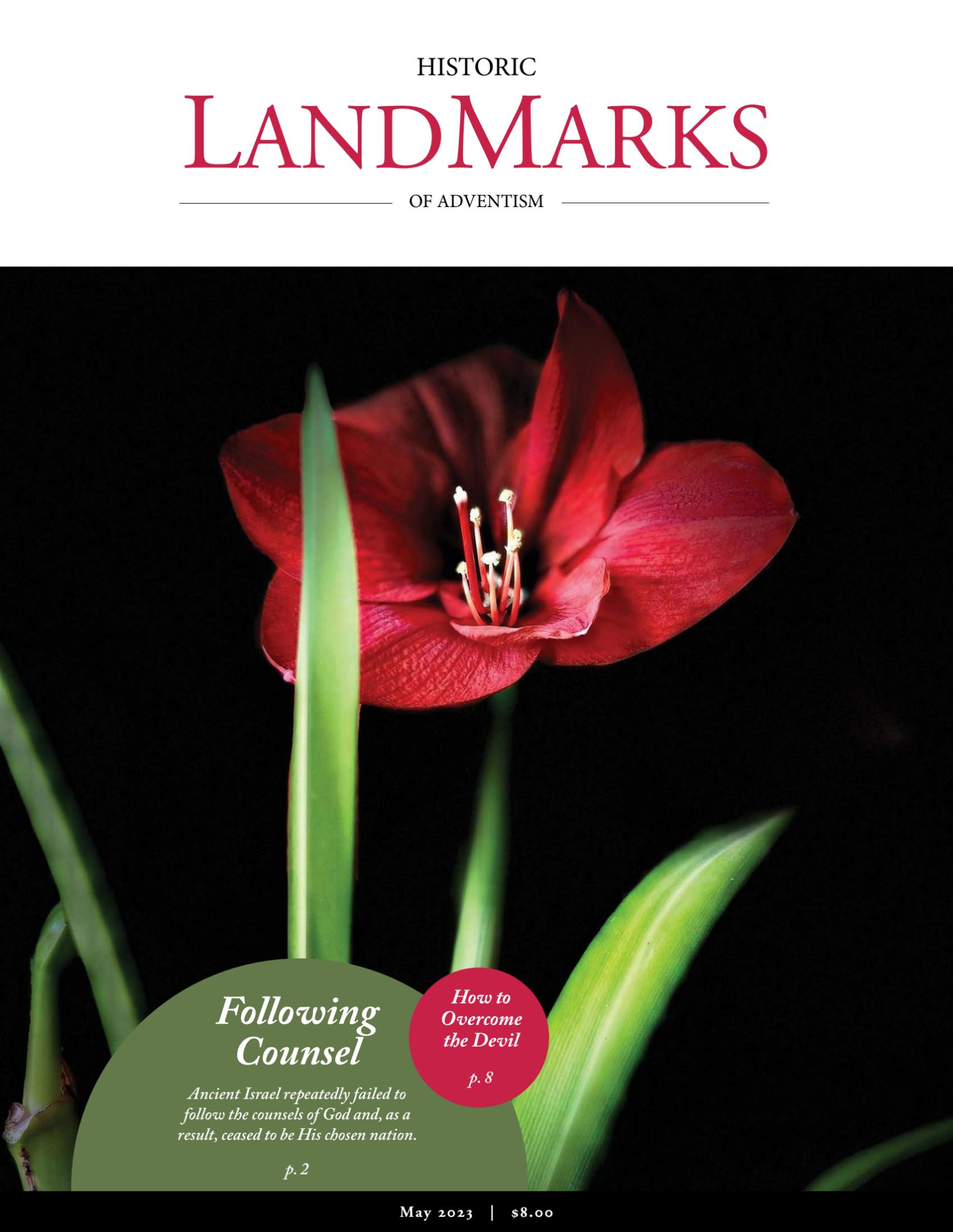


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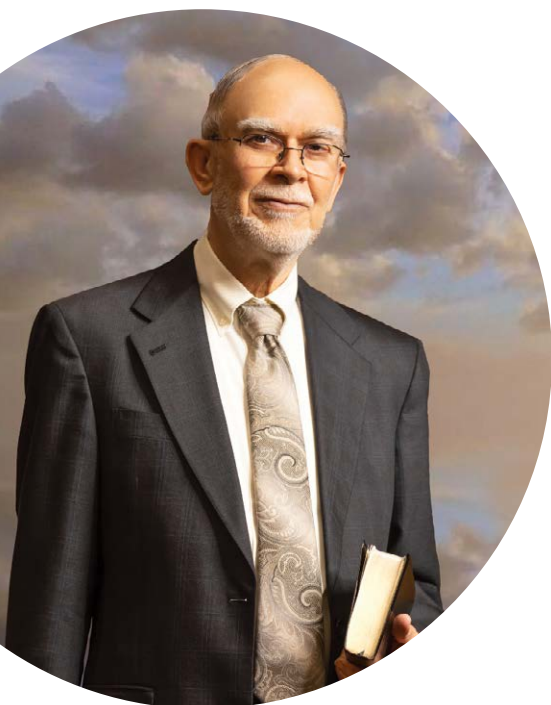
*Following
Counsel*

Ancient Israel repeatedly failed to follow the counsels of God and, as a result, ceased to be His chosen nation.

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*How to
Overcome
the Devil*

p. 8



From the Editor

John J. Grosboll

If You Inherit the Righteousness of Christ

And this is the testimony: that God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life.”
1 John 5:11, 12

“And truly Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.” John 20:30, 31

“For if by the one man’s offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

“Therefore, as through one man’s offense judgment came to all men, resulting in condemnation, even so through one Man’s righteous act the free gift came to all men, resulting in justification of life.” Romans 5:17, 18

“In the gospel of Christ Jesus, ... the terms of salvation were fully revealed. The law stands in all its original force

and purity; not one jot or tittle was to be set aside or altered; for the law is the transcript of the character of God. But the Lord made a covenant of grace whereby His mercy is extended to fallen man, and provision is made so ample and powerful that souls ruined by the fall may be uplifted to glory, honor, and immortality. ... Encircling the throne of God is the rainbow of the covenant, a symbol of the pledged word of God that He will receive every sinner who gives up all hope of eternal life on the ground of his own righteousness, and accepts the righteousness of the world’s Redeemer, believing that Christ is his personal Saviour, able to save him from his sin, and to keep him from falling. Unless Christ is the ground of our hope, we shall not inherit eternal life.” *The Signs of the Times*, September 5, 1892

“We need to ask ourselves the question, What shall I do to inherit eternal life? ... The sinner may be pardoned if he accepts Christ as a personal Saviour. There is only one condition—the acceptance of the robe of Christ’s righteousness.” *Sermons and Talks*, Vol. 1, 138 **LM**

HISTORIC

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OF ADVENTISM

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

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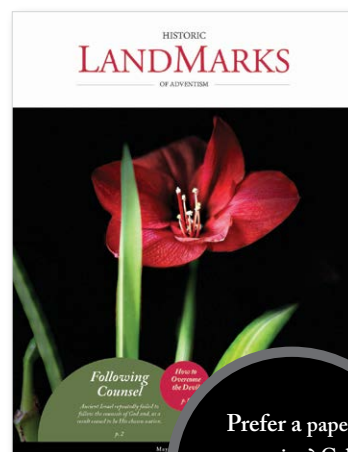
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Following Counsel

By John R. Pearson

There is no better example of a people as a whole ignoring divine counsel than that of ancient Israel. The Lord predicted Israel's rebellion, which was the direct result of their failure to heed divine counsel.

“Then the Lord said to Moses, ‘Behold, the days approach when you must die; call Joshua, and present yourselves in the tabernacle of meeting, that I may inaugurate him.’ So Moses and Joshua went and presented themselves in the tabernacle of meeting. Now the Lord appeared at the tabernacle in a pillar of cloud, and the pillar of cloud stood above the door of the tabernacle. And the Lord



said to Moses: ‘Behold, you will rest with your fathers; and this people will rise and play the harlot with the gods of the foreigners of the land, where they go to be among them, and they will forsake Me and break My covenant which I have made with them. Then My anger shall be aroused against them in that day, and I will forsake them, and I will hide My face from them, and they shall be devoured. And many evils and troubles shall befall them, so that they will say in that day, “Have not these evils come upon us because our God is not among us?”’” Deuteronomy 31:14–17

Why was God not among them? Because they refused to heed His counsel.

Just before ascending Mt. Nebo where he was destined to die, Moses recounted the history of God’s people and made his final attempt to make them realize their true condition.

“Moses closed his last instructions to the people by a most powerful, prophetic address. It was pathetic and eloquent. By inspiration of God he blessed separately the tribes of Israel. In his closing words, he dwelt largely upon the majesty of God, and the excellency of Israel, which would ever continue if they would obey God, and take hold of His strength.” *The Story of Redemption*, 172

But as he was recounting the history of God’s people, he also noted, “For they are a nation void of counsel, nor is there any understanding in them.” Deuteronomy 32:28

We can presume from that description that those who have counsel from the Lord do indeed have understanding—*when they obey* that counsel. We can further assume that those who fail to heed counsel lack understanding.

It is evident from an analysis of Moses’ recounting that ancient Israel had lost its way. Considering that the “past is prologue,” we need to look at today’s situation within the church to see if history is repeating itself, and inquire: Is the Seventh-day Adventist church veering from the plainest counsel that



the Lord has so lovingly supplied, just as ancient Israel did?

It can indeed be asserted that as a people, Seventh-day Adventists have disregarded explicit instructions provided by our Creator, just as the Israelites did more than 3,000 years ago.

Consider this: The Catholics are operating many Adventist medical institutions. Broad-road preachers are invited to speak in Adventist churches. For many years representatives of the General Conference of Seventh-day Adventists have not only attended ecumenical counsels, but actively participated in the ecumenical movement. There is little, if any, difference between the Adventist educational system and that of the world. The General Conference more than once has filed lawsuits against fellow believers.

In Deuteronomy 5:32, 33, after having reviewed the ten commandments with the Israelites, Moses concluded, “Therefore you shall be careful to do as the Lord your God has commanded you; you shall not turn aside to the right hand or to the left. You shall walk in all the ways which the Lord your God has commanded you, that you may live and

that it may be well with you, and that you may prolong your days in the land which you shall possess.”

In other words, “If you heed My counsel, it will be well with you.”

Then in Deuteronomy 6:5, Moses gives what has come to be known as the greatest commandment: “You shall love the Lord your God with all your heart, with all your soul, and with all your strength.”

Christ emphasized the significance of this commandment when a Pharisee questioned Him. “Then one of them, a lawyer, asked Him a question, testing Him, and saying, ‘Teacher, which is the great commandment in the law?’ Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.” Matthew 22:35–40

We can assume that since the questioner was a lawyer, he was undoubtedly familiar with the law and knew the answer to his question before he asked. Clearly, he was “testing Jesus” to see if

He was really who He claimed to be. Note, too, that the lawyer refused to acknowledge His divinity, addressing Him merely as “Teacher.”

Turning back to Deuteronomy 6, Moses repeats the counsel he had just given in chapter five: “You shall diligently keep the commandments of the Lord your God, His testimonies, and His statutes which He has commanded you.” Verse 17

This is advice that it would be well for Seventh-day Adventists to heed today, especially with regard to “His testimonies.”

This is a repeated fulfillment of the Lord’s prediction against ancient Israel found in Deuteronomy 31. How can God’s people expect to receive divine blessings if we refuse to heed divine counsel?

The book of Job provides some excellent examples of counsel heeded and counsel ignored. After a bit of badgering by his “miserable counselors,” Job expresses his faith in God: “With Him are wisdom and strength, He has counsel and understanding.” Job 12:13

After much back and forth between Job and those counselors, Elihu, who had remained silent while Zophar, Eliphaz, and Bildad had condemned Job, spoke extensively and somewhat eloquently on God’s justice, goodness, and omnipotence.

Then beginning in chapter 38, it seems that God had had enough of all the debate and self-justifications and turned directly to Job. “Then the Lord answered Job out of the whirlwind, and said: ‘Who is this who darkens counsel by words without knowledge?’” Job 38:1, 2

After a thorough grilling by God in a series of questions and statements that provide amazing insight into God’s character, “Then Job answered the Lord and said: ‘I know that You can do everything, And that no purpose of Yours can be withheld from You. You asked, “Who is this who hides counsel without knowledge?” Therefore I have uttered what I did not understand,

things too wonderful for me, which I did not know. Listen, please, and let me speak; You said, “I will question you, and you shall answer Me.” I have heard of You by the hearing of the ear, but now my eye sees You. Therefore I abhor myself, And repent in dust and ashes.’” Job 42:1–6

Thus ends one of the many lessons we can learn from Job’s experience.

We also learn from the book of Job that there is both good and bad counsel. This is made plain in the opening verse of the book of Psalms.

“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful.” Psalm 1:1

A more contemporary way to state this verse might be “Blessed are those who don’t listen to bad or unrighteous advice, who disregard the efforts of the enemy of souls to lead them astray, and who do not engage in ridicule and mockery.”

It can be stated that all who expect to reside on the far side of the Jordan must reject bad advice, ignore Satan’s efforts to lead them astray, and must not engage in ridicule.

“I will bless the Lord who has given me counsel; my heart also instructs me in the night seasons.” Psalm 16:7

We bless the Lord by heeding His counsel, by doing exactly what Moses instructed the children of Israel to do in Deuteronomy 5 and 6.

“The Lord brings the counsel of the nations to nothing; He makes the plans of the peoples of no effect. The counsel of the Lord stands forever, the plans of His heart to all generations.” Psalm 33:10, 11

The truth of this passage is very evident when we see all that is happening in the world today. In spite of the fact that there are regular, high-level meetings among the leading nations of the world to try to resolve one problem after another—poverty, homelessness, climate change, regional and global conflicts—time and events continue to careen onward toward the fulfillment of prophecy.

Look at David’s recap of the history of God’s people found in Psalm 106.

“

You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

Deuteronomy 6:5

“Our fathers in Egypt did not understand Your wonders; they did not remember the multitude of Your mercies, but rebelled by the sea—the Red Sea. Nevertheless He saved them for His name’s sake, that He might make His mighty power known.

“He rebuked the Red Sea also, and it dried up; so He led them through the depths, as through the wilderness. He saved them from the hand of him who hated them, and redeemed them from the hand of the enemy. The waters covered their enemies; there was not one of them left. Then they believed His words; they sang His praise.

“They soon forgot His works; they did not wait for His counsel [adhere to His advice], but lusted exceedingly in the wilderness, and tested God in the desert. And He gave them their request, but sent leanness into their soul.” Verses 7–15

The remainder of the chapter tells us what occurred because of that failure.

So, we should ask ourselves if we are doing as ancient Israel did. Are we ignoring the counsel we are given in God’s word—whether it is in the Bible or in the testimonies so lovingly provided through God’s prophet to the remnant?

For example, we are told, “The effect of cheese is deleterious.” *Christian Temperance and Bible Hygiene*, 47

“Cheese should never be introduced into the stomach.” *Testimonies*, Vol. 2, 68

Cheese “is wholly unfit for food.” *The Ministry of Healing*, 302

Even with this decisive counsel regarding the perils of eating cheese, many Adventists persist. Note that cheese is one of the very few foods that counsel definitely and unequivocally says not to eat.

In 2003 and 2004, I attended a conference Adventist church for the first time. At one of the first fellowship meals, one of the members had brought a cheese pizza from a national pizza chain. Being familiar with the inspired counsel regarding cheese, I was surprised and mentioned to one of the members of the



church what Sister White said about cheese. He was shocked and said he had never heard that before. This from a life-long Adventist!

A few months later, the church was assigned a new pastor. To introduce himself to the church board, he hosted an informal dinner for them. The main course was cheese pizza, again from a national chain. When the church leaders are ignoring the plainest counsel we are given, how can the church members be blamed if they do likewise? This is why we are to know and heed the counsel in God’s word, looking to it for guidance and not to our fellow man—even if that fellow man is the pastor!

Another example of counsel that is frequently ignored is contained in Sister White’s response to a letter she had received from someone who was struggling to overcome.

“I have just read your letter. You seem to have an earnest desire to work out your salvation with fear and trembling. I encourage you to do this. I counsel you to discard everything that would cause you to do halfway work in seeking the kingdom of God and His righteousness. Put away every indulgence that would hinder you in the work of overcoming. Ask for the

prayers of those who can comprehend your need of help.

“There was a time when I was in a situation similar in some respects to yours. I had indulged the desire for vinegar. But I resolved with the help of God to overcome this appetite. I fought the temptation, determined not to be mastered by this habit.

“For weeks I was very sick; but I kept saying over and over, The Lord knows all about it. If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks. All thought that it was impossible for me to live. You may be sure we sought the Lord very earnestly. The most fervent prayers were offered for my recovery. I continued to resist the desire for vinegar, and at last I conquered. Now I have no inclination to taste anything of the kind. This experience has been of great value to me in many ways. I obtained a complete victory.” *Counsels on Diet and Foods*, 484, 485

During Sister White’s third visit to England in 1887, she made the following diary entry:

“I had presented much more upon general principles, but that did not set things right. The idea was so riveted in their minds that their own way was

perfect, that the very ones who need to reform did not take hold of the matter at all. I was obliged to say decidedly, as did Nathan to David, ‘Thou art the man.’ It made a decided stir in the camp, I assure you. I told them that the preparation of their food was wrong, and that living principally on soups and coffee and bread was not health reform; that so much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated the stomach.

“I was thoroughly convinced that many in the establishment were suffering with indigestion because of eating this kind of food. The digestive organs were enfeebled, and the blood impoverished. Their breakfast consisted of coffee and bread with the addition of prune sauce. This was not healthful. The stomach, after rest and sleep, was better able to take care of a substantial meal than when wearied with work. Then the noon meal was generally soup, sometimes meat. The stomach is small, but the appetite, unsatisfied, partakes largely of this liquid food, so it is burdened.

“The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies. As a consequence the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulty appear. Heart disturbances, inflammation, and many evils are the result of such kind of treatment, and not only are the bodies affected, but the morals, the religious life, are affected.

“I told them that unless they should change their diet, physical, mental, and moral degeneracy would surely be the result. Plain, good, substantial food must be given to our bodies, else there will be a poverty of the blood.” *Manuscript Releases*, Vol. 2, 143, 144

It can readily be acknowledged that these are hard sayings. Giving up cheese and anything and everything with vinegar in it—mayonnaise, mustard, ketchup, salad dressing—indeed makes us peculiar people, but that is what God wants us to be, isn’t it? There is a passage that speaks directly to the attitude of a person facing this decision. Speaking of new Christian converts, Inspiration

says, “... But they faint beneath the fiery test of temptation. They cannot bear reproach for Christ’s sake. When the word of God points out some cherished sin, or requires self-denial or sacrifice, they are offended. It would cost them too much effort to make a radical change in their life. They look at the present inconvenience and trial, and forget the eternal realities. Like the disciples who left Jesus, they are ready to say, ‘This is an hard saying; who can hear it?’ John 6:60.” *Christ’s Object Lessons*, 47, 48

There is another hard saying that can be considered a clear example of the circumcision of the heart that Paul writes about in Romans 2:29: “But he is a Jew who is one inwardly; and circumcision is that of the heart, in the Spirit, not in the letter; whose praise is not from men but from God.” This “heart circumcision” refers to the giving up of those things that you cherish in your heart that impede your Christian growth.

Matthew 10 begins with a census of the twelve apostles. Then beginning in verse 5, we have a record of Christ’s instructions to them as He sends them out to begin their work in the vineyard. He tells them to begin with the “lost sheep of the house of Israel.” He tells them to have faith that their needs will be supplied while engaging in this work. He warns them that they will experience persecution and to be wise as serpents and harmless as doves. He encourages them that though they may experience threats, “do not fear those who kill the body but cannot kill the soul.” Verse 28, *first part*

Then He states what may be considered one of the hardest sayings in all Scripture:

“Do not think that I came to bring peace on earth. I did not come to bring peace but a sword. For I have come to ‘set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law’; and ‘a man’s enemies will be those of his own household.’” Verses 34–36

If that isn’t hard enough to accept, He adds, “He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me.” Verse 37

This is indeed a hard saying. Making the decision that this counsel requires is a decision that is faced by anyone who is the lone Adventist in their family. Placing the love and requirements of God before the claims of family members is extremely trying and difficult. In fact, many find it impossible and make no concerted effort to do so, thereby perhaps losing eternity.

I’m sure that the apostle Paul loved his family as any husband and father would. Inspiration tells us that he was a member of the Sanhedrin. One of the qualifications for membership in that group was that any member had to be a family man—married with children. Yet, in all of his writings, Paul makes not a single mention of, nor the faintest allusion to,

*The counsel of the Lord
stands forever, the plans of
His heart to all generations.*

Psalms 33:11



*Conflicts
continue to
careen onward
toward the
fulfillment of
prophecy.*

his family. He even went so far as to say to the Philippians, “Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ.” Philippians 3:8

How can that be? How can we have the joy that the Christian experience is to provide when we have given up those who are nearest and dearest?

The fact of the matter is that we cannot experience the joy of the Christian walk unless we fully claim the promises in God’s word, having faith that what He promises, He will deliver.

There are a couple of inspired passages that provide insight into how a Christian can successfully face life’s challenges and the demands of the Christian walk.

“Shortly before His crucifixion Christ bequeathed to His disciples a legacy of peace. ... This peace is not the peace that comes through conformity with the world. It is an internal rather than an external peace. Without will be wars and fightings, through the opposition of avowed enemies, and the coldness and suspicion of those who claim to be friends. The peace of Christ is not to banish division, but it is to remain amid strife and division. ...

“The peace that Christ gave to His disciples, and for which we pray, is the

peace that is born of truth, a peace that is not to be quenched because of division. Without may be wars and fightings, jealousies, envies, hatred, strife; but the peace of Christ is not that which the world giveth or taketh away.” *Our High Calling*, 328

“Sanctification, unity, peace—all are to be ours through the truth. The belief of the truth does not make men gloomy and uncomfortable. If you have peace in Christ, His precious blood is speaking pardon and hope to your soul. Yes, more, you have joy in the Holy Spirit, through accepting the precious promises. Jesus says, ‘In the world ye shall have tribulation: but be of good cheer; I have overcome the world.’ John 16:33. Therefore the world shall not overcome you if you believe in Me. It is a world that I have conquered. Because I have overcome, if you believe in Me, you shall overcome. ...

“All that Jesus has promised, He will fulfill; and it is greatly dishonoring to Him for us to doubt Him. All His words are spirit and life. Accepted and obeyed, they will give peace and happiness and assurance forever. ... Christ declares that He has given us peace; it belongs to us. And He has spoken these things, that in Him we may have that which through infinite sacrifice He had purchased for us—what He holds as ours. This peace we need not seek in the world, for

the world has it not to bestow. It is in Christ. He will give it, in spite of the world, notwithstanding its threats and decrees, its alluring, deceiving promises.” *Ibid.*, 329

“All that Jesus has promised, He will fulfill.” He *will* wipe away all tears, including those we shed when we “suffer the loss of all things and count them as rubbish,” even when “all things” include our loved ones.

“The compassionate Saviour, who treated with tenderness the very chief of sinners, who never spurned true meekness and penitence, however great the guilt, uttered the most scathing denunciations against those who did not appreciate the light from heaven; who neither walked in the light themselves, nor extended its cheering influence to those in darkness. Will He be better pleased with us if we neglect our heaven-sent blessings and responsibilities?” *The Youth’s Instructor*, September 24, 1896

“And everyone who has left houses or brothers or sisters or father or mother or wife or children or lands, for My name’s sake, shall receive a hundredfold, and inherit eternal life.” Matthew 19:29 [LM](#)

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

How to Overcome the Devil

By Marshall J. Grosboll

“So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him. Then I heard a loud voice saying in heaven, ‘Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down. And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death. Therefore rejoice, O heavens, and you who dwell in them! Woe to the inhabitants of the earth and the sea! For the devil has come down to you, having great wrath, because he knows that he has but a short time.’”

Revelations 12:9–12



Why are there so many tears and disasters? So much worry, sorrow, pain, suffering, and death? The answer is in these scriptures. Satan was cast down, set loose on this earth to wreak havoc, and the Bible says that he will deceive the whole world. Every man and woman has been deceived at some time by this arch deceiver.

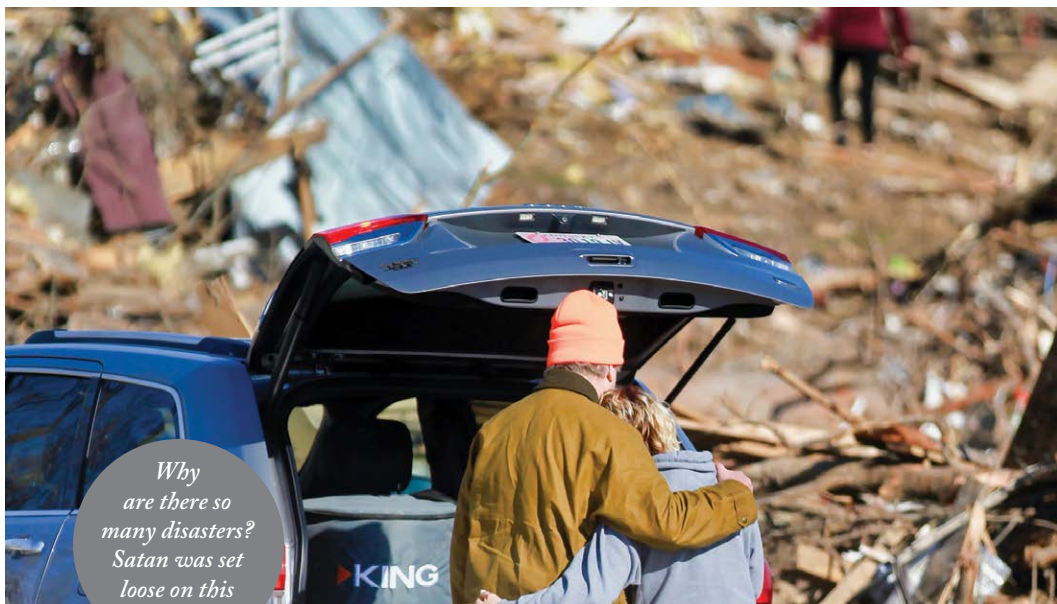
I wish that we could, just in the smallest degree, understand the significance of his deceitfulness. From the time you were born, he has studied your life, and for whatever reason, by one means or another, he has become a master artist at deceiving you. Every time we sin, we have been deceived into thinking that Satan's plan is superior to God's plan.

Some time ago, I was studying the Bible with a woman in Pennsylvania. Every doctrine we studied from the Bible—the state of the dead, the Sabbath, and many other doctrines—she accepted.

But when we began to study diet—pork specifically—she began to have issues. You see, diet is the downfall of so many people. We all know that the Bible says pork is an unclean food, unfit for mankind to eat, and those who are holy and pure do not eat pork or any other food the Bible identifies as unclean.

Sadly, this woman liked pork. You can see how the devil's deceptions were working against her. If she didn't like pork, then it would have been no temptation to her and, like all the other doctrines she had so eagerly accepted, she would have gladly given up unclean foods including pork. But she did like pork, and soon she began the process of rationalization.

Perhaps you have done the same thing. So-and-so does something that is wrong, so it's okay for me to do it, too. Unfortunately, friends, the old adage, "two wrongs don't make a right" is absolutely true. Excusing our sin by pointing out someone else's, doesn't make our sin any less sinful, nor does it deliver us from the resultant consequences.



*Why
are there so
many disasters?
Satan was set
loose on this
earth.*

Still, the devil wanted to keep her from fully and faithfully following Jesus, and to do this he had a terrible deception ready to use against her. Remember, he is the master deceiver. He had studied this woman her whole life and knew just what he should do.

About a month into our studies together, in fact it was during the same time that she was struggling with the truth regarding diet, she had lost her six-year-old daughter, and, oh, how she grieved over the death of her child. It is dangerous to reject truth because we sacrifice the protection of Jesus completely and leave ourselves open to all kinds of deception.

In her home, the daughter's bedroom was at the top of the stairs on the second floor. One day, she looked up those stairs, still grieving, and for one fleeting moment, she saw her daughter standing there looking at her, smiling, and then she was gone. In that moment, she knew that her daughter was all right, that she was in heaven, and had come down to give her assurance and peace.

Also, in that moment, she decided that the Bible was wrong, or at least the way we were interpreting it was wrong. But the Bible doesn't need an interpret-

er, for it plainly says regarding the dead, *"The dead know not anything, neither have they any more reward, for the memory of them is forgotten."* Ecclesiastes 9:5

The devil's deception was so powerful that she believed she had truly seen her daughter, and she was so truly deceived that she determined that everything she had learned and accepted to that point was wrong, and she rejected everything. Satan knew right where to strike. Tragically, this woman loved her daughter and unclean foods more than she loved the truth, and unless she repents of her rejection and again accepts the truth, it will cost her salvation.

Satan has a master file of your life and mine. He has traced every event. He and his angels have studied every aspect of your life. They know your special desires, weaknesses, and insecurities. They know what offends and irritates you the most, and how to upset you.

Is There Anything That Can Cause You to be Lost?

Is there anything in this world that means more to you than the truth as it is in Jesus Christ? Your spouse and children? Family or friends? A job, a position of power, wealth, or posses-

“

*Experience is knowledge
derived from experiment.
Experimental religion is
what is needed now.*

sions? Are you proud of your looks? Do you enjoy the flattery of the world? Do you desire attention? Have you been driven to a dark place because of illness, loneliness, or discouragement?

Is there anything that could cause you to give up the truth and turn away from the Holy Spirit? If there is, then rest assured Satan will bend all his power to bring about your destruction.

God wants you to be happy, but if you seek to follow Him, know that the devil will pull out all the stops to work against you. He has a temptation, probably more than one, that is tailor-made just for you. You see, not all temptations are successful against all people. While one person may struggle with addiction to smoking, drinking, or drugs, another may struggle with gambling or pornography, and another with pride and envy. Yes, the devil has a specific portfolio of temptations for each of us.

We will all be tempted, tested, during our lifetime. No one can expect to have a free ride to the pearly gates. Sooner or later, we will have to meet the devil face to face. We are never alone because the Holy Spirit is always with us to provide the power we need to overcome him. But, just as Jesus did in the wilderness of temptation, we will have to face the devil in battle, and we must be prepared to be conquerors.

The Only One

“The great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world.” Revelation 12:9
Except for One.

Of all of the people who have ever lived in the world, there was only One who was never deceived, the Man Christ Jesus. There is no one who has ever been tempted more than He.

For more than thirty years, Satan had prepared, focusing all his energies into the destruction of Jesus. Throughout His entire

life, he had sought to weaken Jesus, to cause Him to give up His faith and confidence in His Father. The time had come. Jesus was about to have that face-to-face confrontation that we ourselves will one day have with Satan.

“Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.”

Luke 4:1, 2

John the Baptist had baptized Jesus in the Jordan, and the Father had declared, “This is My beloved Son, in whom I am well pleased.” Matthew 3:17. But now God was leading Jesus to the wilderness for the fight of His human life. God took Him to the wilderness and left Him there, with no food or shelter, nothing but the hard ground for a bed, and no earthly protection against wild beasts or other dangers. Jesus had the power to provide for Himself, but the Father had ordained that He should come to earth and live as an ordinary man, trusting completely in Him for all of His needs.

Satan determined that Jesus would be overcome, understanding that “he must either conquer or be conquered. ... All the energies of apostasy were rallied against the Son of God. Christ was made the mark of every weapon of hell.” *The Desire of Ages*, 116

Turn These Stones

Even in His weakened and starved condition, Jesus’ trust in God remained strong and He continued to pray until a beautiful angel came to Him, an answer, it seemed, to His prayer.

“He claimed to have a commission from God to declare that Christ’s fast was at an end. As God had sent an angel to stay the hand of Abraham from offering Isaac, so, satisfied with Christ’s willingness to enter the bloodstained path, the Father had sent an angel to deliver Him; this was the message brought to Jesus. The Saviour was faint from hunger, He was craving for food, when Satan came suddenly upon Him. Pointing to the

stones which strewed the desert, and which had the appearance of loaves, the tempter said, 'If Thou be the Son of God, command that these stones be made bread.' "Ibid., 118

God accepted Your sacrifice here in the wilderness. He has accepted Your submission to His will. Now He has given You permission, " 'If You are the Son of God, command that these stones become bread.' " Matthew 4:3

Let's look at this temptation. Yes, it was a test on appetite. But this angel said something, just a small word, that should give anyone a clue that he might not be what he appeared to be: "If." "If You are the Son of God" Would God treat His Son this way? is the insinuation. An angel from heaven would know who Jesus is. This angel was not sent from God. Jesus discerned who he was. Imagine the added temptation for Him not to show this imposter just exactly who He is.

Why was Jesus not deceived as mankind usually is? Jesus recognized Satan because His relationship with and faith in His Father prevented even His humanity from being deceived.

But why is mankind so easily deceived? "The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and with all unrighteous deception, among those who perish, *because they did not receive the love of the truth*, that they might be saved." 2 Thessalonians 2:9, 10

Without a saving relationship with Jesus, we will be unable to see Satan for who he is. He will come to us in a way that looks good, but it won't be good, and if we do not have a love for the truth, we will be deceived.

Jesus loved truth more than He loved life itself. He would rather die than sacrifice even one of God's precepts. God had said, "This is My beloved Son, in whom I am well pleased." This was the word of God regarding who Jesus was. Knowing who Satan was from the beginning,



Jesus did not enter into controversy with him. He would not parley with temptation and simply replied to Satan, "It is written, 'Man shall not live by bread alone, but by every word of God.'" Luke 4:4

If You Will Worship Me

From there Satan took Jesus up on a high mountain. From this vantage point, he showed Him all the kingdoms of the world laid out in all their glory, along with all the people who lived in them, the very people Jesus had left heaven for, those He had come to save.

Satan said, "All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours."

In that moment, Jesus saw a narrow path strewn with stones and thorns and thistles. As the path stretched tortuously up, He saw a cross, and hanging on that cross is a man; He sees Himself. Here is the choice: a mere act of homage or the cross.

Without hesitation, Jesus replies, "Get behind Me, Satan! For it is written, 'You

shall worship the Lord your God, and Him only you shall serve.'" Luke 4:8

At the Cross

I am so happy that Jesus chose the cross, for it was through that choice that He gained the victory over Satan and his temptations and deceptions, and brought victory to us. For it is by that blood that we are saved and can find salvation from the temptations and deceptions Satan will surely bring to each one of us.

Do you spend time with the cross every day? Do you suppose that you can overcome Satan on your own? Do you think you are strong enough? It was at the cross that Satan was overcome. If we are to find victory over Satan and his deceptions, then we must go to the cross.

Revelation 12 says that Satan will deceive the whole world, but there are some who gain the victory.

"Then I heard a loud voice saying in heaven, 'Now salvation and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been

cast down. And *they overcame him by the blood of the Lamb (Christ) and by the word of their testimony, and they did not love their lives to the death.*” Verses 10, 11

Christ gained the victory on the cross, and it is to the cross that we also must go to find victory. It is accomplished by the union of the divine and human, uniting our lives with the life of Christ.

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

Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?’” Matthew 16:24–26

How few today have found that personal victory over Satan. Have we? Can we know that we have experienced the same victory that we find in the life of Christ?

“Communion with Christ—how unspeakably precious! Such communion it is our privilege to enjoy if we will seek it, if we will make any sacrifice to secure it.” *Maranatha*, 74

Oh, Taste and See

What we need is an experimental religion. Putting God to the test, claiming His promises and finding them true. Think of the three worthies, who refused to eat from the king’s table. They did what was right, and they were blessed as a result and were a living testimony for all around them. Daniel continued to pray three times a day in spite of the king’s decree, knowing

he would be thrown in the lion’s den. But He trusted that God would save Him, and He did.

“Experience is knowledge derived from experiment. Experimental religion is what is needed now. . . . Some—yes, a large number—have a theoretical knowledge of religious truth, but have never felt the renewing power of divine grace upon their own hearts. . . . They believe in the wrath of God, but put forth no earnest efforts to escape it. They believe in heaven, but make no sacrifice to obtain it. . . . They know a remedy for sin, but do not use it. They know the right, but have no relish for it. All their knowledge will but increase their condemnation. They have never tasted and learned by experience that the Lord is good.

“To become a disciple of Christ is to deny self and follow Jesus through evil as well as good report. . . . Every darling indulgence that hinders our religious life must be cut off. . . . Will we put forth efforts and make sacrifices proportionate to the worth of the object to be attained?” Ibid.

That’s when it becomes yours. That’s when you’ve experimented with the promises of God and found them true. That’s when you develop a testimony. Not one in twenty, we are told, have an experimental knowledge of religion (*Messages to Young People*, 384). Oh, they may know how God delivered the Israelites from Egypt, about Jesus’ temptations in the wilderness, Bible stories like Daniel and the lion’s den, but they have never had an experience like that, nor have they ever relied fully and only on the naked promises of God for deliverance. They have never sacrificed everything for a personal knowledge of God’s saving power.

We are not saved by good sermons nor by listening to CDs, watching DVDs, or reading books. Going to church will not save us. Even physically being with Jesus, as the disciples were, will not save us. We must have a close, intimate relationship with Jesus, a joining of the divine with the human. The experiences and trials that we live through in this life are meant to teach us that we can and must trust in God.



The state of the dead is one of Satan's masterful deceptions.

So, Here's the Question

Do I have this experience, a testimony of victory in my own life? Remember what Revelation 12:11 says, "And they overcame him by the blood of the Lamb (Christ) and *by the word of their testimony*, and they did not love their lives to the death."

Think again of the three worthies, standing before the golden image on the plain of Dura. How easy it would have been to just kneel and pray to God. They wouldn't have been worshipping the image, but their testimony would have looked the same as everyone around them. It would have appeared that they were worshipping the image. It would have shown lack of faith in God. Instead, they did what they knew was right, at the very real risk of their lives, believing that God would save them if it was His will to do so, and they learned that God is faithful to those who put their faith in Him.

What would you have done? Would you have knelt and prayed to God, rationalizing that you weren't really worshipping that image? You could have come away from that experience saying, "Well, the Lord saved me from death." But you wouldn't have had a testimony. The three worthies received their testimony by *going into* the fiery furnace. They put their faith in God to the test, they did what was right even though it would mean death, and they found that He is faithful.

We have a testimony when we lose our job rather than work on the Sabbath. We have a testimony when to human eyes there are more bills to pay than money to pay them with and we still pay tithe first. We have a testimony when we pray and ask God for healing, but accept whatever His answer might be, even if it is not healing. When everything is against us and we have nothing but trust in God's promises, then we have a testimony.

Too many of us do not have a testimony to bear for God because we have never tried Him. We bow down



to the idol because we are afraid of the fiery furnace.

"Many look on this conflict between Christ and Satan as having no special bearing on their own life; and for them it has little interest. But within the domain of every human heart this controversy is repeated. Never does one leave the ranks of evil for the service of God without encountering the assaults of Satan. The enticements which Christ resisted were those that we find it so difficult to withstand. They were urged upon Him in as much greater degree as His character is superior to ours. With the terrible weight of the sins of the world upon Him, Christ withstood the test upon appetite, upon the love of the world, and upon that love of display which leads to presumption. These were the temptations that overcame Adam and Eve, and that so readily overcome us." *The Desire of Ages*, 116, 117

Our testimony comes when we stand the test through the strength of God, and though Satan works to deceive the world, we overcome him by the blood

of the Lamb and by the word of our testimony. When Jesus' wilderness experience becomes ours, when the divine has united with the human, then we can overcome the devil.

Friends, Satan is seeking to deceive the whole world, and he is successfully doing so for much of it today. But he can be overcome by the blood of the Lamb and by the word of our testimony.

I invite you, morning by morning, to come to the foot of the cross, meditate upon the sacrifice of Christ, and then step out on the promises of God and determine to do what God says, come what may, and see how the Lord will work, so that you also might have a testimony.

[Emphasis supplied.] **LM**

Pastor Marshall Grosboll, with his wife Lillian, founded Steps to Life. In July 1991, Pastor Marshall and his family met with tragedy as they were returning home from a camp meeting in Washington state, when the airplane he was piloting went down, killing all on board.

What is in Your Bag?

By Judy Rebarck

How often have you packed for a trip and included more than you needed and maybe forgot what you needed most?

In this life, if we are to be children of God, we must, by His power, rid ourselves of our worldly baggage. Pride, selfishness, fear, impatience, passion (including appetite and anger)—so many things that we carry around with us every day. But as we give up, or lay off, these things, what is necessary for us to have in our heavenly suitcase for this worldly journey that will take us to, and follow us into, eternal life?

“God has called His people to glory and virtue, and these will be manifest in the lives of all who are truly connected with Him. Having become partakers of the heavenly gift, they are to go on unto perfection, being ‘kept by the power of God through faith’ (1 Peter 1:5).” *Reflecting Christ*, 313

We are told in the Spirit of Prophecy that Christ is ready to hear, ready to render assistance, that “love, joy, peace, long-suffering, gentleness, faith, and charity are the elements of the Christian character. ...

“As you receive the Spirit of Christ and grow, you will bring forth fruit [Galatians 5:20–25]. These graces increase faith, deepen conviction, and love is made perfect.” As a result, you will “more and more reflect the likeness of Christ in all that is pure, noble, and lovely. ...

“This fruit can never perish, but will produce after its kind a harvest unto eternal life.” *Sons and Daughters of God*, 32

“It is the glory of God to give His virtue to His children. He desires to see men and women reaching the highest standard; and when by faith they lay hold of the power of Christ, when they plead His unfailing promises, and claim them as their own, when with an importunity [perseverance] that will not be denied they seek for the power of the Holy Spirit, they will be made complete in Him.” *The Acts of the Apostles*, 529–530

“A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions.” *Child Guidance*, 161

The Bible tells us in Matthew 5:48 that God wants us to be as perfect in our sphere as He is in His. What does this mean? “The ideal of Christian character is Christlikeness. There is opened before us a path of constant advancement. We have an object to gain, a standard to reach, that includes everything good and pure and noble and elevated. There should be continual striving and constant progress onward and upward toward perfection of character.” *Testimonies*, Vol. 8, 64

Jesus said, “If anyone desires to come after Me, let him deny himself and take up his cross, and follow Me. For whosoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul?” Matthew 16:24–25

“It is love of selfish ease, love of pleasure, your self-esteem, self-exaltation that prevents you from learning the precious life lessons in the school of Christ. It is the Christian’s duty not to permit surroundings and circumstances to mold him; but to live above surroundings, fashioning his character according to the divine Model. ... We are to surrender the will, the heart, to God, and become acquainted with Christ. We must deny self, take up the cross, and follow Jesus. Not one of us can reach heaven, save by the narrow, cross-bearing way. But how many wear the cross as an ornament of the person, but fail to bear the cross in practical, everyday life?” *The Review and Herald*, September 22, 1891

We read above that we are to have a character formed “in the divine likeness.” But how do we achieve that? We are given this guidance, “But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.

“For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

“Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will

be supplied to you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.” 2 Peter 1:5–11

“We have a part to act in this work. Let none think that men and women are going to be taken to heaven without engaging in the struggle here below. We have a battle to fight, a victory to gain. God says to us, ‘Work out your own salvation.’ How? ‘With fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure’ (Philippians 2:12, 13). God works, and man works. ... Thus only can we be partakers of the divine nature.” *In Heavenly Places*, 59

So, we are told that there will be a struggle that we must engage in, “a battle to fight, a victory to gain.” I think we all know what this entails. It is by the process of sanctification that we are made ready to spend eternity with Christ. We must strive daily with our nature to resist the natural desires of the sinful heart as well as those cultivated desires acquired over a lifetime of sin. It is only by keeping God’s commandments that it truly can be known that we love Him. Jesus Himself said, “If you love Me, keep My commandments” (John 14:15). And God does not leave us alone in this work, in fact, there is no victory without Him, for “being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” (Philippians 1:6).

“Sanctification is the work, not of a day or of a year, but of a lifetime. The struggle for conquest over self, for holiness and heaven, is a lifelong struggle. ... Paul’s sanctification was the result of a constant conflict with self. He said, ‘I die daily’ (1 Corinthians 15:31). ... It is by unceasing endeavor that we maintain the victory over the temptations of Satan. Christian integrity must be sought with resistless energy, and maintained with a resolute fixedness of purpose. ...

“Man, in the work of saving of the soul, is wholly dependent upon God. ...

“The Spirit of God does not propose to do our part, either in the willing or the doing. ... As soon as we incline our will to harmonize with God’s will, the grace of Christ stands ready to cooperate with the human agent; but it will not be the substitute to do our work independent of our resolving and decidedly acting. ... It is only the human agent accepting the light, arousing the energies of the will, realizing and acknowledging that which he knows is righteousness and truth, and thus cooperating with the heavenly ministrations appointed of God in the saving of the soul.” *In Heavenly Places*, 26, 27

“Your obedience to God’s commandments will prove your right to an inheritance with the saints in light. All who would reach this standard of character, will have to employ the means that God has provided to this end. If you would inherit the rest that remaineth for the children of God, you must become a co-laborer with God. You are elected to wear the yoke of Christ,—to bear His burden, to lift His cross. You are to be diligent ‘to make your calling and election sure.’ Search the Scriptures, and you will see that not a son or a daughter of Adam is elected to be saved in disobedience to God’s law. The world makes void the law of God; but Christians are chosen to sanctification through obedience to the truth. They are elected to bear the cross, if they would wear the crown.” *Fundamentals of Christian Education*, 125

Friends, if we are to make a successful journey to heaven, we must allow the Holy Spirit to complete the work of conversion in our lives. We must submit

our will to God and seek only to do His will. We must confess and repent and rely upon the grace and power that He provides daily. It is through His Spirit that we are made able to do that which He asks us to do. We must pray and

study His word and obey His commandments. As a result, the fruit of the Spirit will be manifest in our lives. And as we continue on from justification through sanctification, taking up our cross and following after Christ, the remaining attributes of a true Christian will grow in our lives:

faith, virtue, knowledge, self-control, perseverance, godliness, brotherly kindness and love. Love for God enough to always do as He asks and love enough for our fellow man that through us they can see the love of a God who gave His life so that they could be saved. These are the things that must be in our heavenly bag.

“Remember that it was your sins that made the cross necessary. When you accepted Christ as your Saviour you pledged yourself to unite with Him in bearing the cross. For life and for death you are bound up with Him, a part of the great plan of redemption.” *Lift Him Up*, 58

“The transforming power of Christ’s grace molds the one who gives himself to God’s service. Imbued with the Spirit of the Redeemer, he is ready to deny self, ready to take up the cross, ready to make any sacrifice for the Master.

“The cross ... is to be lifted and borne without a murmur or complaint. In the act of raising it, you will find that it raises you. You will find it alive with mercy, compassion, and pitying love.” *Sons and Daughters of God*, 245 [LM](#)

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*We must rid ourselves of
our worldly baggage: pride,
selfishness, fear, impatience,
passion, appetite, anger,
and more.*”

Christian Character

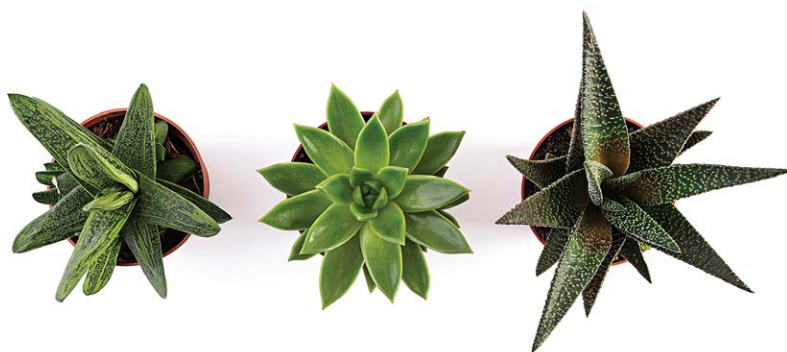
Clues – KJV

Across

- B13 What happened to the manna when the sun became hot? Exodus 16:21
 C2 No manna fell on the _____ day. Exodus 16:27
 D12 Two lights were put in the firmament, one was _____. Genesis 1:16
 D20 The children will be _____ of the Lord..... Isaiah 54:13
 E4 In the New Jerusalem, no one will say they are _____. Isaiah 33:24
 F14 It is Jesus' purpose to _____ all things to Himself..... Colossians 1:20
 H11 A description of the works of God in creation..... Job 37:16
 J2 Jesus said, "I have not _____ of Myself."..... John 12:49
 L2 God is _____. 1 John 4:7
 N2 What was the crowning work of the Creator? Genesis 1:26
 O7 For our _____ Jesus was wounded?..... Isaiah 53:5
 Q19 The word that indicates the earth is round..... Psalm 19:6
 R5 Satan is described as a _____ dragon. Revelation 12:3
 S2 Manna was measured by an _____. Exodus 16:18
 T10 The _____ of God is revealed against the ungodliness of men..... Romans 1:18
 T20 The heavens _____ the glory of God. Psalm 19:1
 V5 None shall be weary nor _____. Isaiah 5:27
 V19 Jesus _____ grain on the Sabbath. Luke 6:1
 W12 How was the Sabbath to be kept? Exodus 20:8
 X5 Jesus did not come to _____ the Law and Prophets. Matthew 5:17

Down

- B5 What are we to call the Sabbath?..... Isaiah 58:13
 B18 The light shines in _____. John 1:5
 B20 We should be anxious for _____. Philippians 4:6
 C2 A sign between God and man..... Ezekiel 20:12
 C22 An effect of righteousness..... Isaiah 32:17
 D24 Besides blessing the Sabbath, God also _____ it..... Exodus 20:11
 H11 What were the people in Judah treading on the Sabbath? Nehemiah 13:15
 H15 What did the Creator do on the seventh day? Genesis 2:2
 I7 It is by faith that we _____. Hebrews 11:3
 J3 Do not _____ the name of the Lord..... Leviticus 19:12
 J17 The earth was formed to be _____. Isaiah 45:18
 J19 God set a _____ for the sun? Psalm 19:4
 K13 What would be upon Jesus' shoulder? Isaiah 9:6
 M9 Jesus is our _____. Ephesians 2:14
 O5 Two _____ sold for a copper coin, yet do not escape God's notice? Matthew 10:29
 O15 The Israelites were to gather the manna for _____ days..... Exodus 16:26
 P21 We are told to _____. Isaiah 60:1
 P24 The _____ shows God's handiwork..... Psalm 19:1
 R2 The Spirit did signify, the glory that should _____. 1 Peter 1:11
 T7 Jesus was _____ for our iniquities. Isaiah 53:5
 T14 _____ is in the wings of the Sun of Righteousness..... Malachi 4:2

[illegible]



Called to Victory

Comfort ye, comfort ye, My people, saith your God. Speak ye comfortably to Jerusalem, and cry unto her, that her warfare is accomplished, that her iniquity is pardoned; for she hath received of the Lord's hand double for all her sins. ... O Zion, that bringest good tidings, get thee up into the high mountain; O Jerusalem, that bringest good tidings, lift up thy voice with strength; lift it up, be not afraid; say unto the cities of Judah, Behold your God! Behold, the Lord God will come with strong hand, and His arm shall rule for Him; behold, His reward is with Him, and His work before Him. He shall feed His flock like a shepherd; He shall gather the lambs with His arm, and carry them in His bosom, and shall gently lead those that are with young. ... Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of His understanding. He giveth power to the faint, and to them that have no might He increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall; but they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint."

Isaiah 40:31



Let those who are engaged in the Master's service study these eloquent words. What is the object of divine compassion?—The uplifting of fallen humanity. For this purpose messengers from the throne of God are sent to this earth. In Second Kings, we read how holy angels came on a mission to guard the Lord's chosen servants. The prophet Elisha was in Dothan, and thither the king of Israel [Syria] sent horses and chariots and a great host to take him. "And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city with horses and chariots. And his servant said unto him, Alas, my master! how shall we do? And he answered, Fear not; for they that be with us are more than they that be with them. And Elisha prayed, and said, "Lord, I pray thee, open his eyes, that he may see." And the Lord opened the eyes of the young man, and he saw; and, behold, the mountain was full of horses and chariots of fire round about Elisha."

Angels of God came down in mighty power, not to rule or exact homage, but to minister to those who should be heirs of salvation. They came in mighty power to camp round about the Lord's faithful servants.

Depend on this: If you study the word of God with a sincere desire to gain knowledge, God will fill your soul with light. The mysteries of heaven will become the treasures of your mind. Your work will be approved by God, and your influence will be a savor of life. Never complain. Let not your lips utter perverseness. Do not talk darkness because appearances are against you. We are in a world of sin and crime. As we work for the Master, we shall feel pressure for want of means, but God will hear and answer our petitions. Let your language be, "The Lord God will help me; therefore shall I not be confounded; therefore have I set my face like a flint, and I know that I shall not be ashamed."

Look on the bright side. If the work is hindered, be sure that it is not your fault, and then rejoice in the Lord, even though the experience through which you are passing may be hard and grievous. Heaven is full of joy. It resounds with the praises of the One who has made such a wonderful sacrifice for the redemption of man. Should not the church on earth be full of praise? Should not Christians publish throughout the world the joy of serving Christ?

The Lord desires us to be strong in His strength and joyful in His love. Thus we reveal the power of redeeming grace. We may triumph in the keeping power of the Redeemer. Through faith in Him we may gain victory after victory over self.

Those who enter heaven must learn on earth the song of heaven, the keynote of which is praise and thanksgiving. Only as they learn this song can they join in singing it with the heavenly choir.

Never let your courage fail. The Christian always has a strong helper in the Lord. When, because you are unable to obtain the needed help, you come to a pause in your earnest efforts, cast your burden on the Lord. Be content to leave it there, knowing that He is faithful who has promised. The What and How of the Lord's helping we know not; but this we do know: The Lord will never fail those who put their trust in Him. When He has fully proved His workers, He will bring them forth refined as gold tried in the fire.

The lessons that God sends will always, if well learned, bring help in due

time. "Tribulation worketh patience; and patience, experience; and experience, hope; and hope maketh not ashamed, because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."

Put your trust in God. Pray much, and believe that in His good work the Lord will guide you step by step.

Trusting, hoping, believing in the Lord, holding fast the hand of Infinite Power, you will be more than conquerors. In God you will have victory and success. You will see the salvation of the Lord.

Work in faith, and leave the results with God. Pray in earnest faith, and the mystery of God's providence will bring its answer.

"Ask, and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you." At times it may seem that you cannot succeed. Hindrances will come. You will be tested and tried. But work and believe, putting faith and life and hope and courage into your work. After you have done what you can, wait for the Lord, declaring His faithfulness, and He will bring His word to pass. Wait not in fretful anxiety, but in undaunted faith and unshaken trust.

"For ye shall go out with joy, and be led forth with peace; the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands. Instead of the thorn shall come up the fir-tree, and instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off." *Atlantic Union Gleaner*, August 20, 1902 LM

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*What is the object of
divine compassion? The
uplifting of fallen humanity.*”

The Promise of a Song

Ellie edged her chair closer to the grown ups who were visiting in the kitchen. Grandpa, Grandma, and Aunt Lily had stopped by for a visit, and although she didn't always understand the conversation, she loved to listen. She found that she learned a lot of things that way.

The topic this evening was about something related to church and that got her mind to thinking about singing during Sabbath morning worship services. Although Ellie was only five years old, she very much loved to sing. She thought about the fact that her dear Grandpa was a song leader in their church and how much she liked when he led a song.

At Ellie's church the song leaders all sat around a table near the center of the church. They took turns choosing a song and then leading it for the congregation. Ellie didn't always know the songs that were chosen. They sang out of a little black hymnbook that had lots of songs with hard words and tunes she didn't recognize. However, in the back of this little songbook was a section called, "The Appendix" and here were hymns that were familiar to her and she was always pleased when a song was announced from that part of the book. While she couldn't read yet, her favorite song, number 8 in the hymnal, was "Saviour, Like a Shepherd Lead Us." When that particular song was announced on a Sabbath morning, she always felt a twinge of excitement. She would be able to help along with this song!

I wish we would sing that song again, thought Ellie. It's been a long time since we have.

Then a sudden thought struck her. Why couldn't she ask Grandpa to choose that song next Sabbath?

Yes, I will ask him and see what he says about that idea, she smiled to herself. She decided to wait until her grandparents were ready to leave. She followed Grandpa out the door and as he walked across the porch, she quickly stepped up next to him. "Grandpa," she asked, "Do you think you could lead the song 'Saviour, Like a Shepherd Lead Us' this next Sabbath? I would really like to sing it again!" She felt suddenly shy at having asked such a question, and she ducked back toward the doorway of the house.

Grandpa smiled down at her. "I think I can do that. Is that a song you like?" His eyes twinkled at Ellie. "I'll be happy to lead that one just for you."

Ellie could scarcely wait for church the following Sabbath. She would get to sing her song. Grandpa said he would choose it and she had no doubt he would do as he said.

Sabbath morning, she waited eagerly for the song service to begin. The first and second songs were ones that were not familiar to her. Then came time for the third one. "Let's sing hymn number 8," announced the song leader. Ellie's heart sang. They were going to sing her favorite song. Her Grandpa had honored her request. Her eyes shone as she joined in the singing of the beautiful song. It was a lovely hymn that spoke of Jesus' care as a Shepherd and a Friend, and how He would always keep His children close to Himself.

Later, after church was over and they were on their way home, Ellie remarked to her mother, "Grandpa chose that one song, just like I asked him to!"

Ellie's mom looked a bit startled. "You asked him to lead a song today? When did you ask him?"

"Yes, I did. The other evening when they visited, I asked him if he could lead it today and he said he would. And he did!" Ellie said with delight.

Mom had a strange look on her face, and she was quiet for a moment.

"Did you know that Grandpa and Grandma weren't there today? At the last minute they decided to visit elsewhere this morning for church." Mom smiled tenderly at her little daughter. "It seems that God knew what a little girl's heart was desiring and He led another brother to choose the song you like so much. That's so amazing, isn't it?" Ellie nodded. To think that Grandpa wasn't even at church today, and still they sang her favorite song anyway! It gave her such a special feeling to know that Jesus cared for her that much.

Today, Ellie is a grown-up woman and has children of her own. Whenever she thinks about how Jesus cares for all His children, she especially remembers how God cared about one little five-year-old girl and the song she loved so much. As her mother said, and still does, "Of course God cares. He loves all the little children of the world."

Saviour, like a Shepherd lead us,
Much we need Thy tender care.
In Thy pleasant pastures feed us,
For our use Thy folds prepare:
Blessed Jesus! blessed Jesus!
Thou hast bought us, Thine we are.
Blessed Jesus! blessed Jesus!
Thou hast bought us, Thine we are.

The Heartbeat of the Remnant, Vol. 27, Issue 2, Summer 2022, Eileen H. Wenger, 18, 19 

Jesus, Save Yourself

“Let Him now come down from the cross, and we will believe Him. . . . He saved others; Himself He cannot save.”

Matthew 27:42

The first part of this scripture can be viewed as a challenge. Convince us. Save Yourself and we will believe. But the second part of the scripture is an admission.

For three and a half years Jesus had gone about preaching, teaching, healing, casting out demons, feeding the hungry—both in body and spirit—and performing, in the name of His Father, all manner of miracles, including raising the dead to life. The people had to admit that there was something extraordinary about Jesus. And by virtue of all these things He did for others, they acknowledged, whether they realized it or not, that He had the power to save; but all this was not enough.

They demanded one more miracle: that He should come down from the cross and save Himself. Sadly, they were asking Him to do the one thing He couldn't do. Oh, He could have left the cross. He could have said, “I'm not going to do this. Let these people suffer their own consequences.”

We find this in *The Story of Jesus*, 143, “Christ could have come down from the cross. But *if He had done this, we could never have been saved. For our sake He was willing to die.*”

And “Christ could have come down from the cross. But it is because He would not save Himself that the sinner has hope of pardon and favor with God.” *The Desire of Ages*, 749

The fact is, Jesus didn't have to go through all He went through. He could have left man to his own fate, the fate he willingly chose and continues to choose for himself. Jesus struggled with this decision beginning in the Garden of Gethsemane.

“The humanity of the Son of God trembled in that trying hour. He prayed . . . for His own tempted, agonized soul. The awful moment had come—that moment which was to decide the destiny of the world. The fate of humanity trembled in the balance. Christ might even now refuse to drink the cup apportioned to guilty man. It was not yet too late. . . .

“... But now the history of the human race comes up before the world's Redeemer. He sees that the transgressors of the law, if left to themselves, must perish. He sees the helplessness of man. He sees the power of sin. The woes and lamentations of a doomed world rise before Him. He beholds its impending fate, and His decision is made. *He will save man at any cost to Himself.* . . . His prayer now breathes only submission: ‘... Thy will be done.’” Ibid., 690, 693

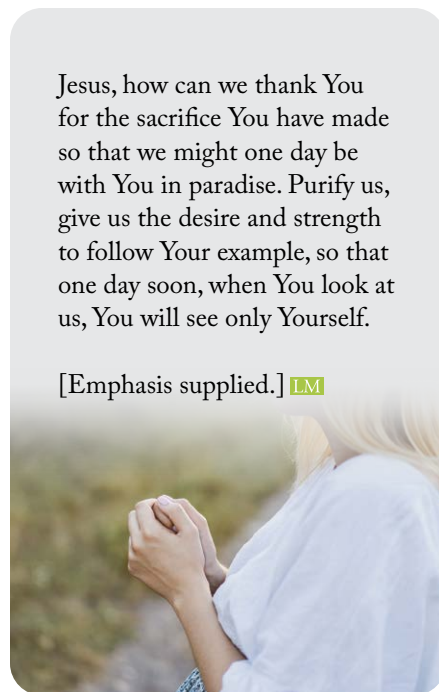
Jesus could not come down from the cross, otherwise we would have been lost. “Christ suffered all this that He might obtain your salvation, and mine. By His life of sacrifice and death of shame, He has made it possible for us to take hold of divinity . . . growing into His likeness until you shall stand before

Him perfected.” *The Review and Herald*, January 14, 1909

We must understand that Jesus' death on the cross was a voluntary act. Faithful always to do the will of His Father in regard to the keeping of the law, His sacrifice had to be, and was, voluntary; no obligation or requirement was placed upon Him (see *Lift Him Up*, 24). It was His love for man that made Him go. There was no other way that man could be saved. What a blessed thought that Jesus came to save us because He wanted to, no matter the cost to Himself.

Jesus, how can we thank You for the sacrifice You have made so that we might one day be with You in paradise. Purify us, give us the desire and strength to follow Your example, so that one day soon, when You look at us, You will see only Yourself.

[Emphasis supplied.] **LM**



Camp Meeting 2023



May 24-27

Speakers:

Pastor John Grosboll

Pastor Domingo Nunez

Dr. Michael Snyder

Johnathan Bennett

Stephanie Griffin

Meetings for children up to age 10 will be taught by *Barbara Von Kriegelstein*.

Youth meetings for young people ages 11 and up will be taught by *Janet Headrick*.

Laura Williams will provide music throughout the weekend, including a musical program on Sabbath afternoon. CDs of her music will be available in the ministry book store.

The March/April *In His Steps* newsletter provides information on the speakers and the full camp meeting schedule can be found in the May/June newsletter.

May Sermon of the Month

Hot or Cold

By John J. Grosboll

The investigative judgment is in progress. Once this investigative phase is finished, Jesus will come, the sentence will be set, and the penalty executed. Will we be acquitted or judged guilty?

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

From the Desk of Pastor John J. Grosboll

May 2023

Dear Friend,

What you are has more influence with others than what you say. This is the reason that the words of Jesus were so powerful—His words were an expression of who and what He was. Your goal and my goal as Christians is to have the mind of Christ (Philippians 2:5), to have Christ dwelling in our hearts by faith, to be filled with all the fullness of God. (Ephesians 3:17-19).

We need to treat our family members, friends, and acquaintances who are not a part of the household of faith with the most gentle and tender kindness, always remembering that very soon there will be a final and everlasting separation between them and us. By treating them with the love of Christ, manifesting His gentleness, patience, and kindness, we have the best chance of winning them to the truth.

Two men, drunk after a long night of revelry, decided they were hungry. The one man invited the other to his house so that his wife could make them a meal. The other man was incredulous. "At this time of night?" he said. The first man replied that his wife would make him a meal any time he told her to, and she would make a meal for him, too. They reached his home and, in his drunken stupor, he went into the bedroom and told his wife to get up and fix a meal for him and his buddy.

She immediately got up, dressed, and went to the kitchen. When she placed the meals on the table before them, the other man could not comprehend how a woman, treated so gruffly and verbally abused by her husband, would respond as she had. He wanted to understand her unbelievable behavior, so he asked her.

This was her explanation: "I am a Christian. My time here is short, for soon Jesus is coming and I will go home to live with Him. But my husband is not a Christian; he has no hope beyond this life. This world is all he will have, so while I am still here I intend to do everything in my power to make his life as pleasant as possible."

What a powerful witness for Christ! Likewise, we, too, must reflect the character of our Lord to our family and friends.

Your brother in witnessing,

John J. Grosboll

I Must Tell Jesus

Each morning, before we start the workday here at Steps to Life, we have staff worship. Part of our worship is singing a hymn. Recently, we sang *I Must Tell Jesus*, and after having sung the hymn, we contemplated what tragedy or discouragement might have befallen the writer of the song to elicit such a heartfelt declaration. I determined to see if I could find out.

I Must Tell Jesus was written, both lyrics and music, by Elisha (E. A.) Hoffman. He was born in 1839 in the town of Orwigsburg, Pennsylvania.

In 1864, at the age of 24, Elisha served in the Union Army during the Civil War. In 1865, he married Susan Orwig, who died in 1875. In 1879, he married Emma Sayres Smith. In total, he had three children, sons Orey and Harry, and daughter Florence.

He worked for eleven years in the Evangelical Association's publishing house. In 1868, following in his father's footsteps, he was ordained in the Presbyterian Church. He served as a minister for over 60 years in Ohio, Illinois, and Michigan, spending 33 of those years as pastor of the Benton Harbor Presbyterian Church.

He is credited with writing over 2,000 hymns, such as *Are You Washed in the Blood?*; *Leaning on the Everlasting Arms*; and *I Must Tell Jesus*. He was both lyricist and composer of his songs.

While serving a church in Lebanon, Pennsylvania, he visited a woman who had faced a number of struggles. He relates his visit with her thusly:

"There was a woman to whom God had permitted many visitations of sorrow and affliction. Coming to her home

one day, I found her much discouraged. She unburdened her heart, concluding with the question, 'Brother Hoffman, what shall I do?' I quoted from the word, then added, 'You cannot do better than to take all of your sorrows to Jesus. You must tell Jesus.'

"For a moment she seemed lost in meditation. Then her eyes lighted as she exclaimed, 'Yes, I must tell Jesus.' As I left her home, I had a vision of that joy-illuminated face, and I heard all along my pathway the echo, 'I must tell Jesus. I must tell Jesus.'"

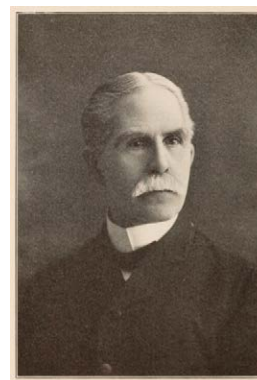
Upon arriving home, he wrote the words of this beloved hymn and composed the tune he titled "Orwigsburg" after his birthplace. *I Must Tell Jesus* first appeared in the Pentecostal Hymns hymnal in 1894.

Perhaps some might find the song simplistic or repetitious, since in the four stanzas, with their refrains, the phrase "I must tell Jesus" is repeated twenty-one times. But I think it would be true to say that, sometimes, we most definitely need to be reminded—and reminded again—that Jesus alone is the One who can help us.

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you. I will uphold you with My righteous right hand." Isaiah 41:10

Elisha Hoffman retired from the ministry in 1922, and died at the age of 90 on November 5, 1929, in Chicago, Illinois.

Sources: dianaleaghamatthews.com/i-must-tell-jesus/; hymnary.org/person/Hoffman_Elisha; wordwisehymns.com/2011/12/02/i-must-tell-jesus/; [Wikipedia](https://Wikipedia.org); hymnologyarchive.com/elisha-hoffman



Elisha Hoffman
(1839–1929)

I must tell Jesus all of my trials;
I cannot bear these burdens alone;
In my distress, He kindly will help me;
He ever loves and cares for His own.

I must tell Jesus! I must tell Jesus!
I cannot bear my burdens alone;
I must tell Jesus! I must tell Jesus!
Jesus can help me, Jesus alone. **LM**



from the
Mission Fields



Fortaleza is a large tropical city on the coast of Brazil.

Believers Encouraged in Brazil

Pastor Domingo Nunez

The city of Fortaleza, is the capital of the state of Ceará, in northeastern Brazil. It is the fifth-largest city in Brazil with a population of roughly 2.7 million people. Maranguape is a municipality that is part of the Fortaleza metropolitan area.



Sabbath worship in Maranguape, Brazil.

During the Covid-19 pandemic, from 2020 to 2022, a group of Adventist brothers and sisters in Maranguape were hit hard by the pandemic and many of their members died. As a result, those remaining became discouraged and scared, and felt unwilling and uninterested in continuing to gather to worship the Lord on the Sabbath, to preach the three angels' messages, or teach the gospel. So, they stopped meeting for the Sabbath worship service altogether.

All those who are waiting with longing for the second coming of our Lord Jesus should see these things as a sign and a message. It is clear that these types of events are part of what will occur in the last days. Many of us will be tested, some severely,

in one way or another, to see whether or not we are firm in our faith in the second coming of our Lord Jesus Christ.

In mid-2021, I was made aware of the spiritual condition of these fellow believers in Maranguape. I prayed for guidance asking that God would show me how I might help them, and our good and gracious God opened the way for me to communicate with them beginning in the middle of 2021 and all through 2022 via zoom meetings. This gave me the opportunity to motivate and encourage them in the faith. By God's grace, today, with much joy in my heart, and gratitude to Him who is ever faithful, I was able this last December to travel to Fortaleza to meet in person with some of the leading brethren.

Now, much encouraged, this church, empty and quiet during the time of the pandemic, is now open again and its members are actively preaching the gospel and the three angels' messages in the entire area around Fortaleza. They are holding fast and trusting in God's promises and faithfully moving forward in the name of Jesus Christ.

I am so happy to share this report with you and photos of the brothers and sisters in Brazil. If you feel impressed to financially support the work of this church, please mark your donation *Missions-Brazil*. Your support will help them to obtain equipment and literature needed to continue the work in this area of Brazil and to support the family of Pastor Aurilio Gomes. **LM**

The Hippopotamus

How fast can a hippo swim? Can Hippos drown? Are Hippos dangerous? What do Hippos eat?

Hippopotamus is a Greek word meaning “river horse.”

Hippos are semi-aquatic, meaning they live in the water, but not all the time. They are found most often in slow-moving rivers and lakes in the Sahara Desert in Africa. They live in groups with a dominate bull and 5-30 cows and calves.

In spite of its body weight and composition compared to other aquatic mammals, a hippo lives and survives most of its life in the water, spending up to 16 hours a day in the water. Technically, they are not accomplished swimmers nor can they float. They walk or gallop always maintaining some kind of contact with the bottom or side of the river bed, propelling themselves locomotion-style—at almost five miles per hour—through the water, holding their breath for up to five minutes.

Hippos weigh 3,000-9,000 pounds and are 9.5-14 feet long, making them the third-largest land animal behind the elephant and rhinoceros. Male hippos grow throughout their lives, while females reach their maximum weight at around the age of 25.

Their skeletal structure is graviportal, adapted to carrying great weight. Their dense bones and low center of gravity allow them to sink and move along the

bottom of the water. They usually trot on dry land, but if you think you could outrun such a big beast, be warned—hippos can gallop up to 20 mph. For reference, the fastest human, Usain Bolt, can run 23.4 mph.

Hippos’ eyes, ears, and nostrils are placed high at the top of their skulls so that they will be above water while the hippo rests submerged. Being nocturnal creatures, hippos spend the day in the water, but venture on land at sunset to eat leaves and grass, their favorite food—adults can eat up to 150 pounds of it per day. Notwithstanding the fact that their diet is primarily vegetarian, hippos will, on occasion, eat meat, and, therefore, are considered to be omnivores.

Hippos’ skin is about two inches thick and demands moisture. They cannot survive long on land because their bodies begin to dehydrate. They do not have sweat glands, but do have special glands in their skin which secrete a reddish, oily fluid, sometimes called “blood sweat.” This substance, however, is neither blood nor sweat. It is a secretion containing acids that inhibit the growth of disease-causing bacteria, as well as providing a sunscreen effect.

Hippos live an average of 40-50 years in the wild, but there have been hippos in zoos or wildlife sanctuaries that have exceeded 50 years. Because of their pig or cow-like appearance and peaceful meandering in the water, as observed in exhibits in countless zoos around the

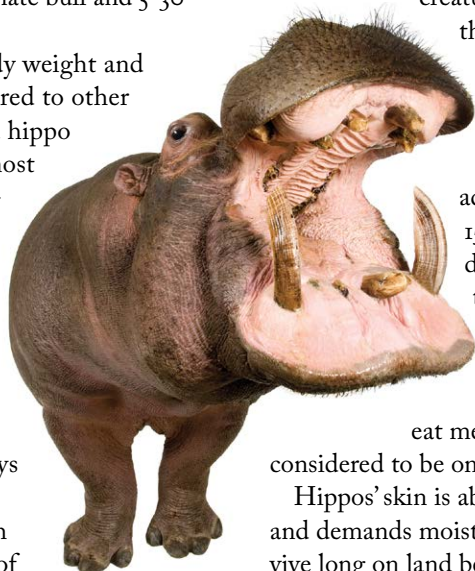
world, it is hard to believe that they have a violent and aggressive character. But they can be quite ferocious, which earns them the label of predator. They have powerful jaws with tusks and very big teeth that are capable of snapping a canoe in half. Thus they are classified as one of the most deadly creatures on the planet.

Bull hippos are territorial and mark both their water and land territory with their feces. Even though hippos spend their days in the water sleeping and quietly resting from the heat, don’t let their yawning fool you. A yawning hippo is feeling threatened, and the yawn is meant to warn other animals they are getting too close to its territory, and gives the unsuspecting animal a good, up-close look at those huge tusks and teeth.

Hippos actually sleep underwater. Due to their reflexes, they surface every 20-30 minutes, inhaling fresh air before submerging again, all without ever waking up.

Since hippos are so ferocious and deadly, who are they afraid of? Despite the thickness of their skin, a hippo can be killed with a gun, making man a dangerous predator. But in the wild, young hippos and calves are the easy, natural prey of crocodiles, lions, and hyenas.

Sources: hippohaven.com/how-fast-can-a-hippo-swim; thebigzoo.com/are-hippos-herbivores; kidadl.com/facts/are-hippos-omnivores-explore-why-they-like-to-eat-both-meat-and-grass; teacherscollegesj.com/are-hippo-skins-touch; onpolemotorsports.com/why-is-hippo-skin-bulletproof; animalways.org/hippos-are-the-deadlist-animals; timesmojo/can-hippo-breathe-under-water; Wikipedia/hippopotamus; a-z-animals.com/blog/hippo-size-just-how-much-does-a-hippo-weigh **L.M.**



Q:

*Can eating
cheese keep
me out of
heaven?*

A:



If you have already read John Pearson's article *Following Counsel*, then you know that Sister White is very specific regarding the consumption of cheese: *Counsels on Diet and Foods*, 370; *Testimonies*, Vol. 2, 68; *Counsels on Health*, 114; *The Ministry of Healing*, 302, to name a few.

The decision to eat, or not eat, cheese, as with all things that the Bible and Inspiration provide counsel for, is a matter of obedience.

"Obey, obey, for Christ's sake and for your own soul's sake. Obey that which your conscience tells you is truth. Accept the grace and righteousness of Christ. God is tenderly calling you, 'Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is

easy, and My burden is light' (Matthew 11:28–30). If you refuse the invitation to repentance, to freedom from sin, the great day of God will find you hopeless, shelterless, disobedient, a transgressor of His law. He will not then be able to give you a place in His kingdom. God help you to come now, is my prayer." *This Day With God*, 153

"We must make it our lifework to understand the will of God. ... Your every word and action is to be in accordance with the will of God" *Our Father Cares*, 272

"It is by following in the path of obedience in simple faith that the character attains perfection. ...

"Christ has promised us sufficient power to reach this high standard. He says, 'Whatsoever ye shall ask in My name, that will I do, that the Father may

be glorified in the Son. If ye shall ask any thing in My name, I will do it. If ye love Me, keep My commandments. And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever; even the Spirit of truth, whom the world cannot receive' (John 14:13–17). ..."

"We cannot overestimate the value of simple faith and unquestioning obedience." *That I May Know Him*, 116

If God asks me to do, or not to do, anything for which the Bible and Spirit of Prophecy provide clear direction, then I must obey, for nothing in this world should be more important to me than obedience to God. Disobedience is an outward expression of selfishness within and a sign that I have not surrendered my will to God. Obedience is the outward expression of my love for and surrender to Him. **LM**



Honey

Is It a Clean Food?

Can I eat honey? Isn't honey an "animal by-product" since it comes from bees?

First, bees do not *make* honey. No, it's true.

But bees do process nectar from the flowers that becomes honey. Here is how it works.

Honeybees fly from flower to flower collecting nectar. They have two stomachs: the honey stomach and the midgut. When the nectar is collected, it enters the honey stomach. It can take up to 1,000 flowers' worth of nectar to fill a bee's honey stomach. If a bee is hungry, the section between the midgut and the honey stomach opens and some of the nectar moves into the midgut. In this second stomach, the nectar is then converted to energy for the bee. Once the honey stomach is filled, the bee will return to the hive and the honey-making commences.

In the hive, the bee will regurgitate the nectar from the honey stomach and it is then passed, mouth-to-mouth, among the bees in the hive to reduce the moisture content. Each bee will chew

the nectar for about a half an hour, using natural enzymes (*invertase and glucose oxidase*) to convert the complex sugar in nectar into simple sugar. Enzymes are organic compounds that speed up a biochemical reaction.

Nectar is about 80% water. Through this process, the moisture content of the nectar is reduced to about 20 percent. With the reduction in moisture and the help of the enzymes, honey is made. The *glucose oxidase* enzyme is a natural preservative which limits the ability of bacteria and other microorganisms to grow in the honey and spoil it. The honey is then stored in the cells within the hive until it is needed.

Fun Fact: Hydrogen peroxide is also made from *glucose oxidase*.

Honeybees do not hibernate in the winter. They remain in their hives, huddled together to keep warm, and feast on the sweet honey they have hoarded for weeks. Honeybees produce more honey than they will need to survive during the winter months, and it is the remaining honey that is collected by beekeepers and sold in stores.

Unlike a cow, whose milk is produced in a process that ultimately causes the mammary glands to make milk, the bee is simply a storage facility and manufacturing plant, if you will. The nectar is collected from the flowers and stored in the honey stomach. It is then processed outside the bee and the *glucose oxidase* is added, thus making honey.

One More Fun Fact: The oldest evidence of honey was found in ancient Georgia (Eastern Europe) in 2003 and was determined to be about 5,500 years old. It had been stored in ceramic vessels in the tomb of a noblewoman. Three types of honey were found—meadow flower, berry, and linden. Originally thought to be the oldest honey found, archaeologists found a jar of honey in the tomb of King Tutankhamun. They tasted it and found it to still be sweet. Its low water content and acidic pH kept it from spoiling.

When bees are on the search for nectar, flying from flower to flower, their bodies brush against the flowers and pick up pollen. In this way, bees trans-

fer pollen enabling the different flower species to reproduce.

Raw honey has been used as a remedy for centuries and provides a number of health benefits and medicinal uses. Many of these benefits are specific to raw honey, as the process of pasteurization destroys many of the beneficial nutrients.

A Good Source of Antioxidants

Raw honey contains a variety of plant chemicals that act as antioxidants. These protect the body from the damaging effects of oxidative stress caused by free radicals. Antioxidant compounds called polyphenols can have an anti-inflammatory affect against conditions associated with oxidative stress. Oxidative stress is an imbalance between harmful free radicals and antioxidants, and can be involved in the development of neurodegenerative diseases such as ALS, Parkinson's, and Alzheimer's, as well as cancer and heart disease. Raw honey can also contain bee pollen and propolis which can have a protective effect for the respiratory, gastrointestinal, cardiovascular, and nervous systems.

Nutrition

One tablespoon of raw honey contains approximately 64 calories, 17 grams of sugar, and smaller amounts of micro-nutrients such as calcium, magnesium, potassium, riboflavin, and zinc, among others. It is also a source of amino acids, enzymes, and other compounds. Honey also may have a slight benefit over regular sugar in blood sugar maintenance. However, while it may be slightly better for the diabetic than sugar, it still should be consumed in moderation.

Antibacterial and Antifungal Properties/Heals Wounds

The propolis in raw honey has anti-fungal and antibacterial properties and can be significant in the treatment of both internal and topical ailments.

Phytonutrient Powerhouse

These compounds in raw honey have been found to have immune-boosting and anticancer benefits. However, the pasteurization process can destroy these nutrients.

Help for Digestive Issues

Honey is sometimes used to treat diarrhea. It contains prebiotics, which nourish the good bacteria that live in the intestines.

Soothe a Sore Throat and Cough

Honey is an old sore throat remedy. Add it, along with some lemon, to hot tea when you feel a cold coming on.

Brain Benefits

The polyphenols in honey may be able to counter inflammation in the hippocampus, where our memories are stored, thereby being a benefit to brain health.

There is a risk that raw honey could carry harmful bacteria which could result in botulism poisoning. For this reason, raw honey should never be given to an infant less than a year old. In adults, there could be a short period of diarrhea and vomiting, followed by constipation and other, perhaps, more severe symptoms, such as blurred vision and muscle weakness.

Honey doesn't expire quickly, but it can become contaminated. It should be stored in tightly sealed containers away from light and extreme temperatures. If the color of your honey has drastically changed or smells off, it should be thrown out.



Last Fun Fact: In 2017, bees produced 158 million pounds of honey in the United States alone.

Bee pollen is a mixture of flower pollen, nectar, enzymes, honey, wax, and bee secretions. It is loaded with nutrients, amino acids, vitamins, lipids, and over 250 other active substances. Bee pollen is produced by young bees, who then take it back to the hive and store it until it ferments. Then it becomes

bee bread—the bread of the hive—which supplies food for the bees. But what does it do for man?

Used as a medicine, bee pollen contains antioxidants. It can lower the risk factors for heart disease, high blood lipids and cholesterol. It may boost liver function, and it can reduce inflammation and swelling.

“The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple; the statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure enlightening the eyes ... More to be desired are they than gold, yea, than much fine gold; sweeter also than honey and the honeycomb.” Psalm 19:7, 8, and 10, *last part*

Why would God compare His law to the sweetness of honey were it not a clean food and healthful for the body?

Sources: livescience.com/how-do-bees-make-honey; mydelicioussweets.com/whats-the-oldest-honey-ever-found; healthline.com/health/food-nutrition/top-raw-honey-benefits; healthline.com/nutrition/benefits-of-honey; Wikipedia.org/wiki/Oxidative-stress; beeculture.com/the-chemistry-of-honey **LM**



The Humanity of Christ is Everything

By John J. Grosboll

“The humanity of the Son of God is everything to us. It is the golden chain that binds our souls to Christ, and through Christ to God. This is to be our study.”

Selected Messages, Book 1, 244

We started this series several months ago with 1 Timothy 3:16: “And without controversy great is the mystery of godliness: God was manifested in the flesh, justified in the Spirit, seen by angels, preached among the Gentiles, believed on in the world, received up into glory.” Another text speaks of the same mystery found in 1 Timothy, but the language is completely different. “I now rejoice in my sufferings for you, and fill up in my flesh what is lacking in the afflictions of Christ, for the sake of His body, which is the church, of which I became a minister according to the stewardship from God which was given to me for you, to fulfill the word of God, the mystery which has been hidden from ages and from generations, but now has been revealed to His saints. To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory.” Colossians 1:24–27

Friends, if I do not understand the truth about the nature of Christ, then I will not understand what it means for Christ to be in me, the hope of glory, and that has serious implications.

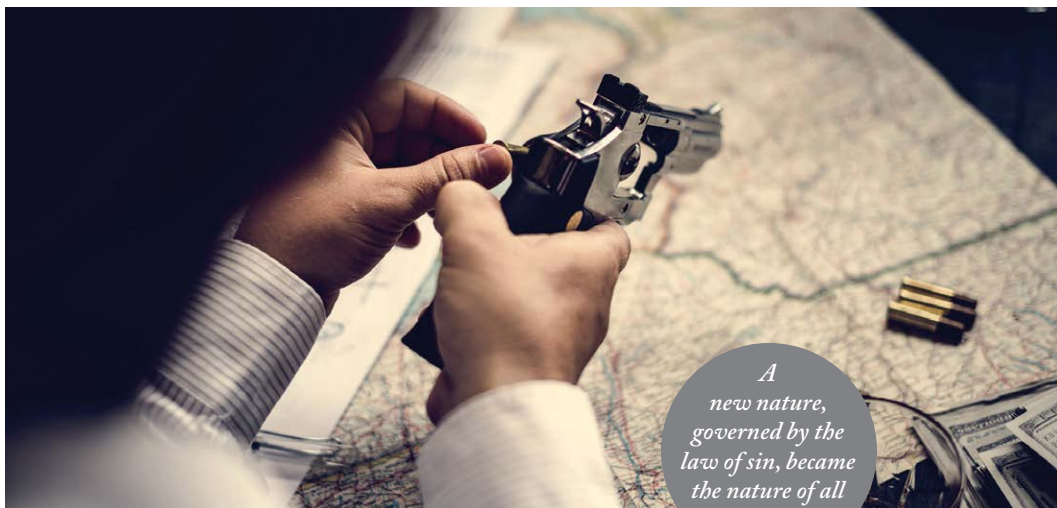
Let's continue our study of the mystery of godliness, focusing on Galatians 4, starting with verses 4 and 5.

"But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law, to redeem those who were under the law, that we might receive the adoption as sons."

This is a simple and straightforward text, yet there is, in Adventism, tremendous controversy and misunderstanding over it. This is because we often read into the text something that it does not actually say. Some Adventists have interpreted that when the Bible says "God sent forth His Son, born of a woman, born under the law," as meaning that Christ was born under the law of sin. You and I are born under the law of sin; in fact, every human being, save One, that has ever lived and is alive in the world today is born under the law of sin. The Spirit of Prophecy talks at great length about this and I challenge you to search it out for yourself.

In the Bible, the word *law* can apply to a number of different things and this is where the problem arises among conservative, Protestant Christians. They take New Testament texts that refer to the law or laws and apply them to the ten commandments—the law of God—when the texts could be referring to the law of the Lord, the law of Moses, or even the Torah. We have to be careful which interpretation of the word *law* we are adopting when we speak of the nature of Christ. Jesus was born under the law, just not the law of sin.

The first section of the Hebrew Bible is called the Torah. The Torah is the law, written by Moses and followed by the Jews as the law. The ten commandments are contained within the Torah, and oftentimes, the New Testament talks about the Torah, referring to it as the whole



law of Moses. So, it is important to know which law the Bible is referring to: the law of the Lord, the law of God (the ten commandments), or the law of Moses.

But Paul writes in Romans 7 about "another" law which is not one of these three, but rather the law of sin. If you recall, we previously learned that Adam was originally created and lived 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. 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. Adam was created under the law of God.

But when he sinned, his nature, once governed by the principles of righteousness, was changed, and thereafter governed by the principles of selfishness. This new nature, governed by the law of sin, became the nature of all mankind.

We are born under the law of sin, but Jesus was born under the law of God. He was born to be the embodiment of the law of God. How could He be the ultimate example of a life lived in perfect obedience to the law of God if He was not born under the law of sin, the same law that governs us?

Let's see how this can be true. "Now in the sixth month the angel Gabriel was

sent by God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And having come in, the angel said to her, 'Rejoice, highly favored one, the Lord is with you; blessed are you among women!' But when she saw him, she was troubled at his saying, and considered what manner of greeting this was. Then the angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bring forth a Son, and shall call His name Jesus. He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. And He will reign over the house of Jacob forever, and of His kingdom there will be no end.' Then Mary said to the angel, 'How can this be, since I do not know a man?' And the angel answered and said to her, 'The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that *Holy One* who is to be born will be called the Son of God.'" Luke 1:26–35

What these texts say cannot be said about any human being except Jesus Christ. "He was born without a taint of sin, but came into the world in like manner as the human family." *Lift Him Up*, 345. He grew in His mother's womb

and when the fullness of time was accomplished, He was delivered into this world, born with a physical body the same as all human beings.

Jesus was born of the Holy Spirit and a human woman. So here's the question, what did He inherit from Mary? We find the answer in Romans 1:3, "Concerning His Son Jesus Christ our Lord, who was born of the seed of David according to the flesh." And Hebrews 10:5, 10, "Therefore, when He came into the world, He said: 'Sacrifice and offering You did not desire, but a body You have prepared for Me.' ... By that will we have been sanctified through the offering of the body of Jesus Christ once for all."

Remember, that the words *flesh*, *nature*, and *law* can have more than one meaning, and to know the correct meaning, we have to know the context of the scripture. So, what does the word *flesh* in Romans 1:3 refer to?

This is what Ellen White says are the attributes of human beings: "We have reason, conscience, memory, will, affections—all the attributes a human being can possess." *Manuscript Releases*, Vol. 6, 112

Now let's look at what she says about Christ:

"We should consider the fact that to Christ our nature was a robe of humiliation and suffering. He humbled Himself to become a man, so that a body should be found, *a Lamb without blemish* should be provided as *a sinless offering*, that God might be just and the Justifier of him that believeth in Jesus. Humanity was in union with divinity." *The Signs of the Times*, June 18, 1896

"He had not taken on Him even the nature of the angels, but humanity, perfectly identical with our own nature, except without the taint of sin. *A human body, a human mind, with all the peculiar properties, He was bone, brain, and muscle. A man of our flesh, He was compassed with the weakness of humanity.*" *Manuscript Releases*, Vol. 16, 182

These two references make it clear that the word *flesh*, in this context, refer to His physical, human body and mind.

"The circumstances of His life were of that character that He was exposed to all the inconveniences that belong to men, not in wealth, not in ease, but in poverty and want and humiliation. He breathed the very air man must breathe. He trod our earth as a man. *He had reason, conscience, memory, will, and affections of the human soul which was united with His divine nature.*" Ibid.

So from our reading in Galatians 4 and from Inspiration, we find that Jesus received from His mother a human body and mind—prepared by God—with all the attributes possible for a human being to possess. He was made to be the Lamb without blemish, without the taint of sin, that a sanctified offering might be found. Christ's humanity did not exist before He was conceived and born of Mary.

"His [Christ's] human nature was created; it did not even possess the angelic powers. It was human, identical with our own." *Manuscript Releases*, Vol. 6, 111

Jesus had existed as a divine person throughout the ceaseless ages. In His divinity, He was not under the law of God. As the author of the law, He was above it. But when He was made of a woman, He was made in subjection to the law of God. He became a child of humanity, instructed by the Holy Spirit as every child may be, and a servant under the government of His Father until the time appointed for Him to receive His kingdom.

The foundation of God's government in heaven and throughout His earthly dominion is His law, and it has two ruling principles: to love God supremely and to love our fellow human beings as ourselves. "The law of love being the foundation of the government of God, the happiness of all created beings depended upon their perfect accord with its great principles of righteousness. God desires from all His creatures the service of love—homage that springs from an intelligent appreciation of His character." *The Great Controversy*, 493. The authority of God is backed by His law which requires all created intelligences to be in subjection to its claims.

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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.

God sent His Son made under the law, placed under the jurisdiction, power, and control of His government and His law. To be subject to God's law, Jesus had to have a human body, because in His divinity alone, He was not under or subject to the law.

This raised the question in Ellen White's time, and still today, when Jesus was tempted, was it possible for Him to yield to the temptation? In fact, there are many Protestant theologians who believe that it was impossible for Christ to fail, impossible for Him to yield to temptation.

But Mrs. White says in answer to this question: "The point you inquire of me is, In our Lord's great scene of conflict in the wilderness, apparently under the power of Satan and his angels, was He capable, in His human nature, of yielding to these temptations?"

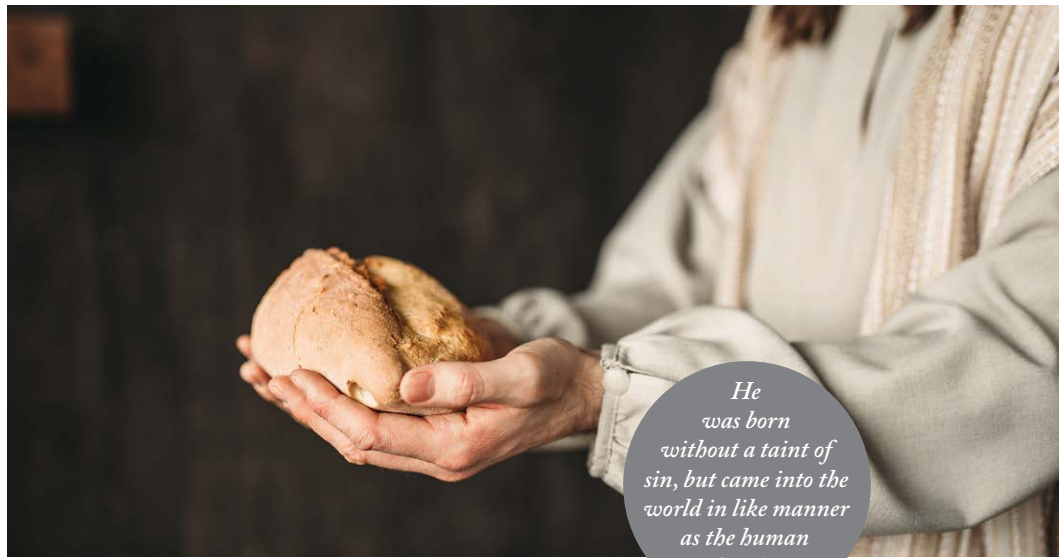
"I will try to answer this important question: As God He could not be tempted: but as a man He could be tempted, and that strongly, and could yield to the temptations." *Selected Messages*, Book 3, 129

Notice how particular and definite she is in detail. Was Christ God? Yes He was. In His divine nature as God He could not be tempted (James 1:13–15).

"For a period of time Christ was on probation. He took humanity on Himself, to stand the test and trial which the first Adam failed to endure. Had He failed in His test and trial, He would have been disobedient to the voice of God, and the world would have been lost." *The Signs of the Times*, May 10, 1899

From these references we can know that Christ was identical to us in His humanity, including not only bone, brain and muscle, but also all the attributes a human being can possess—conscience, memory, will, and affections—with the vital exception that His humanity did not possess the taint of sin.

We have studied that the law of God is an expression of His very nature, the embodiment of the great principle of



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love, the foundation of His government in heaven and earth. Mrs. White says that His law is a transcript of His character and the only correct standard of holiness.

"Righteousness is holiness, likeness to God, and 'God is love.' 1 John 4:16. It is conformity to the law of God, for 'all Thy commandments are righteousness' (Psalm 119:172), and 'love is the fulfilling of the law' (Romans 13:10). Righteousness is love, and love is the light and the life of God." *Thoughts from the Mount of Blessing*, 18

God's law is truth, the embodiment of the great principle of love, the foundation of His government in heaven and on earth, a transcript of His character, the security of life, happiness, and peace. God's law is righteousness and the only correct standard of holiness, but to sinners that law is a ministry of condemnation and death.

The law of God is broad in its requirements, and man is under the obligation to keep it, not only outwardly, but in his thoughts, emotions, intents, and feelings of the heart and soul.

"If the law extended to the outward conduct only, men would not be guilty in their wrong thoughts, desires, and designs. But the law requires that the

soul itself be pure and the mind holy, that the thoughts and feelings may be in accordance with the standard of love and righteousness." *The Review and Herald*, April 5, 1898

Notice that the soul and the mind are closely connected. "The mind controls the whole man. All our actions, good or bad, have their source in the mind. It is the mind that worships God, and allies us to heavenly beings." *Fundamentals of Christian Education*, 426. The law of God requires that the soul itself—the inward thoughts, feelings, motives, and desires—not just the outward actions, be pure and in harmony with it.

There are two powers seeking to control in this world. Satan is in a vicious and violent battle to control the minds and souls of men. He spends all of his time trying to figure out how to accomplish it. We need to understand this warfare and how we must cooperate with the heavenly agencies.

"The law requires righteousness—a righteous life, a perfect character; and this man has not to give. He cannot meet the claims of God's holy law." *The Desire of Ages*, 762

The reason we cannot meet the claims of God's law is not complicated. When Adam yielded to temptation, man

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Jesus had reason, conscience, memory, will, and affections of the human soul which were united with His divine nature.

became carnal, and when he had a son, his son was then born in his carnal image. All of us are born as partakers of the satanic nature. Adam's natural allegiance belonged to his Creator, but he became a traitor, and as the legal representative of the race, laid its homage as a willing offering at the feet of the enemy, who then took control of man's mind. Knowing this, it is easy to look back through history and understand how man was, and still is, capable of some of the most horrendous thoughts and actions.

How is it that mankind has become so degraded? There is but one explanation: the devil controls the human mind. Selfishness is the law of Satan's kingdom, and when man chose him as his ruler, he came under the jurisdiction of the law of self, the law of sin. Selfishness replaced love in man's heart and became the ruling principle of his life.

The law of God requires righteousness, and not one of Adam's posterity is born inheriting righteousness, because Adam disobeyed and entailed sin upon his posterity (*Manuscript Releases*, Vol. 6, 3). Righteousness is holiness, a likeness to God. "No man inherits holiness as a birthright, nor can he, by any methods that he can devise, become loyal to God." *Selected Messages*, Book 1, 310. From the moment of conception, we are, by nature, transgressors of God's law. We do not possess the righteousness, the holiness, nor the allegiance to God that the law demands.

But what does the Bible say regarding the humanity of the only begotten Son from the moment that He was conceived? "And the angel answered and said to her, 'The Holy Ghost will come upon you, and the power of the Highest will overshadow you: therefore, also, that Holy One who is to be born will be called the Son of God.'" Luke 1:35

Referring to this scripture, Mrs. White says, "These words do not refer to any human being, except to the Son of the infinite God." *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1128. It was essential

that from the moment of conception, *Jesus had to be righteous, holy, and have an allegiance to God*, all the things which the law demands. He had to meet the claims and the requirements of the law of God from the moment of conception, *because He came to fulfill the law*. "Jesus volunteered to meet the highest claims of the law, that He might be the justifier of all who believe on Him. We look to the cross, and see in Jesus a fully satisfied and reconciled God." *The Review and Herald*, September 2, 1890

"Christ did not possess the same sinful, corrupt, fallen disloyalty we possess, for *then He could not be a perfect offering*." *Selected Messages*, Book 3, 131. From the moment of His conception, Jesus Christ had not one sinful thought, desire, or propensity. If He had, it would be impossible for Him to be our Saviour; He would be unable to justify us, nor to forgive our sins.

Paul, speaking of Jesus, says, "For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power." Colossians 2:9, 10

"The glory of Christ is His character, and His character is an expression of the law of God. He fulfilled the law in its every specification." *The Signs of the Times*, December 12, 1895

"The facts of this history are not fable, but a living, acting, experience. To deny this would rob Jesus of His greatest glory—allegiance to God—which enshrouded Him as a garment in this world on the field of battle with the relentless foe, and He is not reckoned with the transgressor." *Manuscript Releases*, Vol. 16, 183

Jesus came to this world to reveal what the apostle Paul says was hidden in the mind of God from the beginning. The inhabitants of the unfallen worlds could not understand it; the devil and the people of this world do not understand it; but Jesus came to reveal it.

He couldn't do it as an angel, and He couldn't do it as God. "Christ came in human form to show the inhabitants of the unfallen worlds and of the fallen world that ample provision has been made to *enable human beings to live in loyalty to their*



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*Jesus had not taken on
Him even the nature of
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Creator.” *Selected Messages*, Book 1, 227.
What a wonderful promise!

“Christ came to vindicate the sacred claims of the law.” *Pacific Union Recorder*, December 17, 1903

“He came to manifest the nature of His law, to reveal in His own character the beauty of holiness.” *Education*, 76

There is attractiveness like no other in studying the life and character of Jesus. People who lack spiritual understanding might say He was just a good man. He was a man, but He was a perfect man, for in His humanity, “God embodied His own attributes in His Son.” *The Youth’s Instructor*, September 16, 1897

Jesus, as a man, was God’s goodness, wisdom, power, purity, truthfulness, spirituality, benevolence, and love. “In Him, though human, all perfection of character, all divine excellence, dwelt.

“The words of Christ were full of deep meaning as He put forth the claim that He and the Father were of one substance, possessing the same attributes.” *The Signs of the Times*, November 27, 1893

“The righteousness of God is embodied in Christ. We receive righteousness by receiving Him.” *Thoughts from the Mount of Blessing*, 18

From childhood to manhood, Christ taught that the kingdom of God is not meat and drink, but righteousness, peace, and joy in the Holy Spirit. Jesus is the Truth because He did not, by one

act of disobedience, separate Himself from God. The source of His peace was the power of the Holy Spirit who was upon Him and in control of His mind. Disobedience would have separated Him from God, just as disobedience separated the first Adam from God.

“Christ is called the second Adam. In purity and holiness, connected with God and beloved by God, He began where the first Adam began.” *The Youth’s Instructor*, June 2, 1898

Christ’s obedience to the law, was not merely an outward compliance. Jesus was the very expression of God’s law in His nature, with the great principle of love in His heart. If we have this same principle of love implanted in our hearts, then the image of our Saviour will be reflected in us, and we will be ready for Jesus to come again.

“Let it never be forgotten that the teacher must *be* what he desires his pupils to *become*.” *Fundamentals of Christian Education*, 58 [Author’s emphasis.]

“None need fail of attaining, in his sphere, to perfection of Christian character. By the sacrifice of Christ, provision has been made for the believer to receive all things that pertain to life and godliness. God calls upon us to reach the standard of perfection and places before us the example of Christ’s character.

In His humanity, perfected by a life of constant resistance to evil, the Saviour showed that

through cooperation with Divinity, *human beings may in this life attain to perfection of character*. This is God’s assurance to us that we, too, may obtain complete victory.” *The Acts of the Apostles*, 531

In closing, Galatians 4:4 says, “But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law.”

Born of a woman, embodied with the very attributes of God’s nature, born under the law of God, filled with love, righteousness, and holiness, Jesus came to confront the master deceiver and save mankind.

We must understand who Jesus is, what He is like and then, we must claim the promise that His character will be worked out in us, and we will be perfected by the power of the Holy Spirit. Alone, we are helpless, but with His divine grace and power, our hearts and minds can be changed to be in harmony with His.

[Emphasis supplied.] [LM](#)

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May 28 – June 3, 2023

Peace

Key Text

“All Your children shall be taught of the Lord, and great shall be the peace of Your children.” Isaiah 54:13

Study Help: *The Desire of Ages*, 328–332; 377–382

Introduction

“Peace I leave with you,’ He said, ‘My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.’ John 14:27. This peace is not the peace that comes through conformity to the world. Christ never purchased peace by compromise with evil. The peace that Christ left His disciples is internal rather than external and was ever to remain with His witnesses through strife and contention.” *The Acts of the Apostles*, 84

Sunday

1 THE SOURCE

1.a. Where can we find peace? Isaiah 9:6; Philippians 4:6, 7

Note: “What can give you greater joy than to see children and youth following Christ, the great Shepherd, who calls, and the sheep and lambs hear His voice and follow Him? What can spread more sunshine through the soul of the interested, devoted worker than to know that his persevering, patient labor is not in vain in the Lord, and to see his pupils have the sunshine of joy in their souls because Christ has forgiven their sins? What can be more satisfying to the worker together with God, than to see children and youth receiving the impressions of the spirit of God in true nobility of character and in the restoration of the moral image of God—the children seeking the peace coming from the Prince of peace? The truth a bondage?—Yes, in one sense; it binds the willing souls in captivity to Jesus Christ, bowing their hearts to the gentleness of Jesus Christ. O it means so much more than finite minds can comprehend, to present in every missionary effort Jesus Christ and Him crucified.” *Christian Education*, 156, 157

1.b. How only can we receive Jesus’ peace? Ephesians 2:13, 14; Isaiah 26:3, 4

Monday

2 PEACE THROUGH CHRIST’S BLOOD

2.a. What can sinners have through the blood of Christ? Colossians 1:20; Isaiah 53:5

Note: “Without the cross, man could have no connection with the Father. On it hangs our every hope. In view of it the Christian may advance with the steps of a conqueror; for from it streams the light of the Saviour’s love. When the sinner reaches the cross, and looks up to the One who died to save him, he may rejoice with fullness of joy; for his sins are pardoned. Kneeling at the cross, he has reached the highest place to which man can attain. The light of the knowledge of the glory of God is revealed in the face of Jesus Christ; and the words of pardon are spoken: Live, O ye guilty sinners, live. Your repentance is accepted; for I have found a ransom.

“Through the cross we learn that our heavenly Father loves us with an infinite and everlasting love, and draws us to Him with more than a mother’s yearning sympathy for a wayward child. Can we wonder that Paul exclaimed, ‘God forbid that I should glory, save in the cross of our Lord Jesus Christ?’ (Galatians 6:14). It is our privilege also to glory in the cross of Calvary, our privilege to give ourselves wholly to Him who gave Himself for us. Then with the light of love that shines from His face on ours, we shall go forth to reflect it to those in darkness.” *The Review and Herald*, April 29, 1902

2.b. In accepting Christ as our righteousness, what do we possess? Romans 5:1

Note: “When the Spirit of God controls mind and heart, the converted soul breaks forth into a new song; for he realizes that in his experience the promise of God has been fulfilled, that his transgression has been forgiven, his sin covered. He has exercised repentance toward God for the violation of the divine law, and faith toward Christ, who died for man’s justification.”

The Acts of the Apostles, 476

“Whoever consents to renounce sin and open his heart to the love of Christ, becomes a partaker of this heavenly peace.

“There is no other ground of peace than this. The grace of Christ received into the heart, subdues enmity; it allays strife and fills the soul with love. He who is at peace with God and his fellow men cannot be made miserable. Envy will not be in his heart; evil surmisings will find no room there; hatred cannot exist.” *Thoughts from the Mount of Blessing*, 27, 28

Tuesday

3 RIGHTEOUSNESS AND PEACE

3.a. What is the relationship between righteousness and peace? Isaiah 32:17

Note: “Dwell upon the marvelous plan of salvation, the great sacrifice made by the King of glory that you might be elevated through the merits of His blood and by obedience finally be exalted to the throne of Christ. This subject should engage the noblest contemplation of the mind. To be brought into favor with God—what a privilege! To commune with Him—what can more elevate, refine, and exalt us above the frivolous pleasures of earth? To have our corrupt natures renovated by grace, our lustful appetites and animal propensities in subjection, to stand forth with noble, moral independence, achieving victories every day, will give peace of conscience which can arise alone from rightdoing.” *Testimonies*, Vol. 1, 504

3.b. What is the role of the ten commandments in this process? Psalm 119:165; Isaiah 48:18

Note: “In obedience to God’s law there is great gain. In conformity to the divine requirements there is a transforming power



that brings peace and good will among men. If the teachings of God’s word were made the controlling influence in the life of every man and woman, if mind and heart were brought under its restraining power, the evils that now exist in national and in social life would find no place. From every home would go forth an influence that would make men and women strong in spiritual insight and in moral power, and thus nations and individuals would be placed on vantage ground.” *Prophets and Kings*, 192

“‘Blessed are the peacemakers.’ The peace of Christ is born of truth. It is harmony with God. The world is at enmity with the law of God; sinners are at enmity with their Maker; and as a result they are at enmity with one another. But the psalmist declares, ‘Great peace have they which love Thy law: and nothing shall offend them.’ Psalm 119:165. Men cannot manufacture peace. Human plans for the purification and uplifting of individuals or of society will fail of producing peace, because they do not reach the heart. The only power that can create or perpetuate true peace is the grace of Christ. When this is implanted in the heart, it will cast out the evil passions that cause strife and dissension.” *The Desire of Ages*, 302, 305

Wednesday

4 ETERNAL PEACE

4.a. How is the new earth described? Isaiah 32:18; 33:24; Revelation 21:1–7

Note: “Pain cannot exist in the atmosphere of heaven. There will be no more tears, no funeral trains, no badges of mourning. ...

“There, immortal minds will contemplate with never-failing delight the wonders of creative power, the mysteries of redeeming love. There will be no cruel, deceiving foe to tempt to forgetfulness of God. Every faculty will be developed, every capacity increased. The acquirement of knowledge will not weary the mind or exhaust the energies. There the grandest enterprises may be carried forward, the loftiest aspirations reached, the highest ambitions realized; and still there will arise new heights to surmount, new wonders to admire, new truths to comprehend, fresh objects to call forth the powers of mind and soul and body.

“All the treasures of the universe will be open to the study of God’s redeemed. Unfettered by mortality, they wing their tireless flight to worlds afar—worlds that thrilled with sorrow at the spectacle of human woe and rang with songs of gladness at the tidings of a ransomed soul. With unutterable delight the children of earth enter into the joy and the wisdom of unfallen beings. They share the treasures of knowledge and understanding gained through ages upon ages in contemplation of God’s handiwork.” *The Great Controversy*, 676, 677

4.b. What else is promised to the redeemed? Revelation 22:1, 5

Note: “Christ, the heavenly Teacher, will lead His people to the tree of life that grows on either side of the river of life, and He will explain to them the truths they could not in this life understand. In that future life His people will gain the higher education in its completeness. Those who enter the city of God will have the golden crowns placed upon their heads. That will be a joyful scene that none of us can afford to miss. We shall cast our crowns at the feet of Jesus, and again and again we will give Him the glory and praise His holy name. Angels will unite in the songs of triumph. Touching their golden harps, they will fill all heaven with rich music and songs to the Lamb.” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 988

Thursday

5 OUR PRESENT DUTY

5.a. While we are still on earth, what is our present duty? Matthew 5:9; Hebrews 12:14; 1 John 4:7

Note: “Christ’s followers are sent to the world with the message of peace. Whoever, by the quiet, unconscious influence of a holy life, shall reveal the love of Christ; whoever, by word or deed, shall lead another to renounce sin and yield his heart to God, is a peacemaker.

“And ‘blessed are the peacemakers: for they shall be called the children of God.’ The spirit of peace is evidence of their connection with heaven. The sweet savor of Christ surrounds them. The fragrance of the life, the loveliness of the character, reveal to the world the fact that they are children of God. Men take knowledge of them that they have been with Jesus.” *Thoughts from the Mount of Blessing*, 28

5.b. How does Isaiah describe the work of God’s messengers? Isaiah 52:7–9

Note: “All who consecrate soul, body, and spirit to God will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in heart and mind. The grace of God enlarges and multiplies their faculties, and every perfection of the divine nature comes to their assistance in the work of saving souls. Through cooperation with Christ they are complete in Him, and in their human weakness they are enabled to do the deeds of Omnipotence.” *The Desire of Ages*, 827

“The greatest work, the noblest effort, in which men can engage, is to point sinners to the Lamb of God.” *Gospel Workers*, 18

Friday

PERSONAL REVIEW QUESTIONS

- 1 What should we do to obtain peace?
- 2 Who is the Source of peace in our heart?
- 3 What is the relation between righteousness and peace?
- 4 What is the basis of our eternal peace?
- 5 How can I cultivate the qualities of a peacemaker?

June 4 – 10, 2023

Divine Power in Creation

Key Text

“In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters.” Genesis 1:1, 2

Study Help: *Patriarchs and Prophets*, 44–51

Introduction

“Divine wisdom, infinite grace, were made plain by the things of God’s creation. Through nature and the experiences of life, men were taught of God.” *Christ’s Object Lessons*, 22

Sunday

1 THE GODHEAD PRESENT AT CREATION

1.a. Who took an active part in the creation of the universe? Genesis 1:1, 2, 26; John 1:1–3

- God, the Father – Hebrews 11:3
- Jesus Christ – Colossians 1:16, 17
- The Holy Spirit – Psalm 104:30

Note: “If Christ made all things, He existed before all things. The words spoken in regard to this are so decisive that no one need be left in doubt. Christ was God essentially, and in the highest sense. He was with God from all eternity. God over all, blessed forevermore.” *The Seventh-day Adventist Bible Commentary* Vol. 5, 1126

1.b. As we contemplate creation, what do we realize? Psalm 19:1–6

Note: “God encourages us to contemplate His works in the natural world. He desires that we shall turn our mind from the study of the artificial to the natural. We shall understand this better as we lift up our eyes to the hills of God, and contemplate the works which His own hands have created. They are God’s work. His hand has molded the mountains and balances them in their position, that they shall not be moved except at His command. The wind, the sun, the rain, the snow, and the ice, are all His ministers to do His will.” *The Seventh-day Adventist Bible Commentary* Vol. 3, 1144, 1145

Monday

2 THE POWER OF GOD’S WORD

2.a. How did the universe come into existence? 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

2.b. What should cause us to truly marvel at God’s creation? Hebrews 11:3

Note: “In the creation of the earth, God was not indebted to preexisting matter. ‘He spake, and it was; ... He commanded, and it stood fast.’ Psalm 33:9. All things, material or spiritual, stood up before the Lord Jehovah at His voice and were created for His own purpose. The heavens and all the host of them, the earth and all things therein, came into existence by the breath of His mouth.” *The Ministry of Healing*, 414, 415

“Nature in her work testifies of the intelligent presence and active agency of a being who moves in all His works according to His will. It is not by an original power inherent in nature that year by year the earth yields its bounties and continues its march around the sun. The hand of infinite power is perpetually at work guiding this planet. It is God’s power momentarily exercised that keeps it in position in its rotation.

“The God of heaven is constantly at work. It is by His power that vegetation is caused to flourish, that every leaf appears and every flower blooms. Every drop of rain or flake of snow, every spire of grass, every leaf and flower and shrub, testifies of God. These little things so common around us teach the lesson that nothing is beneath the notice of the infinite God, nothing is too small for His attention.

“The mechanism of the human body cannot be fully understood; it presents mysteries that baffle the most intelligent. It is not as the result of a mechanism, which, once set in motion, continues its work, that the pulse beats and breath follows breath. In God we live and move and have our being. Every breath, every throb of the heart, is a continual evidence of the power of an ever-present God.” *Testimonies*, Vol. 8, 260

2.c. What is revealed by God’s creation? Romans 1:20

Tuesday

3 THE FIRST DAY

3.a. What was created on the first day of creation? Genesis 1:3–5

Note: “He [God] causes ‘the light to shine out of darkness.’ 2 Corinthians 4:6. When ‘the earth was without form, and void, and darkness was upon the face of the deep,’ ‘the Spirit of God moved upon the face of the waters. And God said, Let there be light; and there was light.’ Genesis 1:2, 3.” *Christ’s Object Lessons*, 415

3.b. What other light comes from the same source? John 1:6–10; 8:12; 9:5

Note: “God is light; and in the words, ‘I am the light of the world,’ Christ declared His oneness with God, and His relation to the whole human family. It was He who at the beginning had caused ‘the light to shine out of darkness.’ 2 Corinthians 4:6. He is the light of sun and moon and star. He was the spiritual light that in symbol and type and prophecy had shone upon Israel. But not to the Jewish nation alone was the light given. As the sunbeams penetrate to the remotest corners of the earth, so does the light of the Sun of Righteousness shine upon every soul.” *The Desire of Ages*, 464

3.c. How does this light affect all who accept it? Isaiah 60:1, 2

Note: “In the night of spiritual darkness, God’s word goes forth, ‘Let there be light.’ To His people He says, ‘Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.’ Isaiah 60:1. ...

“It is the darkness of misapprehension of God that is enshrouding the world. Men are losing their knowledge of His character. It has been misunderstood and misinterpreted. At this time a message from God is to be proclaimed, a message illuminating in its influence and saving in its power. His character is to be made known. Into the darkness of the world is to be shed the light of His glory, the light of His goodness, mercy, and truth.” *Christ’s Object Lessons*, 415

“It is the highest duty of every Christian to let the light God has given shine forth in steady rays.” *The Review and Herald*, December 12, 1893

Wednesday

4 THE SECOND DAY

4.a. What did God create on the second day? Genesis 1:6–8. What do we learn from God’s work in the firmament? Psalm 19:1–3

Note: “Shall we not commit to memory the lessons nature teaches? Shall we not open the eyes of our senses; and take in the beautiful things of God? We would do well to read often the nineteenth psalm that we may understand how the Lord binds up His law with His created works. ...

“We are to contemplate the wonderful works of God, and repeat the lessons learned from them to our children, that we may lead them to see His skill, His power, His grandeur in His created works.” *The Seventh-day Adventist Bible Commentary*, Vol. 3, 1143

4.b. What was God’s main purpose in creating the world? Isaiah 45:18

Note: “In the beginning, God was revealed in all the works of creation. It was Christ that spread the heavens, and laid the foundations of the earth. It was His hand that hung the worlds in space. ... And upon all things in earth, and air, and sky, He wrote the message of the Father’s love.” *The Desire of Ages*, 20

4.c. Explain why the sky can be especially inspiring to the Christian. Job 37:14–18

Note: “Several years ago, while journeying from Christiania, Norway, to Goteborg, Sweden, I was favored with the sight of the most glorious sunset it was ever my privilege to behold. Language is inadequate to picture its beauty. The last beams of the setting sun, silver and gold, purple, amber, and crimson, shed their glories athwart the sky, growing brighter and brighter, rising higher and higher in the heavens, until it seemed that the gates of the city of God had been left ajar, and gleams of the inner glory were flashing through. For two hours the wondrous splendor continued to light up the cold northern sky—picture painted by the great Master Artist upon the shifting canvas of the heavens. Like the smile of God it seemed, above all earthly homes, above the rock-bound plains, the rugged mountains, the lonely forests, through which our journey lay.” *The Faith I Live By*, 248

Thursday

5 THE THIRD DAY

5.a. What was brought forth on the third day? Genesis 1:9–13

Note: “When God formed the earth, there were mountains, hills, and plains, and interspersed among them were rivers and bodies of water. The earth was not one extensive plain, but the monotony of the scenery was broken by hills and mountains, not high and ragged as they now are, but regular and beautiful in shape. The bare, high rocks were never seen upon them, but lay beneath the surface, answering as bones to the earth. The waters were regularly dispersed. The hills, mountains, and very beautiful plains, were adorned with plants and flowers, and tall, majestic trees of every description, which were many times larger, and much more beautiful, than trees now are. The air was pure and healthful, and the earth seemed like a noble palace. Angels beheld and rejoiced at the wonderful and beautiful works of God.” *Spiritual Gifts*, Vol. 3, 33

“It is through the gift of Christ that we receive every blessing. Through that gift there comes to us day by day the unfailing flow of Jehovah’s goodness. Every flower, with its delicate tints and its fragrance, is given for our enjoyment through that one Gift.” *The Ministry of Healing*, 424

5.b. What relationship exists between creation and the first angel’s message? Revelation 14:6, 7

Note: “In the first angel’s message men are called upon to worship God, our Creator, who made the world and all things that are therein.” *Selected Messages*, Book 2, 106

Friday

PERSONAL REVIEW QUESTIONS

- 1 Who took part in the creation of the universe?
- 2 How did God create everything in the universe?
- 3 What is the cause of the spiritual darkness in the whole world?
- 4 What do we learn from God’s power manifested in creation?
- 5 What is the relationship between God’s creation and the first angel’s message?

June 11 – 17, 2023

Divine Power in Creation (continued)

Key Text

“Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture.” Psalm 100:3

Study Help: *Patriarchs and Prophets*, 111–116

Introduction

“In God’s word alone we find an authentic account of creation. Here we behold the power that laid the foundation of the earth, and that stretched out the heavens. Here, only, can we find a history of our race, unsullied by human prejudice or human pride.” *Christian Education*, 38

Sunday

1 THE FOURTH DAY

1.a. What was God’s work on the fourth day?
Genesis 1:14–19

Note: “The sun and the moon were made by Him [Christ]. There is not a star which beautifies the heavens that He did not make.” *The Ministry of Healing*, 424

1.b. What should the sun bring to our mind? Psalm 84:11;
Malachi 4:2, *first part*

Note: “The Sun of Righteousness did not burst upon the world in splendor, to dazzle the senses with His glory. It is written of Christ, ‘His going forth is prepared as the morning.’ Hosea 6:3. Quietly and gently the daylight breaks upon the earth, dispelling the shadow of darkness, and waking the world to life. So did the Sun of Righteousness arise, ‘with healing in His wings.’ Malachi 4:2.” *The Desire of Ages*, 261

“After association with the Son of God the humble follower of Christ is found to be a person of sound principle, clear perception, and reliable judgment. He has a connection with God, the Source of light and understanding. He who longed to be of service to the cause of Christ, has been so quickened by the life-giving rays of the Sun of Righteousness, that he has been enabled to bear much fruit to the glory of God.” *Christian Education*, 199

Monday

2 THE FIFTH DAY

2.a. Describe the creative work done on the fifth day.
Genesis 1:20–22. What declaration is made about each day thus far? Genesis 1:5, 8, 13, 19, 23

Note: “Geology has been thought to contradict the literal interpretation of the Mosaic record of the creation. Millions of years, it is claimed, were required for the evolution of the earth from chaos; and in order to accommodate the Bible to this supposed revelation of science, the days of creation are assumed to have been vast, indefinite periods, covering thousands or even millions of years.

“Such a conclusion is wholly uncalled for. The Bible record is in harmony with itself and with the teaching of nature. Of the first day employed in the work of creation is given the record, ‘The evening and the morning were the first day.’ Genesis 1:5. And the same in substance is said of each of the first six days of creation week. Each of these periods Inspiration declares to have been a day consisting of evening and morning, like every other day since that time. In regard to the work of creation itself the divine testimony is, ‘He spake, and it was done; He commanded, and it stood fast.’ Psalm 33:9. With Him who could thus call into existence unnumbered worlds, how long a time would be required for the evolution of the earth from chaos? In order to account for His works, must we do violence to His word?” *Education*, 128, 129

2.b. Why is it so difficult for scientists to accept God's word? Romans 1:18–21

Note: “A terrible picture of the condition of the world has been presented before me. Immorality abounds everywhere. Licentiousness is the special sin of this age. Never did vice lift its deformed head with such boldness as now. The people seem to be benumbed, and the lovers of virtue and true goodness are nearly discouraged by its boldness, strength, and prevalence.

“I was referred to Romans 1:18–32, as a true description of the world previous to the second appearing of Christ.

“It is sin, not trial and suffering, which separates God from His people and renders the soul incapable of enjoying and glorifying Him. It is sin that is destroying souls. Sin and vice exist in Sabbathkeeping families.” *Child Guidance*, 440

Tuesday

3 THE SIXTH DAY

3.a. What was created during the first part of the sixth day? Genesis 1:24, 25. How does God regard all these creatures? Matthew 6:26; 10:29

Note: “Harsh treatment, even to the brutes, is offensive to God. Those who profess to love God do not always consider that abuse to animals, or suffering brought upon them by neglect, is a sin. The fruits of divine grace will be as truly revealed in men by the manner in which they treat their beasts, as by their service in the house of God. Those who allow themselves to become impatient or enraged with their animals are not Christians. ...

“God, who created man, made the animals, also. They were to minister to man's comfort and happiness, to serve him, and to be controlled by him.” *The Signs of the Times*, November 25, 1880

3.b. What was the crowning work of the Creator? Genesis 1:26–28

Note: “After the earth with its teeming animal and vegetable life had been called into existence, man, the crowning work of the Creator, and the one for whom the beautiful earth had been fitted up, was brought upon the stage of action. ... ‘So God created man in His own image; ... male and female created He them.’ Here is clearly set forth the origin of the human race; and the divine record is so plainly stated that there is no occasion for erroneous conclusions. God created man in His own image. Here is no mystery. There is no ground for the supposition that man was evolved by slow degrees of development from the lower forms of animal or vegetable life. Such teaching lowers the great work of the Creator to the level of man's narrow, earthly conceptions. Men are so intent upon excluding God from the sovereignty of the universe that they degrade man and defraud him of the dignity of his origin. He who set the starry worlds on high and tinted with delicate skill the flowers of the field, who filled the earth and the heavens with the wonders of His power, when He came to crown His glorious work, to place one in the midst to stand as ruler of the fair earth, did not fail to create a being worthy of the hand that gave him life. The genealogy of our race, as given by inspiration, traces back its origin, not to a line of developing germs, mollusks, and quadrupeds, but to the great Creator. Though formed from the dust, Adam was ‘the son of God.’” *Patriarchs and Prophets*, 44, 45

Wednesday

4 ORIGINAL INSTITUTIONS

4.a. What institution did the Creator establish on the sixth day? Genesis 1:27, 28

Note: “Jesus pointed His hearers back to the marriage institution as ordained at creation. ‘Because of the hardness of your hearts,’ He said, Moses ‘suffered you to put away your wives: but from the beginning it was not so.’ Matthew 19:8. He referred them to the blessed days of Eden, when God pro-

nounced all things ‘very good.’ ... Then, as the Creator joined the hands of the holy pair in wedlock, saying, A man shall ‘leave his father and his mother, and shall cleave unto his wife: and they shall be one’ (Genesis 2:24), He enunciated the law of marriage for all the children of Adam to the close of time. That which the Eternal Father Himself had pronounced good was the law of highest blessing and development for man.

“Like every other one of God’s good gifts entrusted to the keeping of humanity, marriage has been perverted by sin; but it is the purpose of the gospel to restore its purity and beauty. In both the Old and the New Testament the marriage relation is employed to represent the tender and sacred union that exists between Christ and His people, the redeemed ones whom He has purchased at the cost of Calvary.” *Thoughts from the Mount of Blessing*, 63, 64

4.b. What diet was provided for man at creation? Genesis 1:29

Note: “In order to know what are the best foods, we must study God’s original plan for man’s diet. He who created man and who understands his needs appointed Adam his food. ‘Behold,’ 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.’ Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also ‘the herb of the field.’

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” *Counsels on Diet and Foods*, 81

Thursday

5 RESTORATION

5.a. What did Malachi prophesy concerning these last days? Malachi 4:5, 6

Note: “Those who are to prepare the way for the second coming of Christ are represented by faithful Elijah, as John came in the spirit of Elijah to prepare the way for Christ’s first advent. The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things.” *Testimonies*, Vol. 3, 62

5.b. What did the apostle Peter say, prophetically, about this work? Acts 3:19–21

Note: “The great work of the gospel is not to close with less manifestation of the power of God than marked its opening. The prophecies which were fulfilled in the outpouring of the former rain at the opening of the gospel are again to be fulfilled in the latter rain at its close. Here are ‘the times of refreshing’ to which the apostle Peter looked forward ...” *The Great Controversy*, 611, 612

“In the time of the end every divine institution is to be restored. The breach made in the law at the time the Sabbath was changed by man, is to be repaired. God’s remnant people, standing before the world as reformers, are to show that the law of God is the foundation of all enduring reform and that the Sabbath of the fourth commandment is to stand as a memorial of creation, a constant reminder of the power of God. In clear, distinct lines they are to present the necessity of obedience to all the precepts of the Decalogue. Constrained by the love of Christ, they are to cooperate with Him in building up the waste places. They are to be repairers of the breach, restorers of paths to dwell in.” *Prophets and Kings*, 678

Friday

PERSONAL REVIEW QUESTIONS

- 1 Who is the true Source of light and how can we walk in it?
- 2 What does the Bible say about the days of creation?
- 3 What was the condition of man when he was created?
- 4 What relation exists between the family and the Sabbath?
- 5 What was prophesied about the restoration of all divine institutions?

June 18 – 24, 2023

The Sabbath

Key Text

“Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them. ... Hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the Lord your God.” Ezekiel 20:12, 20

Study Help: *The Desire of Ages*, 201–213

Introduction

“Like the Sabbath, the week originated at creation, and it has been preserved and brought down to us through Bible history. God Himself measured off the first week as a sample for successive weeks to the close of time. Like every other, it consisted of seven literal days. Six days were employed in the work of creation; upon the seventh, God rested, and He then blessed this day, and set it apart as a day of rest for man.” *Christian Education*, 190

Sunday

1 THE SEVENTH DAY

1.a. What did the Creator do on the seventh day?

Genesis 2:2

Note: “The weekly cycle of seven literal days, six for labor, and the seventh for rest, which has been preserved and brought down through Bible history, originated in the great facts of the first seven days.” *Spiritual Gifts*, Vol. 3, 90

“He rested, not as one weary, but as well pleased with the fruits of His wisdom and goodness and the manifestations of His glory.” *Patriarchs and Prophets*, 47

1.b. Besides resting on the seventh day, what else did the Lord do? Genesis 2:3

Note: “After resting upon the seventh day, God sanctified it, or set it apart, as a day of rest for man. Following the example of the Creator, man was to rest upon this sacred day, that as he should look upon the heavens and the earth, he might reflect upon God’s great work of creation.” *Patriarchs and Prophets*, 47

Monday

2 THE SABBATH IN THE WILDERNESS

2.a. Before giving the ten commandments at Sinai, what specific instructions did the Lord give to His people? Exodus 16:22–30

Note: “God requires that His holy day be as sacredly observed now as in the time of Israel. The command given to the Hebrews should be regarded by all Christians as an injunction from Jehovah to them. The day before the Sabbath should be made a day of preparation, that everything may be in readiness for its sacred hours. In no case should our own business be allowed to encroach upon holy time. God has directed that the sick and suffering be cared for; the labor required to make them comfortable is a work of mercy, and no violation of the Sabbath; but all unnecessary work should be avoided. Many carelessly put off till the beginning of the Sabbath little things that might have been done on the day of preparation. This should not be. Work that is neglected until the beginning of the Sabbath should remain undone until it is past. This course might help the memory of these thoughtless ones, and make them careful to do their own work on the six working days.” *Patriarchs and Prophets*, 296

2.b. What miracles did the Lord perform in connection with Sabbath observance? Exodus 16:16–27

Note: “Every week during their long sojourn in the wilderness the Israelites witnessed a threefold miracle, designed to impress their minds with the sacredness of the Sabbath: a double quantity of manna fell on the sixth day, none on the seventh, and the portion needed for the Sabbath was preserved sweet and pure, when if any were kept over at any other time it became unfit for use.

“In the circumstances connected with the giving of the manna, we have conclusive evidence that the Sabbath was not instituted, as many claim, when the law was given at Sinai. Before the Israelites came to Sinai they understood the Sabbath to be obligatory upon them. In being obliged to gather every Friday a double portion of manna in preparation for the Sabbath, when none would fall, the sacred nature of the day of rest was continually impressed upon them. And when some of the people went out on the Sabbath to gather manna, the Lord asked, ‘How long *refuse ye* to keep My commandments and My laws?’” *Patriarchs and Prophets*, 296, 297 [Author’s emphasis.]

Tuesday

3 THE FOURTH COMMANDMENT

3.a. In reference to God’s example at the end of creation, what does He require of His people? Exodus 20:8–11

Note: “God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate the works of God and meditate upon His power and goodness. He needed a Sabbath to remind him more vividly of God and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator.

“God designs that the Sabbath shall direct the minds of men to the contemplation of His created works. Nature speaks to their senses, declaring that there is a living God, the Creator, the Supreme Ruler of all. ... The beauty that clothes the earth is a token of God’s love. We may behold it in the everlasting hills, in the lofty trees, in the opening buds and the delicate flowers. All speak to us of God. The Sabbath, ever pointing to Him who made them all, bids men open the great book of nature and trace therein the wisdom, the power, and the love of the Creator.” *Patriarchs and Prophets*, 48

3.b. What is included in the fourth commandment?
Isaiah 58:13, 14

Note: “All who keep the seventh day signify by this act that they are worshipers of Jehovah. Thus the Sabbath is the sign of man’s allegiance to God as long as there are any upon the earth to serve Him. The fourth commandment is the only one of all the ten in which are found both the name and the title of the Lawgiver. It is the only one that shows by whose authority the law is given. Thus it contains the seal of God, affixed to His law as evidence of its authenticity and binding force.

“God has given men six days wherein to labor, and He requires that their own work be done in the six working days. Acts of necessity and mercy are permitted on the Sabbath, the sick and suffering are at all times to be cared for; but unnecessary labor is to be strictly avoided. ... Those who discuss business matters or lay plans on the Sabbath are regarded by God as though engaged in the actual transaction of business. To keep the Sabbath holy, we should not even allow our minds to dwell upon things of a worldly character.” *Patriarchs and Prophets*, 307

Wednesday

4 A SIGN BETWEEN GOD AND HIS PEOPLE

4.a. What is the relation between creation and the Sabbath? Exodus 31:13–17

Note: “God’s memorial, the seventh-day Sabbath, the sign of His work in creating the world, has been displaced by the man of sin. God’s people have a special work to do in repairing the breach that has been made in His law; and the nearer we approach the end, the more urgent this work becomes. All who love God will show that they bear His sign by keeping His commandments. They are the restorers of paths to dwell in. ... Genuine medical missionary work is bound up inseparably with the keeping of God’s commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God’s creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God’s people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church.” *Testimonies*, Vol. 6, 265, 266

4.b. How does sanctification relate to the Sabbath?
Ezekiel 20:12, 20

Note: “The Sabbath given to the world as the sign of God as the Creator is also the sign of Him as the Sanctifier. The power that created all things is the power that re-creates the soul in His own likeness. To those who keep holy the Sabbath day it is the sign of sanctification. True sanctification is harmony with God, oneness with Him in character. It is received through obedience to those principles that are the transcript of His character. And the Sabbath is the sign of obedience. He who from the heart obeys the fourth commandment will obey the whole law. He is sanctified through obedience.

“To us as to Israel the Sabbath is given ‘for a perpetual covenant.’ To those who reverence His holy day the Sabbath is a sign that God recognizes them as His chosen people. It is a pledge that He will fulfill to them His covenant. Every soul who accepts the sign of God’s government places himself under the divine, everlasting covenant. He fastens himself to the golden chain of obedience, every link of which is a promise.

“The fourth commandment alone of all the ten contains the seal of the great Lawgiver, the Creator of the heavens and the earth. Those who obey this commandment take upon themselves His name, and all the blessings it involves are theirs.”

Testimonies, Vol. 6, 350

Thursday

5 LESSONS FROM ANCIENT ISRAEL

5.a. What reforms were needed before and after the captivity of Israel and Judah? Jeremiah 17:19–27; Nehemiah 13:15–22

5.b. What reformation is needed today? Isaiah 56:1–8

Note: “Far more sacredness is attached to the Sabbath than is given it by many professed Sabbathkeepers. The Lord has been greatly dishonored by those who have not kept the Sabbath according to the commandment, either in the letter or in the spirit. He calls for a reform in the observance of the Sabbath.



“At the very beginning of the fourth commandment the Lord said: ‘Remember.’ He knew that amid the multitude of cares and perplexities man would be tempted to excuse himself from meeting the full requirement of the law, or would forget its sacred importance. Therefore He said: ‘Remember the Sabbath day, to keep it holy.’ Exodus 20:8.

“All through the week we are to have the Sabbath in mind and be making preparation to keep it according to the commandment. We are not merely to observe the Sabbath as a legal matter. We are to understand its spiritual bearing upon all the transactions of life. All who regard the Sabbath as a sign between them and God, showing that He is the God who sanctifies them, will represent the principles of His government. They will bring into daily practice the laws of His kingdom. Daily it will be their prayer that the sanctification of the Sabbath may rest upon them. Every day they will have the companionship of Christ and will exemplify the perfection of His character. Every day their light will shine forth to others in good works.”

Testimonies, Vol. 6, 353, 354

Friday

PERSONAL REVIEW QUESTIONS

- 1 What did the Lord do on the first Sabbath?
- 2 Describe the miracles related to the Sabbath in the wilderness.
- 3 What is the main purpose of the Sabbath?
- 4 How can we sanctify the Sabbath?
- 5 What must be included in our preparation for the Sabbath?

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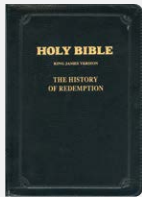
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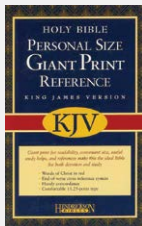
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The Almond

What is a superfood? There are no set criteria, but the American Heart Association states that the general belief is that superfoods typically

- are nutrient-rich
- are beneficial for health on several fronts
- help promote overall well-being in mind and body

Nuts and seeds, then, are true superfoods because they are full of minerals, high in fiber, a good source of healthy fats, full of protein, contain phyto-nutrients (antioxidants), help prevent chronic disease, help with weight loss, and promote longevity.

The almond, along with their fellow nuts like walnuts and cashews, contain vital vitamins, minerals, and fiber. Almonds specifically help stabilize blood sugar, are alkalizing to the body, and are a source of naturally-derived calcium and magnesium. Cancer studies have shown that they may have anticancer properties, and other health studies have found that the almond can lower blood pressure and the risk of heart diseases and diabetes.

It is a myth that almonds are fattening, as long you don't eat them in excess (of course, this is a good practice to follow when consuming any food—See *The Ministry of Healing*, 298). Some say that almonds are the most nutritious of all

nuts. Whether that is true or not, they are very beneficial for our health.

For all the above reasons, regular consumption of almonds is recommended. It is also recommended that almonds be soaked overnight before eating them, as this significantly improves their health benefits and digestibility. This is particularly welcome if you have a sensitive gut. However, there is no need to presoak when using a crockpot.

Sources: breastcancerconqueror.com/8-reasons-nuts-seeds-true-superfoods/; healthshots.com/healthy-eating/superfoods/almonds-are-best-eaten-soaked-and-peeled-heres-why/; [timesofindia.indiatimes.com/life-style/health-fitness/diet/Almonds-are-not-fattening/](https://timesofindia.indiatimes.com/life-style/health-fitness/diet/Almonds-are-not-fattening/Wikipedia); Wikipedia

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



CROCKPOT STEEL CUT OVERNITE OATS

Ingredients

3 cups steel cut oats
8 cups water
2 cups almond milk
2 large apples, diced
2 Tbs. vegan protein powder
½ cup slivered almonds
2 Tbs. sesame seeds
2 Tbs. flax seed
2 Tbs. chia seed
½ - ¾ cup of raisins

Process

Cook on low setting in crockpot for 8-10 hours. Serve topped with vegan yogurt.





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www.webmd.com/diet/health-benefits-almonds

