spirit and attributes with His service. When our eyes look by faith into the sanctuary, and take in the reality, the importance and holiness, of the work there being done, everything of a selfish nature will be abhorred by us. Sin will appear as it is—the transgression of God's holy law. The atonement will be better understood; and by living, active faith, we shall see that whatever of virtue humanity possesses, it exists only in Jesus Christ, the world's Redeemer." *The Review and Herald*, December 22, 1896

Tuesday

3 DEAD WORKS (continued)

3.a. What is the result of works which lack faith?
Romans 14:23

Note: "We are not perfect, but it is our privilege to cut away from the entanglements of self and sin, and go on unto perfection." *The Upward Look*, 99

"The Pharisee goes up to the temple to worship, not because he feels that he is a sinner in need of pardon, but because he thinks himself righteous and hopes to win commendation. His worship he regards as an act of merit that will recommend him to God. At the same time it will give the people a high opinion of his piety. He hopes to secure favor with both God and man. His worship is prompted by self-interest.

"And he is full of self-praise. He looks it, he walks it, he prays it. Drawing apart from others as if to say, 'Come not near to me; for I am holier than thou' (Isaiah 65:5), he stands and prays 'with himself.' Wholly self-satisfied, he thinks that God and men regard him with the same complacency.

"'God, I thank thee,' he says, 'that I am not as other men are, extortioners, unjust, adulterers, or even as this publican.' He judges his character, not by the holy character of God, but by the character of other men. His mind is turned away from God to humanity. This is the secret of his self-satisfaction.

"He proceeds to recount his good deeds: 'I fast twice in the week, I give tithes of all that I possess.' The religion of the Pharisee does not touch the soul. He is not seeking Godlikeness of character, a heart filled with love and mercy. He is sat-

isfied with a religion that has to do only with the outward life. His righteousness is his own—the fruit of his own works—and judged by a human standard.

"Whoever trusts in himself that he is righteous, will despise others. As the Pharisee judges himself by other men, so he judges other men by himself. His righteousness is estimated by theirs, and the worse they are the more righteous by contrast he appears. His self-righteousness leads to accusing. 'Other men' he condemns as transgressors of God's law. Thus he is making manifest the very spirit of Satan, the accuser of the brethren. With this spirit it is impossible for him to enter into communion with God. He goes down to his house destitute of the divine blessing." *Christ's Object Lessons*, 150, 151

3.b. What is the source of dead works? James 2:17, 26

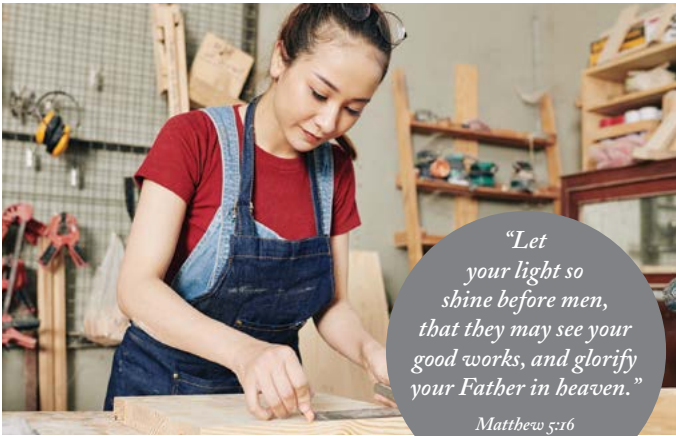
Wednesday

4 THE SOURCE OF TRUE GOOD WORKS

4.a. How do true good works come into being?
Isaiah 26:12; John 7:37–39

Note: "Love is the basis of godliness. Whatever the profession, no man has pure love to God unless he has unselfish love for his brother. But we can never come into possession of this spirit by *trying* to love others. What is needed is the love of Christ in the heart. When self is merged in Christ, love springs forth spontaneously. The completeness of Christian character is attained when the impulse to help and bless others springs constantly from within—when the sunshine of heaven fills the heart and is revealed in the countenance.

"It is not possible for the heart in which Christ abides to be destitute of love. If we love God because He first loved us, we shall love all for whom Christ died. We cannot come in touch with divinity without coming in touch with humanity; for in Him who sits upon the throne of the universe, divinity and humanity are combined. Connected with Christ, we are connected with our fellow men by the golden links of the chain of love. Then the pity and compassion of Christ will be manifest in our life. We shall not wait to have the needy and unfortu-



nate brought to us. We shall not need to be entreated to feel for the woes of others. It will be as natural for us to minister to the needy and suffering as it was for Christ to go about doing good." *Christ's Object Lessons*, 384, 385 [Author's emphasis.]

4.b. What did Paul say about the basis of his spiritual life? Galatians 2:20, 21

Note: "Paul realized that his sufficiency was not in himself, but in the presence of the Holy Spirit, whose gracious influence filled his heart, bringing every thought into subjection to Christ. He spoke of himself as 'always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.' 2 Corinthians 4:10. In the apostle's teachings Christ was the central figure. 'I live,' he declared, 'yet not I, but Christ liveth in me.' Galatians 2:20. Self was hidden; Christ was revealed and exalted." *The Acts of the Apostles*, 251

Thursday

5 DIVINE PURPOSES FOR GOOD WORKS

5.a. What did Christ say about the purpose of good works? Matthew 5:16

Note: "Practical work will have far more effect than mere sermonizing. We are to give food to the hungry, clothing to the naked, and shelter to the homeless. And we are called to do more than this. The wants of the soul, only the love of Christ can satisfy. If Christ is abiding in us, our hearts will be full of divine sympathy. The sealed fountains of earnest, Christlike love will be unsealed.

"God calls not only for our gifts for the needy, but for our cheerful countenance, our hopeful words, our kindly hand-clasp. When Christ healed the sick, He laid His hands upon them. So should we come in close touch with those whom we seek to benefit.

"There are many from whom hope has departed. Bring back the sunshine to them. Many have lost their courage. Speak to them words of cheer. Pray for them. There are those who need the bread of life. Read to them from the word of God. Upon many is a soul sickness which no earthly balm can reach nor physician heal. Pray for these souls, bring them to Jesus. Tell them that there is a balm in Gilead and a Physician there." *Christ's Object Lessons*, 417, 418

5.b. What will be the result of faith which works by love and purifies the soul? Galatians 5:5, 6; Romans 8:24

Note: "In the night of spiritual darkness God's glory is to shine forth through His church in lifting up the bowed down and comforting those that mourn." *Christ's Object Lessons*, 417

Friday

PERSONAL REVIEW QUESTIONS

- 1 What is the place of good works in Christian life?
- 2 What are dead works?
- 3 What is the relation between justification by faith and good works?
- 4 What is the source of all good works?
- 5 How can the world know that we really believe in Christ?

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Sources: gleanersnutritionhub.org/blog/national-pear-month; usapears.org/articles/everything-there-is-to-know-about-pear-nutrition; agmrc.org/commodities-products/fruits/pears

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



PEAR CREAM

Ingredients

1 cup cashews or Brazil nuts
1-2 tsp. vanilla flavoring
2 15-oz. cans unsweetened pears in own juice *or* 3 large pears, steamed with 1 cup water until soft
Pinch of salt

Process

Blend all ingredients until smooth. Pour over waffles, pancakes, granola, cooked cereal, etc.





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