

HISTORIC  
**LANDMARKS**  
OF ADVENTISM

*Are You Serious About  
Being Saved?*

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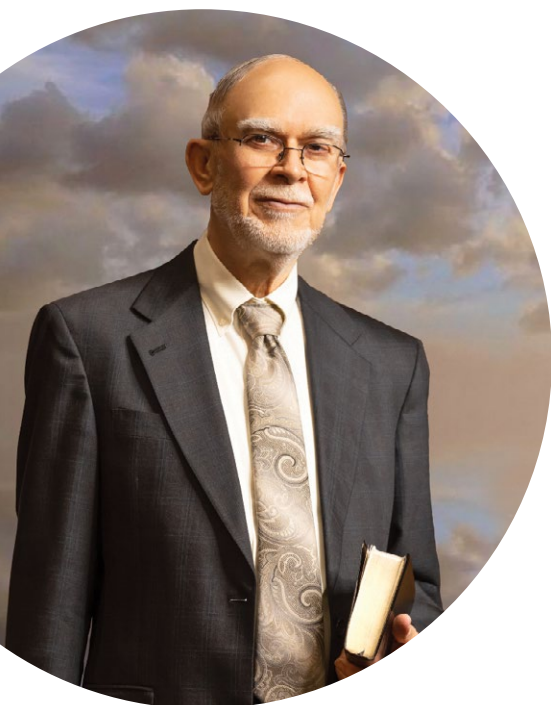
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## From the Editor

*John J. Grosboll*

# Effort or Luke 13:24

"Said the Prince of life, 'Strive to enter in at the strait gate; for many, I say unto you, shall seek to enter in, and shall not be able.' 'Agonize,' says the margin. There are vastly more seekers than strivers. Tame, half-hearted efforts will not insure. There must be determined, persevering, untiring effort, proportionate to the value of eternal life, the object of our pursuit. We cannot trust to another to win the crown for us; we must individually fight the battles of the Lord." *The Review and Herald*, August 23, 1881


"We must put forth earnest effort to overcome the evil tendencies of the natural heart. Our efforts, our self-denial and perseverance, must be proportionate to the infinite value of the object of which we are in pursuit. Only by overcoming as Christ overcame shall we win the crown of life." *The Ministry of Healing*, 455

"... In the struggle for immortality we have a part to act. Christ will help those who pray and then watch unto prayer. He calls upon us to use every power He has given us in the warfare against sin. We can never be saved in inactivity and idleness. We might as well look for a harvest from seed which we have

not sown, and for knowledge where we have not studied, as to expect salvation without making an effort. It is our part to wrestle against the evil tendencies of the natural heart." *The Youth's Instructor*, March 5, 1903

While we must strive for that perfection of character that Jesus has enjoined upon all His followers (Matthew 5:48), we must also not fail to show mercy to others (Micah 6:8).

"A man may be trying to serve God, but temptations from within and from without assail him. Satan and his angels urge and coax him to transgress. And perhaps he falls a prey to their temptings. How then do his brethren treat him? Do they speak harsh, cutting words, driving him farther from the Saviour? What a sad sight for Christ and the angels to behold.

"Let us remember that we are struggling and toiling, failing in speech and action to represent Christ, falling and rising again, despairing and hoping. Let us beware of dealing unkindly with those who like ourselves are subject to temptation, and who, like ourselves also, are the objects of Christ's unchanging love." *Manuscript Releases*, Vol. 7, 400 

HISTORIC

## LANDMARKS

OF ADVENTISM

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

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



# *Are You Serious About Being Saved?*

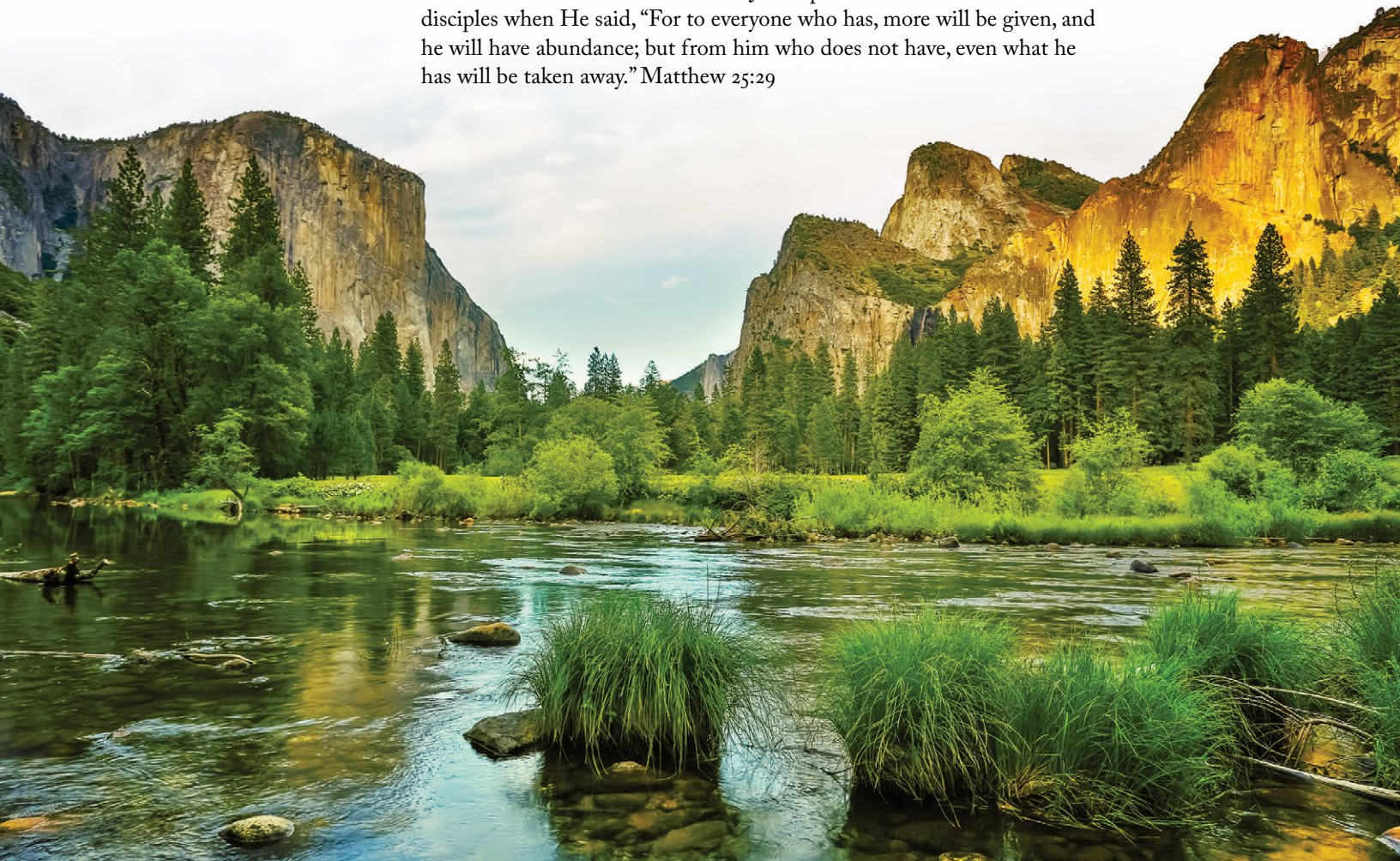
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By John J. Grosboll

**W**hen I was around twenty years old, as I studied *The Great Controversy between Christ and His Angels and Satan and His Angels*, I realized that when I reach heaven, I will be associating with those who on this earth had developed a perfect character.

I thought hard about this because I didn't yet have a perfect character, and I was not sure that I knew anyone else who did.

As I continued to study, I discovered that those who do not have a perfect character will not be in heaven. Jesus spoke of this condition to His disciples when He said, "For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away." Matthew 25:29





It would be no exaggeration to say that I was in a state of alarm when I realized this. I had been baptized for ten years. I was looked upon as a good person. I was studying to be a minister, but I knew that my character had serious defects.

### What Must I do?

So, what can be done to remove the terrible defects in our characters to make us fit for heaven?

“Let no one say, I cannot remedy my defects of character. If you come to this decision, you will certainly fail of obtaining everlasting life.” *Christ’s Object Lessons*, 331

If you decide that you cannot overcome your defects of character, then you will not be in heaven. This failure is perhaps one of the main reasons that a great majority of Adventists will fail of gaining entry to the kingdom of glory.

“In concluding this narrative, I would say that we are living in a most solemn time. In the last vision given me, I was shown the startling fact that but a small portion of those who now profess the truth will be sanctified by it and be saved. Many will get above the simplicity of the work. They will conform to the world, cherish idols, and become spiritually dead. The humble, self-sacrificing followers of Jesus will pass on to perfection, leaving behind the indifferent and lovers of the world.” *Testimonies*, Vol. 1, 608, 609

Did you notice that Mrs. White said in vision that only a small portion of those who now profess the truth will be saved? It is my intention, by the grace of God, to be a member of that number, and I pray it is your intention, too.

God does not tell us to do things and then leave us to struggle on our own. “All His biddings are enablings.” *Christ’s Object Lessons*, 333. Jesus said, “Without Me you can do nothing.” John 15:5, *last part*. He also said, “Therefore you shall be perfect, just as your Father in heaven is perfect.” Matthew 5:48. How can He



tell us to be perfect, unless He intends to give us the power to do it?

Writing to a husband who had some very serious character defects, Mrs. White said, “When tempted to murmur, censure, and indulge in fretfulness, wounding those around you, and in so doing wounding your own soul, oh! let the deep, earnest, anxious inquiry come from your soul, Shall I stand without fault before the throne of God? *Only the faultless will be there.*”

“None will be translated to heaven while their hearts are filled with the rubbish of earth. Every defect in the moral character must first be remedied, every stain removed by the cleansing blood of Christ, and all the unlovely, unlovable traits of character overcome.” *Testimonies*, Vol. 1, 705

Friend, we all have unlovely, unlovable, unChristlike traits of character. All these traits must be overcome if we are to go to heaven.

“In the state which you and your family are in at present, all heaven would be marred should you be introduced therein. The work for you must be done here. This earth is the fitting-up place. You have not one moment to lose.” *Ibid.*, 706

There is no infinite amount of time to overcome these things, no second chances when the end of all things comes. For

that reason, we have no time to lose. We must get down to it, putting all our commitment and determination into overcoming all the ugly defects that mar our characters.

“All is harmony, peace, and love in heaven. No discord, no strife, no censoring, no unloving words, no clouded brow, no jars there; and no one will be introduced there who possesses any of these elements so destructive to peace and happiness.” *Ibid.*

Oh, friend, how serious are you about being saved? Enough to ask the Lord to help you learn the lessons He seeks to daily teach us? God knows our characters and exactly what must be overcome if we are going to be in heaven. If we surrender, heart, soul, and body, everything to Him, if we seek to do His will, and to learn His lessons, even when they involve trials that we don’t like, then God will help us every step of the way. He is preparing a people for heaven, and He will not allow any soul to fail if they will commit to work with Him in perfecting their character.

God told Abraham, “I am Almighty God; walk before Me and be blameless [perfect].” Genesis 17:1, *last part*

In 1 Corinthians 1:4–8, Paul speaks to the church in Corinth about being blameless when Jesus comes. In his letter to the Ephesians, he describes the con-

dition of the church when Jesus comes the second time as, “not having spot or wrinkle or any such thing, but that she should be holy and without blemish.” Ephesians 5:27

Peter counsels the church to “be diligent to be found by Him in peace, without spot and blameless.” 2 Peter 3:14, *last part*

The work of seeking perfection of character is as important as it gets. “Our first work is to become perfect in His sight, by living faith claiming His promise of forgiveness.” *Manuscript Releases*, Vol. 19, 49

Perfection of character is to be our first work. Every soul must aim for it.

“Success in any line demands a definite aim.

He who would achieve true success in life must keep steadily in view the aim worthy of his endeavor.”

*Mind, Character, and Personality*, Vol. 1, 341

If a person lacks steadfastness in their commitment to develop perfection of character, they will not overcome the defects in their character. When they set their course and ask the Lord to help them, they will be astonished at the defects He will reveal to them, and He will show them what they must do to be changed.

Without a perfect character, we will not enter through the pearly gates for we will be unable to endure the presence of God. Mrs. White tells us that when Jesus comes, the wicked will be destroyed by the brightness of His coming, just as the Roman guard, who did not have perfect characters, fell powerless to the ground at Jesus’ resurrection.

“No unlikeness to Christ will be permitted in the holy city.” *Manuscript Releases*, Vol. 15, 171. If the Lord were to take anyone to heaven with a defective character, heaven would be spoiled. In fact, the same rebellion we have down here in this world eventually would occur again, and the Bible says that affliction is not going to rise up the second time.

“Will God take to heaven, and into His own glorious presence, those who are living

in open violation of one of the plainest precepts of the decalogue? No, no. It can never be that He will take those who are living in rebellion to His holy law to heaven, among pure angels who delight to do His will, and obey the laws of His righteous government, for there would be a second rebellion in heaven. The indignation of heaven is aroused at man’s open and daring rebellion against God’s holy law.” *The Review and Herald*, September 16, 1862

This inspired statement shows us just how important it is that we aim for perfection of character, making it our first work here and now. For no one who still harbors sin will enter heaven.

“For behold, the day is coming, Burning like an oven, and all the proud, yes, all who do wickedly will be stubble. And the day which is coming shall burn them up, says the Lord of hosts, ‘That will leave them neither root nor branch.’” Malachi 4:1

### What is Perfection of Character?

The simplest definition of perfection of character is to be like Jesus Christ. However, it is impossible to be like Him, if we do not know Him. So the best way to know Him is to study His life.

Inspiration describes the characteristics of the person who has a perfect character in a number of passages. We’ll look at just a few of these.

A person with a perfect character

1. Is always patient.
2. Is pure in heart.
3. Always has self-control.
4. Does not exalt self.
5. Is kind, tender-hearted, and refined.
6. Will have the meekness of Christ.
7. Is not half-hearted.
8. Will manifest constant obedience to Jesus Christ.
9. Will never be discourteous.
10. Will have gentleness and forbearance, and his character will be manifest in his countenance.

“

*Therefore you shall be perfect, just as your Father in heaven is perfect.*

*Matthew 5:48*

The problem for us is that we do not have these characteristics. We must go to God and ask Him to help us, by His grace and power, to remedy the defects in our character. Praise God, He never tells us to do something without making it possible to do it. He stands behind every promise that He has made, and we can be assured that He will uphold them.

### How is My Character Perfected?

We have found that having a perfect character is essential for we cannot go to heaven without it. We have determined what a perfect character looks like. Now we come to the most important part—how to obtain a perfect character.

For our characters to be made perfect, God must work a miracle in our lives. This miracle is available to every person in the world, but not all people are interested in, or serious about, being saved. They are happy with an easy religion that does not require obedience, sacrifice, or change of any kind.

I must be serious about being saved if I want to go to heaven. Time is running out and that makes the necessity of a perfected character a very scary proposition, because I have so much that needs to be changed. But regardless of how impossible it may look from a human standpoint, I can trust that all things are possible with God (Matthew 19:26).

So, what am I to do to become perfect? First, I must understand that it is through Jesus Christ alone that my defects are remedied and my character is made perfect.

Most people, even many Adventists, believe that your character has to do with your words and actions, and that is true. But have you ever considered that your words and actions are, in fact, an outward expression of what is already in your mind (Luke 6:45)? If we want our actions and words to be changed, then our minds and hearts must be changed first.



Let's look at what we need to do to have a perfected character.

**1** Ephesians 4:1–6 tells me that I come to perfection of character through certain spiritual gifts that God has put in the church. Through these gifts, the church will come into harmony and unity, and into the measure of the stature of the fullness of Jesus Christ.

**2** I must receive Jesus into my heart as the Lord of my life, and I must believe that Jesus can, by His grace, take a person like me and make my character perfect.

**3** Perfection of character is a step-by-step process. It does not happen with a snap of the fingers and now I am perfect.

“There must be a lifelong, persevering, untiring effort, a fighting of the good fight of faith. The struggle is lifelong and the victory is certain.” *The 1888 Ellen G. White Materials*, 938

**4** I must be learning daily about Jesus.

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.” 2 Corinthians 3:18

**5** I must be involved in the work God is doing in the world. I cannot be just a spectator.

“Place your entire dependence on the One who is able to keep the souls committed to His trust, able to imbue them with His Spirit, able to fill them with unselfish love for one another, thus enabling them to bear witness that He has sent His Son into the world to save sinners. . . .

“God’s servants have one common work. Their aim is to convert people to the pure truth of the word of God.” *The Upward Look*, 85

**6** I will have trials, disappointments, and tribulation. I must be willing to fight against my defects of character and overcome them. Only God can give me the victory, but I must be willing to fight.

“The Christian life is a life of constant conflict. It is a battle and a march. Every act of obedience, every deed of self-denial, every trial bravely endured, every temptation resisted, every victory gained, is a step forward in the march to eternal triumph.” *Ye Shall Receive Power*, 358

“All who enter heaven will do so as conquerors. You will have battles to fight; you will have difficulties to meet that can only be overcome by strong, determined resistance.” *The Signs of the Times*, May 5, 1887

“Under the Lord’s guidance, every sphere of action, every position in life, every disappointment, becomes the means of the development of Christian experience.” *Manuscript Releases*, Vol. 7, 149



“  
All is harmony, peace, and  
love in heaven. No discord,  
no strife, no censoring,  
no unloving words, no  
clouded brow.”

7 I must strive for perfection of character.  
“Strive, for the grasp of Satan is upon you; and if you do not wrench yourselves from Him, you will be palsied and ruined. . . . Strive, for there is a crown to be won. Strive, for if you win not the crown, you lose everything in this life and in the future life. Strive, but let it be in the strength of your risen Saviour.” *The Review and Herald*, August 21, 1888

8 I must daily study the word of God, pray, and do good.

“The business of every Christian is to study the character of Christ.” *That I May Know Him*, 182

“By studying the life of Christ let the workers learn how He lived and worked. Let them strive each day to live His life.”

*Testimonies*, Vol. 6, 416

“Jesus gave us a perfect pattern. Let us study it carefully, and as we study and pray, we shall come into close connection with heaven. Shall we not try harder to be like Jesus? Shall we not pray more? Shall we not make more earnest efforts for others?” *The Review and Herald*, March 16, 1886

9 I must seek daily to remove the blemishes from my character. If my thoughts, words, actions, or feelings are unChristlike, then there is a blemish in my character that must be removed.

“Those who expect one day to stand before the throne of the God of gods and Lord of kings, . . . should seek daily to remove the blemishes in character that lead to sin, and bring into their lives the perfection of character that all must reveal who have a part in the kingdom of heaven.” *The Youth’s Instructor*, October 29, 1907

10 I am to exercise mercy toward my fellow man.

“The exercise of mercy in our daily relations with one another is one of the most effective means of attaining perfection of character, for only those who walk with Christ can be truly merciful.” *In Heavenly Places*, 290

11 Only through Christ alone can I achieve perfection of character.

“If you have an earnest desire to answer the claims that God has upon you, if your desire is to be connected with God, and to reach the highest round of the ladder of progress in the divine life, then, when the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against him. But it is your own efforts, through the grace of Christ, that will bring you perfection of character.” *The Signs of the Times*, May 5, 1887

“Jesus is the perfect pattern . . . . He kept His Father’s statutes, precepts, and laws. He was continually seeking counsel of God, and was obedient to His will.

“It is the duty and privilege of every child to follow in the footsteps of Jesus.” *Sons and Daughters of God*, 128

12 I must have a regard for the laws of nature.

“Perfection of character cannot be attained when the laws of nature are disregarded; for this is transgression of the law of God.” *Our High Calling*, 266

13 I can attain perfection of character because it is attainable by everyone who strives for it.

“The word of God is full of consolation. It presents before us great possibilities and advantages, which all should appreciate. By a faithful improvement of these blessings we may rise to the highest standard of Christian excellence. The gospel influences those who receive it to attain to perfection. They are inspired with faith and hope, and become Christlike in character.” *The Review and Herald*, February 19, 1901

14 I must be willing to be obedient to the truth.

“God requires perfection of character from His children. He demands that His law be remembered and meditated upon, that unswerving obedience be rendered to its requirements.” *The Signs of the Times*, March 4, 1897

“We can never attain perfection of character if we do not hear the voice of God and obey His counsel.” *The Youth’s Instructor*, January 13, 1898



- 15 I will follow Peter's ladder to perfection.

"For this very reason, giving all diligence, add to your faith virtue, to knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. ... Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble." 2 Peter 1:5-7, 10

- 16 I must repent and forsake my sins.

"While it is called today, if you will hear His voice, harden not your hearts.' [Hebrews 3:15]. *It may be you will never hear the invitation again.* A mere answer in the affirmative is not sufficient. We are to repent and forsake every sin, and work the works of righteousness." *The General Conference Bulletin*, October 1, 1899 [Author's emphasis.]

- 17 I must practice self-denial and self-sacrifice.

"Seek to deny yourself; be holy; let your mind dwell upon heaven, and let your conversation be there also." *Sons and Daughters of God*, 89

"Human nature is ever struggling for expression, ready for contest; but he who learns of Christ is emptied of self, of pride, of love of supremacy, and there is silence in the soul. Self is yielded to the disposal of the Holy Spirit." *Thoughts from the Mount of Blessing*, 15

"There is a world to be warned. To us has been entrusted this work. At any cost we must practice the truth. We are to stand as self-sacrificing minutemen, willing to suffer the loss of life itself, if need be, in the service of God." *The Review and Herald*, January 31, 1907

- 18 I must be willing to work hard.

"Perfection of character is a lifelong work, unattainable by those who are not willing to strive for it in God's appointed way, by slow and toilsome steps." *Testimonies*, Vol. 5, 500

- 19 I must place every thought in subjection to Christ.



"Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." 2 Corinthians 10:5

- 20 I must encourage unity in the church.

"Perfection of character means perfection in unity. 'That they all may be one,' Christ said, 'as Thou, Father, art in Me, and I in Thee' (John 17:21)." *Manuscript Releases*, Vol. 11, 179

"It is the unity of Christ's followers that convinces the world that God has indeed sent His Son to die for sinners, to make them partakers of His perfection, changing the sinful heart, and forming the character after the divine likeness." *The Review and Herald*, July 21, 1903

- 21 I must constantly resist evil and cooperate with divinity.

"You have not yet resisted to bloodshed, striving against sin." Hebrews 12:4

"Therefore submit to God. Resist the devil and he will flee from you." James 4:7

- 22 I must stop criticizing.

"The one who criticizes another gives evidence that he is the very one who needs to criticize himself. Pray God to show you what you must remove from yourselves in order that you may see the kingdom of God." *Our High Calling*, 233

- 23 I must not only be beholding Jesus, I must talk of His love.

"Let us talk faith, talk courage. Let our lips utter the praise of the Lord. Behold Him, behold Him who is the Light of the world. Talk of His love, tell of His wonderful works." *The Upward Look*, 289

- 24 I must engage in hard, stern battles with self.

"A noble character is earned by individual effort through the merits and grace of Christ. God gives the talents, the powers of the mind; we form the character. It is formed by hard, stern battles with self." *Christ's Object Lessons*, 331

"This knowledge [the knowledge of God] is the foundation of all true education and of all true service. It is the only real safeguard against temptation; and it is this alone that can make one like God in character. ...

"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 of 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*, 530, 531 [Emphasis supplied.] LM

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# *Garment of Grace*

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By W. D. Frazee

**T**he book of Genesis deals with beginnings—the beginning of the world, the beginning of life, the beginning of sin, the beginning of God’s plan of salvation. In the first two chapters, we have nothing but a perfect world, but in the third chapter, the serpent comes and as men listen to him, trouble is the result. Trouble always comes when listening to the serpent. But Jesus didn’t leave us with the sad choice that humanity had made. He came to reveal Himself.

Before sin entered, Adam and Eve were clothed with beautiful garments of light, a token of their fellowship with God in heaven, but when they sinned, when they broke God’s law, their beautiful garments faded away. Sin and light do not belong together. Sin is associated with darkness, nakedness, and so the scripture says that Adam and Eve came to realize that they were naked. They sensed that they had lost something and, sooner or later, every sinner realizes that he’s lost something, too.

I’ve thought about it as something like this bloom on the grape, that beautiful, silvery something that’s on the skin of a grape. When you look at a bunch that hasn’t been handled you see it. Can you rub it off? Yes, easily. Then how do you get it back on? You don’t, for eating of that tree of knowledge of good and evil takes the bloom of innocence away.





In their endeavor to fix themselves, Adam and Eve got busy making clothes. Many people today try to fix themselves up in the same way. And quite often they succeed just about as well as Adam and Eve—very partial, very incomplete, totally inadequate. This is the first time we see sewing in the Bible.

The next time that we see garment preparation in the Bible, we find God Himself is in the clothing business. “Also for Adam and his wife the Lord God made tunics of skins, and clothed them.” Genesis 3:21. The garments Adam and Eve had fashioned were called aprons. Genesis 3:7 calls them, “Things to gird about.” The Jewish translation says girdles.

Notice that God did not accept those fig leaf girdles. And whether literally or spiritually, He won’t accept them today either. It is a wonderful thing to think that our literal clothing is to symbolize and represent the spiritual clothing that Jesus clothes us with. If there were no other reason for having adequate covering, I think this would be a most wonderful, beautiful, and sublime reason, because the garments Jesus makes are garments of grace provided at an infinite cost.

Our first parents’ garments were prepared by God from animal skins. For the first time, death had come into the world and their clothing would be a frequent reminder of the fact that to be clothed in the eyes of God, something had to die. Someone had to die. Every lamb and bullock slain in sacrifice represented Jesus. So every time Adam and Eve looked at their clothing made of skins, they remembered that their covering would be purchased by the death of Jesus, the Son of God.

“The white robe of innocence was worn by our first parents when they were placed by God in holy Eden.” There were four garments. The first was the garment of light that God gave Adam and Eve in Eden. But they lost that when they sinned. Then they knew that they were naked. So they sewed fig leaves together,



but when God came, He clothed them in the garments of skins, the skins of the animals, slain in sacrifice. So there are four conditions: the Eden condition of innocence with the garment of light, the sinful condition of nakedness, the attempt by human works to sew together something to cover up. All this is futile and fatal, but if men will accept the gift of God, they will be clothed in this world with these garments of skins which represent the covering righteousness of Jesus, the Lamb of God.

“The white robe of innocence was worn by our first parents when they were placed by God in holy Eden. ... A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God it would ever have continued to enshroud them. But when sin entered, they severed their connection with God, and the light that had encircled them departed. Naked and ashamed, they tried to supply the place of the heavenly garments by sewing together fig leaves for a covering.”

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

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

“Everything that we of ourselves can do is defiled by sin. ...

“Christ in His humanity wrought out a perfect character, and this character He offers to impart to us.” *Christ’s Object Lessons*, 310–312

*To impart means to give.* Jesus gives to us a most precious gift. “Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah.” Ibid. God sees as He looks at us the precious robe of Jesus’ righteousness.

“But we are all like an unclean thing, and all our righteousnesses are like filthy rags; we all fade as a leaf, and our iniquities, like the wind, have taken us away.” Isaiah 64:6

Just imagine how long a fig leaf garment would last. It would fade as a leaf does and then the wind blows it away. Revelation 16 tells us what will happen to the garments of man’s making in the last days. “Behold, I am coming as a thief. Blessed is he who watches, and keeps his garments, lest he walk naked and they see his shame.” Verse 15. The whole world will be found naked when Jesus comes except those who have on the robe of Christ’s righteousness.

The bride of Christ, His people, will be found wearing the wedding garment, arrayed in fine linen. “Let us be glad and

“

*Christ in His humanity  
wrought out a perfect  
character, and this character  
He offers to impart to us.*

rejoice and give Him glory, for the marriage of the Lamb has come, and His wife has made herself ready. And to her it was granted to be arrayed in fine linen, clean and bright, for the fine linen is the righteous acts of the saints.” Revelation 19:7, 8

Righteousness is not earned, it is a gift.

As sinners, we do not deserve it—we didn’t yesterday, we don’t today, and we won’t tomorrow. But, unworthy as we are, God gives us this most precious gift when we surrender to Him.

“Then he showed me Joshua the high priest standing before the Angel of the Lord, and Satan standing at his right hand to oppose him.” Zechariah 3:1

Joshua is the high priest representing the people of God.

He stands before the angel of the Lord. We see that Satan is also there.

*Satan* means an *adversary*. An adversary is an enemy or opponent. Satan has no timidity, no modesty, or inhibitions. He presses right in to cause trouble.

“And the Lord said unto Satan, ‘The Lord rebuke you, Satan! The Lord who has chosen Jerusalem rebuke you! Is this not a brand plucked from the fire?’” Verse 2

The Lord said, “Is *this* not . . .” What is this? The Lord is speaking of Joshua. Joshua represents all of us, so what are we? Brands plucked out of the fire. What a terrible, painful thing it was when Jesus plucked us out of the fire and was then plunged into the fire in our place. He will bear the marks of that rescue all through eternity.

“Now Joshua was clothed with filthy garments, and was standing before the Angel. Then He [God] answered and spoke to those who stood before Him, saying, ‘Take away the filthy garments from him.’ And to him He said, ‘See, I have removed your iniquity from you, and I will clothe you with rich robes.’” Verses, 3, 4

God gave Joshua a new garment. “And I said, ‘Let them put a clean turban on his head.’ So they put a clean turban on his head, and they put the clothes on him.

And the Angel of the Lord stood by.” Verse 5

First we see Joshua clothed in filthy garments. Then we see him clothed in beautiful garments. God made the change, and there was Satan trying to trouble the people of God. Do you know, that every time God tries to do something for us the devil tries to cause trouble?

I was in a court of law once waiting for my turn to testify as a witness. I observed with much interest the trial proceedings of the case that preceded the one that I was there for. A witness would be put in the chair, the defense attorney would ask him some questions, then the prosecuting attorney would cross examine. Back and forth the questions went, first one attorney and then the other. I realized that in many cases, it all comes down to whom you choose to believe.

What clothes do you have on? If you listen to and believe the devil, he will keep you clothed in filthy garments. He will keep you testifying that you are a sinner lost, a failure unworthy of anything better, and he will keep up that testimony as long as there is any breath in him. There is no shaking his testimony. For 6,000 years he has cultivated this spirit to accuse.

In Revelation 12:10, we find a different picture. “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 is come, for the accuser of our brethren, who accused them before our God day and night, has been cast down.’”

In this world, you and I must sleep. But neither God nor the devil ever sleep. Day and night Satan keeps up the barrage of accusation, fault finding, and criticism; charging the people of God with being sinners, and keeping them clothed in filthy garments. If you and I are wearing filthy garments and are tightly clinging to them, the devil usually has no interest in accusing us. He doesn’t need to.

But the man or woman, boy or girl who turns to God—gives up their filthy, fig-leaf garment of self-righteousness, their nakedness of sin, and accepts Christ’s robe of righteousness bought by His precious blood—is



accused by the devil as he stands up before God and all the world to make sure that every mistake ever made is right out there for all to see. Has he ever come to you, figuratively digging his thumb into your side, reminding you, “I know what you did”? I think of what Martin Luther once said to the devil when he came around reminding him of some sin and casting doubt as to whether he was really forgiven or not. Martin Luther said to him, “That’s none of your business.”

The devil is not your friend. He is your enemy, and the only strong feelings he has for you or any one of us is hatred. He wants to see us dead, not saved. And that is why he continues, never ceasing, to bring up all the wicked things we have done and how we are not worthy of the gift of righteousness that Jesus is so willing to give to us if we will give up our own filthy rags.

Jesus, our own Attorney, our Mediator, is the One we need to listen to. It is He who has done everything, paid our debt, to secure our salvation and He waits now to take away our filthy rags of sin and in their place give us His own robe of righteousness.

If you have read *The Great Controversy*, then you know that a great time of trouble, called the time of Jacob’s trouble, is just ahead of us. It will be a fearful time of trouble. Whether you believe the testimony of Satan or that of Jesus will be the awful test of this time. Even after probation has closed, even after we have the seal of the living God, and in heaven all our sins have been blotted out and our names are enrolled for eternity in the book of life, the devil will still keep urging upon our souls the fact that we are clothed with filthy garments.

But friends, we won’t have to point to the shame of our own nakedness or hold up the fig-leaf garments of our own making. We will be able to hold up the merits of Jesus and point to Calvary, His blood shed there on the cross, and sprinkled in the most holy place to blot out our sins. By faith, and faith alone, we



*Man continues to sew together spiritual fig leaves to cover his nakedness.*

will be able to hide under the precious covering of Jesus’ life.

Faith is believing what God says, believing the testimony of Jesus, instead of believing Satan. Even though you turn to God and chose Christ as your Saviour, Satan will still tell you that you are filthy, wicked, no good, clothed with filthy garments, unredeemable, and unworthy. But Jesus says that He will take away our filthy garments and clothe us with a change of raiment. Which will you believe?

Jesus is a witness on our behalf. Satan is a witness against us. The Bible tells us there is another witness who testifies against us. Even if the devil were to die today, you and I would still have a problem on our hands because of this witness. “The heart is deceitful above all things, and desperately wicked; who can know it?” Jeremiah 17:9

The heart is wicked; it tells lies. My heart, yours, everyone’s. We are all as an unclean thing. The heart, the mind, are deceitful above all things. If you were on trial for your life, would you want that kind of witness on the stand to speak against you? Would you want the testimony of your own heart to be accepted if your life was hanging in the balance? If I cannot trust my own thoughts, what can I trust?

“For if our heart condemn us, God is greater than our heart, and knows all things.” 1 John 3:20

There is a better witness to listen to than my own deceitful heart. My thoughts and feelings constantly change. Today I may feel wonderful. I may have received such a blessing. But what about tomorrow? Tomorrow, your heart may condemn you, and only God can change your heart.

A man stole \$5 from his neighbor. In the night, his conscience condemned him so bad that he couldn’t sleep. Should it condemn him? Yes. Should he listen? Yes. So he goes to God, “Lord, I’ve broken the eighth commandment of Your law. Please forgive me.” Then he goes to his neighbor and confesses that he stole the money and gives it back, and then asks, “Neighbor, please forgive me.” And the neighbor does. He has received forgiveness from both God and man, but then the devil says, “You don’t dare come to church. Church is for the saints and you are a thief. You don’t deserve to be there. Maybe if you’re good for a year or two you might get back, but don’t dare go today.”

Now, what if this man’s own heart agrees with the devil. It forgets that the man did pray and ask God for forgiveness and that he believed he was forgiven. It forgets that the man went and confessed to his neighbor and received forgiveness. His own heart and the devil, too, tell him he really couldn’t be

forgiven because he is a terrible sinner. Imagine how dark and discouraged the thoughts of this man would be after listening to this sort of testimony. The

Bible tells us that “on the testimony of two or three witnesses ...”

(Deuteronomy 17:6, *last part*) every word is established. Now he is filled with doubt and darkness.

But suppose that he listens to God instead of listening to the devil or

his own heart. “If our heart condemn us, God is greater than our heart, and knoweth all things.” God knows that he stole,

but He also knows that he gave up this sin and confessed, and now he is forgiven and covered with the precious life of Jesus.

Here are some witnesses that are a lot better witnesses than the deceitful devil and the deceitful human heart. “And there are three that bear witness on earth: the Spirit, the water, and the blood; and these three agree in one. If we receive the witness of men, the witness of God is greater.” 1 John 5:8, 9, *first part*. If men will listen to men in matters brought before a court of law, why should he not listen to God when his soul is at stake? God says, “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9

So dear friend, when my heart condemns me, when the devil urges his accusations against me, when my own heart condemns me and my mind is weary with a restless striving, I must turn off those other voices, and listen to these three Witnesses—the Spirit and the water and the blood of Christ. I must look to Calvary and say,

“Yes, Jesus died for me.” I will look to the sanctuary and see the sprinkled blood and say, “That blood speaks for me, and I will believe that it covers me.”

God teaches us the lesson of being fully covered in the ordinance of baptism by immersion, not sprinkling. In the watery grave, the water speaks and says, “Yes, your sins are covered.” The ordinances of communion and foot washing are regular renewals of cleansing.

The Spirit speaks to our hearts through the inspired word. The Bible says, “You are clean.” It tells us that our filthy garments are taken away, and we are accounted righteous. It tells us that we are the sons and daughters of God and we are covered with the robe of Jesus’ righteousness. Listen as God speaks peace to our troubled hearts and His voice echoes and reechoes down the halls of time to, “This is My beloved child in whom I am well pleased.”

If we will listen to these three Witnesses, what our poor, natural mind and the devil say won’t make any difference. If we will do that now, we will be able to do it when Jacob’s trouble comes.

One way or the other, we all testify. What will be your witness? Where do you place your will? Can we believe the word of God?

The Bible says that the just shall live by faith; they live by believing God. We cannot see this new garment, but we know that there is one for each of us when we believe in God and His witnesses. **LM**

**Pastor W. D. Frazee** studied the Medical Missionary Course at the College of Medical Evangelists in Loma Linda, California. He was called to Utah as a gospel medical evangelist. During the Great Depression, when the church could not afford to hire any assistants, Pastor Frazee began inviting professionals to join him as volunteers. Thus began a faith ministry that would become the foundation for the establishment of the Wildwood Medical Missionary Institute in 1942. He believed that each person is unique, specially designed by the Lord, of infinite value, and has a special place and mission in this world which only he or she can fill. His life followed this principle and encouraged others to do the same.



*If you listen to and believe the devil, he will keep you clothed in filthy garments.*



# *The Righteousness of Christ*

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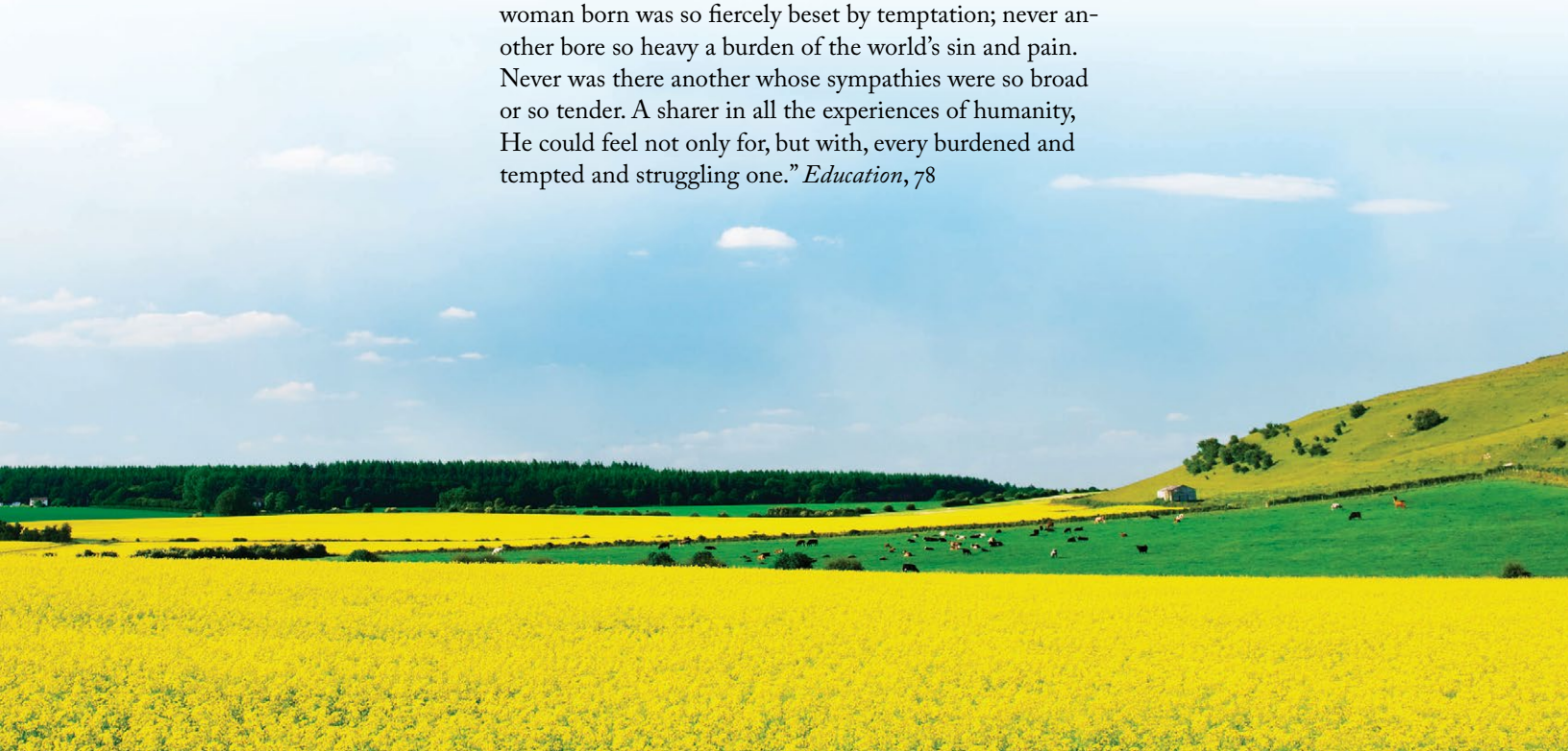
By John R. Pearson

*“Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.”*

Hebrews 2:17, 18

**T**he above scripture makes it very plain that Jesus suffered temptations during His life on earth. We are given a hint of just how severe those temptations were in the following passage:

“Christ alone had experience in all the sorrows and temptations that befall human beings. Never another of woman born was so fiercely beset by temptation; never another bore so heavy a burden of the world’s sin and pain. Never was there another whose sympathies were so broad or so tender. A sharer in all the experiences of humanity, He could feel not only for, but with, every burdened and tempted and struggling one.” *Education*, 78



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*Christ alone has  
experience in all the sorrows  
and temptations that befall  
human beings.*

In Hebrews 4, Paul reaffirms the fact of Christ's temptations: "For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin." Verse 15

The fact that He was tempted, yet without sin, tells us two things: (1) although He was tempted, by exercising self-denial, He did not yield to those temptations; and (2) being tempted is not a sin.

"When man was lost, the Son of God said, I will redeem him, I will become his surety and substitute. He laid aside His royal robes, clothed His divinity with humanity, stepped down from the royal throne, that He might reach the very depth of human woe and temptation, lift up our fallen natures, and make it possible for us to be overcomers—the sons of God, the heirs of the eternal kingdom. Shall we then allow any consideration of earth to turn us away from the path of truth? Shall we not challenge every doctrine and theory, and put it to the test of God's word?" *The Review and Herald*, July 17, 1888

Note the final sentence in that passage: "Shall we not challenge every doctrine and theory, and put it to the test of God's word?"

Anytime we believe that error is being preached, we have a responsibility to the speaker, to those who heard, and to ourselves to "put it to the test of God's word" and bring the results of our study forward. Satan's efforts to promote error are only going to become more and more subtle as time passes. Every soul must be on guard against the spreading of falsehoods. Our prayer should be for the Holy Spirit to give us discernment to recognize error, even in its most subtle form, and when we determine that error has been presented, we must act to correct it.

There are several important points to consider in the previous passage from *The Review and Herald*:

1. Although Christ "laid aside His royal robes," He did not give up His divinity.

2. Although He maintained His divinity, He clothed it with humanity.
3. He did, however, step down from the royal throne.

Although all of this is part of the mystery of godliness, we have been given some degree of insight into what this passage means:

"Christ pleased not Himself, but took upon Him the form of a servant. He left the royal courts [stepped down from the royal throne], and clothed His divinity with humanity, that by His own example He might teach us how we may be exalted to the position of sons and daughters in the royal family, children of the heavenly King. But what are the conditions upon which we may obtain this great blessing?" Thankfully, Inspiration not only asks that question, but answers it as well—and answers it by quoting scripture. "'Come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters' [2 Corinthians 6:17, 18]." *Christian Education*, 179

We can only "come out from among them and be separate" if we are willing to deny self and to practice the humility and self-sacrifice that Christ so selflessly exemplified in His own life.

"In His lessons of instruction to His disciples, Jesus taught them that His kingdom is not a worldly kingdom, where all are striving for the highest position; but He gave them lessons in humility and self-sacrifice for the good of others. His humility did not consist in a low estimate of His own character and qualifications, but in adapting Himself to fallen humanity, in order to raise them up with Him to a higher life. Yet how few see anything attractive in the humility of Christ! Worldlings are constantly striving to exalt themselves one above another; but Jesus, the Son of God, humbled Himself in order to uplift man." *Ibid*.

In the following texts, we find one indisputable example of Christ's self-sacrifice:

"And those who passed by blasphemed Him, wagging their heads and saying, 'You who destroy the temple and build it in three

days, save Yourself! If You are the Son of God, come down from the cross.' Likewise the chief priests also, mocking with the scribes and elders, said, 'He saved others; Himself He cannot save. If He is the King of Israel, let Him now come down from the cross, and we will believe Him.' "Matthew 27:39–42

To blaspheme someone means to curse or swear or issue oaths at and against them. So, here is the King of the universe, blood running from His head, His back pressed against the rough-cut lumber of the cross, His pierced hands and feet, witnessing those He came to save, curse and swear at Him, demanding that He save Himself, the one thing He could not do if they were to be saved.

This incredible scene is recorded in all three of the synoptic gospels. Commenting on the record in Mark, Inspiration writes the following:

"'He saved others; Himself He cannot save' (Mark 15:31). *It is because Christ would not save Himself* that the sinner has any hope of pardon or favor with God. If, in His undertaking to save the sinner Christ had failed or become discouraged, the last hope of every son and daughter of Adam would have been at an end. The entire life of Christ was one of self-denial and self-sacrifice; and the reason that there are so few stalwart Christians is because of their self-indulgence and self-pleasing in the place of self-denial and self-sacrifice." *This Day With God*, 236

Now let's consider the contrast between what Christ did when He clothed His divinity with humanity and what He promised to do for us.

"Now Joshua was clothed with filthy garments, and was standing before the Angel. Then He answered and spoke to those who stood before Him, saying, 'Take away the filthy garments from him.' And to him He said, 'See, I have removed your iniquity from you, and I will clothe you with rich robes.' And I said, 'Let them put a clean turban on his



head.' So they put a clean turban on his head, and they put the clothes on him. And the Angel of the Lord stood by." Zechariah 3:3–5

The Angel does not merely cover our filthy garments—our character flaws—He removes them.

Job recognized the significance of this act and, while doing so, acknowledged his own role in achieving sanctification. In his defense of the accusations thrown at him by his three "miserable counselors," he said, "I put on righteousness, and it clothed me; my justice was like a robe and a turban." Job 29:14

Inspiration also acknowledges the role we must play in *Selected Messages*, Book 1, 52:

"If those whose errors are pointed out make confession of their wrongdoing, the spell of the enemy may be broken. If they will repent and forsake their sins, God is faithful and just to forgive their sins, and to cleanse them from all unrighteousness. Christ, the sin-pardoning Redeemer, will remove the filthy garments from them, give them change of raiment, and set a fair miter upon their head. But so long as they refuse to turn from iniquity they cannot develop a character that will stand in the great day of judgment."

There are three requirements necessary to be eligible for that change of raiment:

1. Confession of sin
2. Repentance of sin
3. Forsaking of sin

Developing the character that will stand in the great day of judgment is explained to some degree—and a bit subtly—in Revelation 19:8: "And to her it was granted to be arrayed in fine linen, clean and bright, for the fine linen is the righteous acts of the saints." These righteous acts are what are necessary as we strive to develop a character that will stand in the great day of judgment. And notably, these righteous acts can only be accomplished through faith in our Redeemer. Faith in His merits is the only thing that can add righteousness to our acts.

In Isaiah 61:10, 11, we are given a wonderful promise regarding this incredible change of character that the Lord will bring about as we cooperate with Him in developing righteousness:

"I will greatly rejoice in the Lord, my soul shall be joyful in my God; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, as a bridegroom decks himself with ornaments, and as a bride adorns herself with her jewels. For as the earth brings forth its bud, as the garden causes the things that are sown in it to spring forth, so the Lord God will cause righteousness and praise to spring forth before all the nations."

Let us claim the promises in God's word and cooperate with Him as we practice the self-denial exemplified in the life of Christ.

[Emphasis supplied.] LM

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# Christian Character

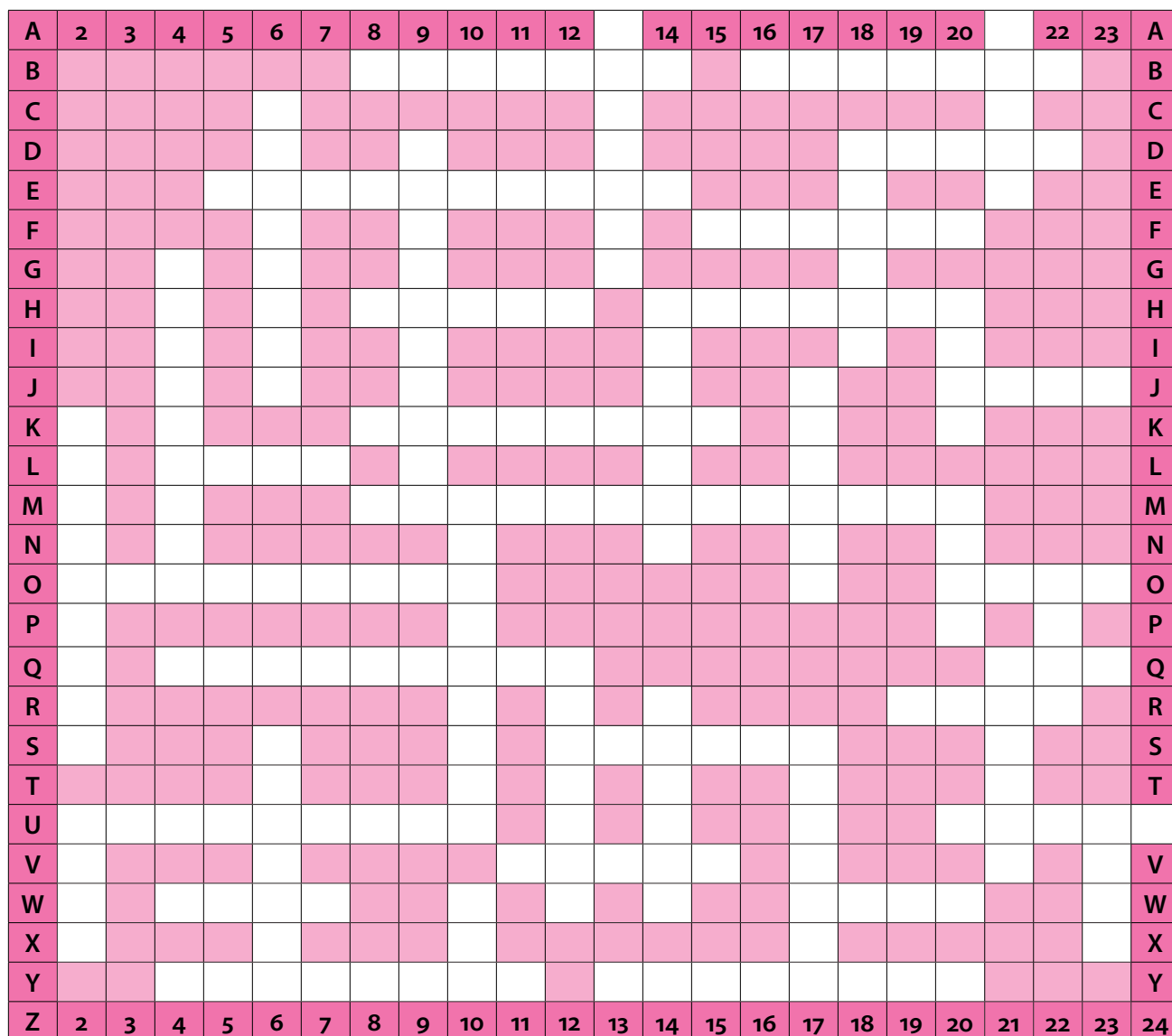
## Clues – KJV

### Across

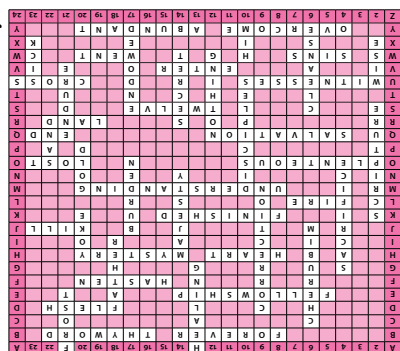
- B8 Those who eat the living bread will live how long? ..... John 6:51  
 B16 This is a lamp to our feet (two words)..... Psalm 119:105  
 D18 The Word became ..... John 1:14  
 E5 Have no \_\_\_\_\_ with the fruit of darkness..... Ephesians 5:11  
 F15 Repair God's house and \_\_\_\_\_ the matter. .... 2 Chronicles 24:5  
 H8 Thy word have I hid in my ..... Psalm 119:11  
 H14 The revelation of the \_\_\_\_\_ has been kept secret since the world began..... Romans 16:25  
 J20 Peter's speech made the officers so mad they plotted to ..... Acts 5:33  
 K8 Jesus claimed to have \_\_\_\_\_ the work given Him by His Father. .... John 17:4  
 L4 Jesus baptizes with the Holy Spirit and ..... Luke 3:16  
 M8 A man is happy when he gains ..... Proverbs 3:13  
 O2 God's mercy is \_\_\_\_\_ in redemption..... Psalm 130:7  
 O20 The Son of Man came to save those who are ..... Matthew 18:11  
 Q4 \_\_\_\_\_ is available to all who believe..... Romans 1:16  
 Q21 Receive the \_\_\_\_\_ of your faith..... 1 Peter 1:9  
 R19 The Lord saved the people out of the \_\_\_\_\_ of Egypt..... Jude 1:5  
 S12 How many fruits are there on the tree of life? ..... Revelation 22:2  
 U2 We are surrounded by a cloud of ..... Hebrews 12:1  
 U20 Deny self, take up your \_\_\_\_\_ and follow Me, says Jesus. .... Mark 8:34  
 V11 Some shall not \_\_\_\_\_ the rest of the Lord..... Hebrews 3:11  
 W4 Jesus saved His people from their ..... Matthew 1:21  
 W17 The priests always \_\_\_\_\_ into the first part of the tabernacle..... Hebrews 9:6  
 Y4 You need to \_\_\_\_\_ before you can eat from the tree of life ..... Revelation 2:7  
 Y13 The grace of the Lord is exceedingly ..... 1 Timothy 1:14

### Down

- A13 We will eat the leaves on the tree of life for ..... Revelation 22:2  
 A21 Manna appeared as \_\_\_\_\_ on the ground ..... Exodus 16:14  
 C6 \_\_\_\_\_ were placed at the east of the garden of Eden. .... Genesis 3:24  
 D9 One purpose of the Scriptures..... 2 Timothy 3:16  
 D18 Jesus was sent to the earth by the ..... John 6:57  
 G4 \_\_\_\_\_ is not desired by God. .... Hebrews 10:5  
 H14 The Lord reigns with ..... Psalm 93:1  
 H20 Jesus' \_\_\_\_\_ is easy..... Matthew 11:30  
 J17 Jesus' \_\_\_\_\_ is light. .... Matthew 11:30  
 K2 \_\_\_\_\_ was given for inspiration..... 2 Timothy 3:16  
 M10 If you abide in Christ, you will be one of His ..... John 8:31  
 M20 Wisdom is greater than ..... Proverbs 3:14  
 O22 The foolish man builds his house on the ..... Matthew 7:26  
 Q12 Our flesh profits ..... John 6:63  
 Q21 They are blessed who ..... James 5:11  
 R14 Isaiah says God has not spoken in ..... Isaiah 48:16  
 S6 \_\_\_\_\_ with water and the word..... Ephesians 5:26



Answer Key:



- S<sub>17</sub> The skillful man was \_\_\_\_\_ with understanding.....2 Chronicles 2:13  
 U<sub>2</sub> The \_\_\_\_\_ man builds his house on the rock.....Matthew 7:24  
 U<sub>23</sub> Who does the prayer of faith save? .....James 5:15  
 W<sub>10</sub> All things were created for \_\_\_\_\_. .....Colossians 1:16



## *His Way in the Fire*

Feeling that it was her duty, because of the acute need for school teachers, Miss Haven responded to a call to finish out the year in a little rural school. She had had little or no experience with rural schools and felt great need of wisdom.

Each morning when she arrived to open the little schoolhouse, as she placed the key in the door, she whispered, “Dear God, another day lies before me, and I feel so much need for Your help. Please be with me and forbid that I should do anything to bring reproach to Thy name.”

Then entering the room with its four rows of marked and scarred desks, she attended to her blackboard work, tidied up her desk, and with a glance at the clock, thought, *Just time enough for a little prayer before the first youngsters begin to arrive.*

Humbly she knelt before her chair, buried her face in her hands, and in the quietness of the room, with only the steady tick tock of the clock and the snapping of the fire in the background, she talked—really talked—with the Great Teacher.

But there was one late April morning that this regular program of devotions was interrupted. On her way to school, the teacher overtook some of her pupils who had decided to come to school a bit earlier than usual; so she stopped her car and asked them to ride along with her. As she chatted with them and placed the key in the door, her thoughts were not upon her great need. And as she went about her routine of board work, tidying her desk, and other little tasks, the children were sandwiching in conversation about a new baby that had been born in the little village, a new dress that Hazel had been given, and other such overnight news that means so much to school children. So it was that the little talk with God was crowded out entirely.



During the opening exercises, however, as the children repeated their Bible verses and said the Lord's Prayer, Miss Haven remembered her neglect and said, "O dear God, forgive me. And please help me today." Little did she know the experience in store for her.

Since it was such a warm day in April, a number of the neighbors were mowing their lawns and burning leaves. Adjacent to the school grounds and just over the fence from the play yard there was a grove where the school children had habitually thrown paper bags, wax paper, and other trash from their lunch boxes. This had become an eyesore, and during the three weeks that the new teacher had been at the school, she had been anxious to have it cleaned up. The children had assured her that it was all right to throw their trash out there, but on inquiring of the chairman of the school board, she had learned that he desired to have the practice stopped and the ground cleared.

The morning studies were over and the regular time for the Friday afternoon civic group meeting arrived. Miss Haven spoke to the children about the matter of cleaning up the grove. Gladly they responded, and bands were formed and set to work, so that in seemingly no time the waste material had been brought into the center of the schoolyard and piled for burning. Orders were given for two pails of water to be brought, brooms and sticks were sought out, and with six of the older boys on guard, the fire was set. Within a very short time the waste had become ashes, and water was poured over the remains. It was too early to dismiss school, so the children were summoned into the schoolroom to finish the afternoon with a program of songs and speaking. Two of the older boys volunteered to clean up the ashes that remained in the center of the yard and carry them away. In short order, they were back to join in the fun.

About a half hour later an agitated neighbor burst into the room and

announced, "Do you know that the woods down the road are all afire, and there's not a soul to help fight the blaze? Instantly, the teacher gave orders for the little folks to be taken care of while she, with a group of older boys and girls, armed themselves with brooms and sticks and hastened to the scene.

The dump where the boys had disposed of the ashes was at the edge of the woods. Undoubtedly, the ashes that had been disposed there had caused the outburst of flames that now was traveling in all directions and endangering the farmhouse across the field.

"Boys and girls, do your best—beat the flames with your brooms, and be careful not to get burned," the anxious teacher shouted. Then she rushed away to see what other help could be found. However, there was a war at the time, and all the men were eight miles away, working in the shipyard. Realizing how helpless the situation was, she recalled that "man's extremity is God's opportunity." She rushed into the little schoolhouse, threw herself down before her swivel chair, and cried out in anguish, "O dear God, please send help. Please don't let the fire get up to that farmhouse. I've made a terrible mistake, been so unwise. Please forgive me, and please, God, check this fire."

Then she arose, looked out the window, and as though to defeat her courage, the flames seemed to be reaching higher and angrier than ever.

Again she sank to her knees and cried, "Dear Father, You are able to do what

I have asked. Please grant my request in such a way that those boys and girls down there who are beating the flames will know it was You who put it out."

This time as she looked out the window, she saw a man hastening down the road with a large hand pump and extinguisher. As she watched, she prayed. The efforts of one man and the small band of children seemed so feeble. The field was as dry as tinder and was rapidly burning! Dear me, thought the teacher, can it be that God did not hear me, is not going to answer?

A third time she bowed in prayer, saying, "Dear Father, I leave it with You. I know nothing is too hard for You. And now, dear Father, if it be Thy will, let these children know that Thou art able to do great things."

Was that the door opening? Yes, and in came her little band of boys and girls, smeared with smoke, flourishing their brooms (some of them by now mere broomsticks). They crowded around their teacher and shouted, "All out!"

"But," added Charlie, "we never could have done it if we hadn't known you were here praying. One of the boys peeked in the window to see why you weren't down fighting the fire with us, and he came running back and told us you were fighting it on your knees. He told us, 'Teacher's up there praying so keep fighting.'"

Tears welled up in Miss Haven's eyes as she bowed her head and said with a choking voice, "Thank you, dear God, for helping them."

*My Favorite Prayer Stories*, Joe L. Wheeler, ©2015, 73–75 **LM**

“  
*Please grant my  
request in such a way that  
those boys and girls down  
there who are beating the  
flames will know it was  
You who put it out.*”



## *Strong in the Lord*

**T**he Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid? ... Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.” Psalm 27:1, 3

We are passing through an enemy’s land. Foes are upon every side to hinder our advancement. They hate God and all who follow after Him and bear His name. But those who are our enemies are the Lord’s enemies, and although they are strong and artful, yet the Captain of our salvation who leadeth us can vanquish them. As the sun disperses the clouds from its path, so will the Sun of Righteousness remove the obstacles to

our progress. We may cheer our souls by looking at the things unseen which will cheer and animate us in our journey. ...

If we cling to Him by living faith, saying with Jacob, “I will not let thee go” (Genesis 32:26); if we entreat, “Cast me not away from Thy presence; and take not Thy Holy Spirit from me,” (Psalm 51:11), the promise is to us, “I will never leave thee, nor forsake thee.”...

We have read an account of a noble prince who carried the picture of his father always near his heart and on important occasions when there was danger of forgetting him, he would take out the likeness and view it and say, “Let me do nothing unbecoming so excellent a father.” As Christians, God has claims upon us that we should never, never lose

sight of for a moment; and as we are His children by adoption, how careful should we be that we retain His image and do nothing that will belittle or degrade our holy calling, for we rank among the royal family. God has made us as vessels unto honor, prepared unto every good work. “This people have I formed for Myself; they shall shew forth My praise.” Isaiah 43:21. God’s people are called a crown, a diadem. Satan would eagerly seize the Lord’s treasure, but God has secured it so that Satan cannot obtain it. “Thou shalt be a crown of glory in the hand of the Lord, and a royal diadem in the hand of thy God.” Isaiah 62:3. We are secure, perfectly secure from the enemy’s subtlety while we have unwavering trust in God. *Our High Calling*, 22 [LM](#)



## To Whom Am I Related?

While surfing the internet recently, I came across an article titled “All Blue-eyed People on Earth Share the Same Ancestor.” I was curious, so I clicked in to see who this ancestor might be. This is what I read:

“A group of scientists at the University of Copenhagen has determined that all blue-eyed people share one common ancestor from 6,000–10,000 years ago. ‘Originally, we all had brown eyes,’ explains Professor Hans Eiberg from the Department of Cellular and Molecular Medicine. ‘But a genetic mutation affecting the OCA2 gene in our chromosomes resulted in the creation of a “switch,” which literally “turned off” the ability to produce brown eyes. While this “switch” does not shut down the gene completely in blue-eyed people, ... it does limit the production of melanin in the iris until brown eyes become blue.’

“Professor Eiberg and his team reached this conclusion after comparing the amount of melanin present in brown and green eyes with that in blue eyes. They found that the latter contains only a small amount of variation of melanin. ‘From this, we can conclude that all

blue-eyed people are linked to the same ancestor.’ Eiberg continues. ‘They have all inherited the same switch at exactly the same spot in their DNA.’ This study began in 1996 and was conducted across a large number of blue-eyed individuals in Europe as well as in the Middle East, including Turkey and Jordan.

“Ultimately, this mutation doesn’t appear to affect anything other than the color of one’s eyes.”

Source: [mymodernmet.com/are-all-blue-eyed-people-related](http://mymodernmet.com/are-all-blue-eyed-people-related)

Of course, the Bible tells us we all have two ancestors in common—Adam and Noah. We also know from the Bible that our ancestors only go back 6,000 years. Sin, however, has had an effect on the world for these thousands of years, so man traveling throughout the world would have had to adapt to many new things—climate, environmental conditions, etc.

But then I got to thinking. It doesn’t really matter if we all had the same complexion or even the same facial features. It doesn’t matter if we all had the same color hair and eyes at some point in history. And it doesn’t matter that today we have a wide variation in facial features, skin, hair, and eye color.

What matters is what God said, “Let Us make man in Our image, according to Our likeness . . . . So God created man in His own image; in the image of God He created him; male and female He created them.” Genesis 1:26, *first part*, 27

My earthly ancestry may be traced back through Noah to Adam, but through my true ancestry, I am connected all the way back to God. Sin separates me from Him, but I can choose to allow Him to heal me from my sin, and once again restore His image in me. That image reflects the law of God written in my heart, and allows the world to see Jesus through me. My life will be as His was on this earth. My purpose will be to spread the gospel of Jesus Christ to everyone I meet, in every way I know how.

“The giving of the gospel to the world is the work that God has committed to those who bear His name. For earth’s sin and misery the gospel is the only antidote. To make known to all mankind the message of the grace of God is the first work of those who know its healing power.” *The Ministry of Healing*, 141

Lord, make us new, so that we are fit to complete this work in Your name. [LM](#)



## Your Letters

"All *Landmarks* issues are received with gladness and each one teaches me more how to have a closer relationship with God the Father and God the Son. The December *Landmarks* is especially precious as I received a deeper understanding of righteousness. Many thanks for each *LandMarks* magazine as it keeps us on track with how we prioritize time and energy. The magazine is so beautifully done and I thank you. As 2023 unfolds, may we, warriors for Christ, strive, with the power of the Holy Spirit, to bring others hope and the message of salvation."

—PZ, Arizona

"The articles in the [December] *LandMarks* helped me find the perspective I've been seeking about how to be with Christmas. Thank you for the *LandMarks* magazine and the sermons through the year."

—GY, Tennessee

### June Sermon of the Month

## The Distinction of the Law

By John J. Grosboll

Many Christians are confused about and unable to discern the difference between the moral and the ceremonial laws. It is exceedingly important that we know and understand it.

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

### June 2023

Dear Friend,

"But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully." 2 Corinthians 9:6

My father was a committed seed sower. Baton Rouge, Louisiana; Toppenish, Washington and the surrounding villages; Burma and India; Ridgetop and Greenbrier, Tennessee; Nyssa, Idaho, and Wichita, Kansas; everywhere he lived, he would hand out literature, going door to door, every day. As a result, my father gave many Bible studies and many families and people were baptized.

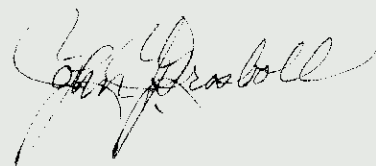
When we moved to Colorado, he continued to give out small pieces of literature as he had done for decades, but then he began to buy large quantities of books such as *The Great Controversy*, *The Desire of Ages*, and the evangelistic book *Open Secrets*. These he would give to anyone who showed an interest in receiving one. And since he did a lot of traveling, he handed out books and literature everywhere he went.

However, all of this was only an earnest of the reward that is still coming.

One of my fondest desires is to see my father when the Lord shows him all the people who are in the kingdom of heaven as a result of his seed sowing.

"Now, my dear friends, who will be laborers together with God? Who will take up the burden of service? Who will see those that are afar off, having a hard time, and knowing nothing of the truth? Who will bring them in? Who will use their efforts to make them sons and daughters of God? When you enter within the gates into the city, and the crown of life is placed upon your brow, and on the brows of the very ones you have worked to save, they will cast themselves upon your neck, and say, 'It was you that saved my soul; I should have perished if you had not saved me from myself. You had to take a good while; but you were patient with me, and won me to a knowledge of the truth.'" *PH113 – Words of Encouragement to Self-supporting Workers*, 15

Your brother in witnessing,



John J. Grosboll

# Are Your Heels too High?

**H**aving pain in your back and knees? How about your hips, pelvis and ankles? Even your neck? It could be your feet.

Over the last century and then some, women's shoes have evolved and devolved—Mary Janes, kitten heels, wedges, T-straps, low heels, high heels, stilettos, wide heels, peep-toe, pointy-toe, square-toe, strappy heels, mules, ankle-straps, pumps, go-go boots, platform heels, clogs, sandals, slingbacks, huara-che-style, crocs, platform sneakers, heels that have no heel, and the ever-popular flip-flops—but very seldom have fashionable shoes been healthy, not only for women's feet, but the back, knees, and hips as well.

**Fun Fact:** the first high-heeled shoe style was worn by men in the Persian cavalry during the 10th century.

## High heels change your posture.

The spine naturally curves resembling an S, with discs that absorb impact between each vertebra, an arrangement that protects your spine when you bend or jump.

But when you wear high heels, your lower back tends to arch outward more than is normal, and your weight is pushed forward, causing you to imperceptibly lean back in order to maintain your balance.

## Anatomical changes.

Wearing heels for prolonged periods of time can result in anatomical changes over the years. In addition to the stress put on the knees, back, and ankles, wearing heels will cause the calf muscles to shorten and tendons to become thicker and tighter.

I knew a woman, many years ago, who had worn nothing but heels for so long that her calf muscles had shortened to the point that, when in her older years, she was unable to wear flats at all without pain.



## High heels can affect your pelvic structures.

The normal working dynamics between the glutes, the pelvic floor, respiratory diaphragm, the multifidus muscle, and transverse abdominis become imbalanced when you wear high heels.

And what does all that mean? The pelvic floor is a group of muscles and ligaments that sit inside the pelvis and are, by and large, forgotten. But the pelvic floor is an integral part of the “anticipatory core.” This core is made up of abdominal muscles, including the diaphragm, muscles in the spine, and the pelvic floor that allow the body to prepare for motion and creates stability in the trunk. These along with the back, knees, and ankles make up the foundation that holds the body structure up. Without them, we would be unable to squat, bend, lift, and perform many other activities that life calls for.

So what can happen when this system gets out of whack? Incontinence, pelvic,

low back and hip pain, gastrointestinal issues, and constipation, to name a few.

Other possible consequences of wearing high heels long-term:

- Ingrown toenails
- Muscle spasms
- Osteoarthritis on the knees
- Damaged leg tendons

And if you are already having problems in your back, wearing high heels can result in spondylolisthesis, foraminal stenosis, and sciatica. Those words alone should scare you enough to slip your feet comfortably into a nice pair of loafers.

For many years I have suffered back pain and sciatica. I think back over my life and wonder if all those years from my youth into adulthood, when it was fashionable to wear high heels, combined with many other activities that I likely did not perform in the proper way, might very well be the cause.

Podiatrists recommend that heels should be wide and no higher than two inches. They also recommend that the length of time wearing heels should be limited, and changing heel heights would help to avoid pressure on the knees and back. So ladies, if we wear, lower and wider heels made of cork or rubber, with a round toe box, in a wedge-style, we will experience less foot pain, discomfort, and harm to the back, knees, ankles, and pelvis.

Sources: [webmd.com/women/news/ladies-say-no-to-high-heels](https://webmd.com/women/news/ladies-say-no-to-high-heels); [onetherapy.com/the-diaphragm-and-the-pelvic-floor-a-dynamic-duo](https://onetherapy.com/the-diaphragm-and-the-pelvic-floor-a-dynamic-duo); [thepelvicexpert.com/blog/are-high-heels-bad-for-my-back](https://thepelvicexpert.com/blog/are-high-heels-bad-for-my-back); [footwearnews.com/2020/fashion/trends/history-of-men-in-heels](https://footwearnews.com/2020/fashion/trends/history-of-men-in-heels); [everydayhealth.com/news/best-worst-shoes-back-pain](https://everydayhealth.com/news/best-worst-shoes-back-pain) **LM**



## *A Dedication in Bolivia*

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By Pastor Domingo Nunez

**O**n my first visit to Bolivia in 2009, I never expected the spreading of the gospel to develop to the extent that we see today. That initial trip to South America was for the purpose of finding faithful brothers and sisters who were eager to join in the Lord's work and to work in harmony together to establish an outreach headquarters somewhere in South America. I was very happy and excited to meet the small group of 28 individuals in Santa Cruz, Bolivia. The group consisted of 14 Seventh-day Adventists and 14 others who came from a Pentecostal/Catholic background.

I had been praying that God would show Steps to Life exactly where in South America this headquarters should be established. Three years later, the Lord revealed that Bolivia was the country, and Santa Cruz would be the city in which the headquarters building would be built. For ten years, we have worked together to complete the building and organize the work there.





*Domitila Suárez being baptized. Baby dedication.*



*Sabbath services in the main sanctuary.*



*Sabbath lunch prepared and served in kitchen.*



*After-church lunch in new lunch gallery*

The headquarters building was completed in early 2023, and brethren from Free Seventh-day Adventist churches in Colombia, Chile, Argentina, Paraguay, Uruguay, and Peru are now working together to spread the gospel throughout South America.

During my recent visit in early April, the headquarters, which also houses the church, was dedicated. Imagine my joy when I arrived for the first Sabbath morning service in the church to find 250 people in attendance. Free Seventh-day Adventists from churches all around Bolivia had come—La Paz, Cochabamba, San Luis, Blooming, Buena Vista, Cuatro de Noviembre, San Julian, Satelite, Cotoca, and Cuatro de Agosto—to witness the opening

and dedication of the outreach headquarters and church. What a blessing was received as they all came together to worship and commit themselves to work together in harmony for the completion of the Lord's work.

All outreach efforts will be coordinated through the headquarters in Santa Cruz. The publishing work will include the translation and printing of Spirit of Prophecy books currently unavailable in Spanish as well as other literature and material. A recording studio will produce audio and video messages that will be broadcast and mailed throughout South America.

With much thanksgiving, I praise God that I was able to conduct the Sabbath service and to encourage the

brothers and sisters from all the churches present in their desire and willingness to work together, not only in Bolivia, but throughout South America and other Spanish-speaking countries.

The brothers and sisters of South America need your support and prayers to make this outreach headquarters properly operate and function for the Lord. We know that the enemy of souls will be angry and will endeavor in every way possible to disrupt and destroy this work. We also know that by following Bible and Spirit of Prophecy counsel, we can establish a stronghold of truth in Santa Cruz and throughout South America. Pray for the brothers and sisters as they unite in the work of reaping souls for heaven. **LM**

# Parasitic Fungus



Erich G. Vallery, USDA Forest Service - SRS-4552, Bugwood.org

In the world, influenced by the entertainment industry, people talk about the possibility of a zombie apocalypse. But in the insect world, becoming a zombie is a real thing.

By definition, a zombie is a human corpse said to be revived by witchcraft or voodoo. But for insects there is no magic involved. Cordyceps fungi is a parasitic fungus that targets and kills insects. After the fungus has attached itself to an insect, it begins to slowly penetrate into the skeleton and brain. The insect effectively becomes a zombie as the infection takes over the body. As it spreads, it consumes the innards and the remaining

carcass becomes its home. The corpse of the insect continues to function, but it is the fungus that is manipulating it.

Over the course of about three weeks, the fungus continues to grow and produce spores which can attach themselves to any other hapless insect, and then the process begins all over again. There are about 600 species of cordyceps that specialize in specific species of insect. The fungus will grow stem-like growths through the body of the insect and in this way, some other poor, unsuspecting insect can easily be infected by them. Symptoms of infection are not discernable for many days.

The fungus can attack ants and is able to wipe out an entire colony. But they can usually tell if one of their fellow colony members is infected, and those individual ants are booted out of the colony so that the fungus will not spread any further.

The fungus is found worldwide, but thrives best in tropical forests found in Asian countries such as China, Japan, Korea, and Thailand. What may seem like a gruesome way to kill, the fungus actually controls insect populations so that they don't become too large.

Sources: [msn.com/en-us/news/technology/zombie-wasp-pictured-after-parasitic-fungi-took-over-its-body](https://www.msn.com/en-us/news/technology/zombie-wasp-pictured-after-parasitic-fungi-took-over-its-body); [Wikipedia.org/wiki/Cordyceps](https://en.wikipedia.org/wiki/Cordyceps)

Like the cordyceps fungus, sin took control of human nature long ago and continues to control and manipulate mankind. But if we, like the ant, boot sin out of our lives as soon as we recognize it, by the power and grace of the Holy Spirit, then we do not have to be controlled by it anymore.

Day by day His tender mercy,  
Healing, helping, full and free,  
Brought me lower, while I whispered,  
'Less of self, and more of Thee.'

Higher than the highest heavens,  
Deeper than the deepest sea,  
Lord, Thy love at last has conquered;  
None of self, and all of Thee! LM



A:

**T**o have an eye single to the glory of God means to have singleness of purpose, to show forth the work that has been wrought in your heart, that subdues your will to the will of God, and brings into captivity every thought to the glory of God. ... What testimony have you borne in your daily life and character? God expected you all to do your best, not to please, amuse, and glorify yourselves, but to honor Him in all your ways, returning unto Him according to the light and privileges that He had given you through the endowment of His grace. He expected you to testify before heavenly intelligences, and to be living witnesses to the world, of the power of the grace of Christ. The Lord tested you, to see if you would treat His rich blessing as a cheap, light matter, or regard it as a rich treasure to be handled with reverent awe. If all had treated the gift of God in this manner—for the work was of God,—then, according to the measure of each one's responsibility, the grace given would have been doubled, as were the talents of him who traded diligently with his lord's money." *The Review and Herald*, February 6, 1894 [LM](#)

Q:

*What does it mean  
"to have an eye  
single to the glory  
of God"?*





# Miraculous Change

By John J. Grosboll

*“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 in glory.”*

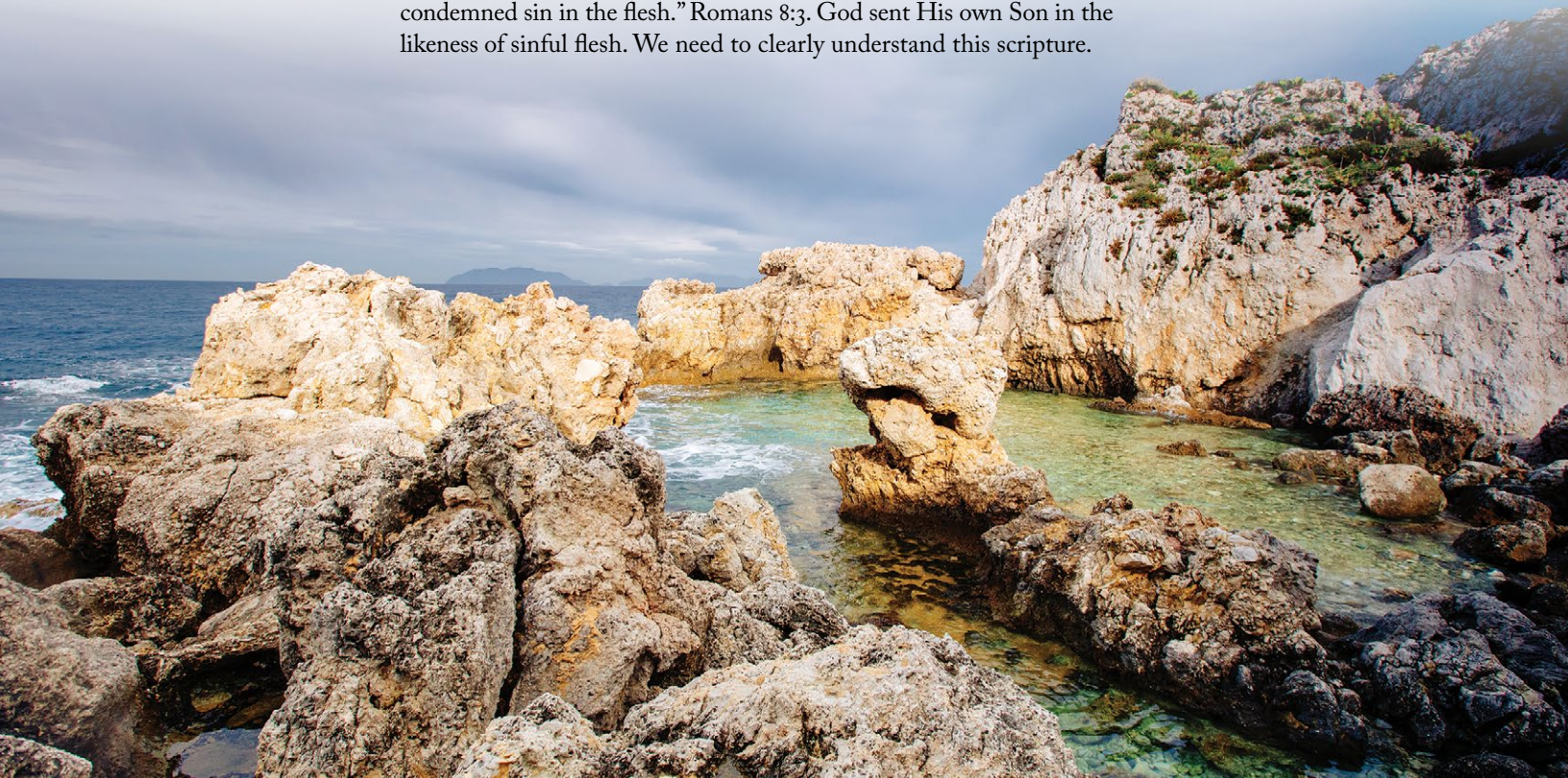
1 Timothy 3:16

*“The Word was with God, and the Word was God. ... And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.”*

John 1:1, 14

**F**rom these scriptures we can see that there was a time when Jesus was not a fleshly being, but a spiritual one. It was when He was born of Mary that He became flesh.

These scriptures would not be so difficult to understand or explain except for one other scripture found in Romans. “For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh.” Romans 8:3. God sent His own Son in the likeness of sinful flesh. We need to clearly understand this scripture.



Mrs. White says that Jesus was just like we are, so Adventist preachers for decades have gone to the moon and back with this verse preaching that Jesus had a fallen, sinful, human nature, which, of course, means that He had a carnal mind. They are preaching that He had to fight selfishness just like you and I have to fight it. From this scripture, preachers and laity alike have decided that Jesus came in sinful flesh, but Romans 8:3 doesn't say that He came in sinful flesh. It says He came in the *likeness* of sinful flesh.

Paul wrote Romans 8:3 the way he did for a reason, so let's do some research to understand what he was trying to tell us when he said that Christ came in the *likeness* of sinful flesh. This subject is very controversial, spawning much argument, but rather than arguing, we need to search the inspired writings and let Inspiration tell us what is true about Christ's human nature.

"Even the moral law fails of its purpose unless it is understood in its *relation to the Saviour*. Christ had repeatedly shown that His Father's law contained something deeper than mere authoritative commands. In the law is embodied the same principle that is revealed in the gospel. The law points out man's duty and shows him his guilt. To Christ he must look for pardon and for power to do what the law enjoins." *The Desire of Ages*, 608

Romans 8:3 has been misapplied by many Adventists who fail to see the relationship of the humanity of Jesus Christ to the law. Notice the first sentence of the previous quote "Even the moral law fails of its purpose, unless it is understood in its relation to the Saviour." The reason so many are confused is because they do not understand the far-reaching principle of God's law and what constitutes sin. It is important to understand both, but it is also necessary to understand what the word *sinful* means and to what the word *likeness* refers. Let's be sure we understand the meaning of the terms that we are using.

The word *flesh* can refer to one of two things—the physical body or the carnal mind—depending on the context. *Flesh* is sometimes used when referring to the physical body of man, the living machinery through which sin or righteousness is manifested. The body itself cannot act contrary to the will because the body is controlled by the mind, the will.

"The mind controls the whole man. All our actions, good or bad, have their source in the mind." *Fundamentals of Christian Education*, 426

So the body, the flesh, the house in which we live, is not sin, but is affected by sin. However, if the word *flesh* is used in relation to the natural or carnal mind, then that is sin. "The carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be." Romans 8:7

The carnal mind is enmity against God and, therefore, is most certainly sin. It is not subject to the law of God, nor can it be.

Texts that use *flesh* in reference to the physical body have been interpreted to mean the mind. It is the failure to recognize in inspired writings that the word *flesh* can have two different applications, depending on the context, that has confused so many people and resulted in much controversy.

As for the far-reaching principles of God's law, David said that God's commandments are exceedingly broad (Psalm 119:96). The ten commandment document is really one of the most amazing that was ever written—so short that a child can learn it, and yet so all-encompassing that it involves the entire will of God for the human family.

"It is so brief that we can easily commit every precept to memory, and yet so far-reaching as to express the whole will of God, and to take cognizance, not only of the outward actions, but of the thoughts and intents, the desires and emotions, of the heart."

*The Signs of the Times*,  
April 15, 1886

God's law is to govern not only my actions, but every thought, intent, desire, and emotion of my heart. If I have a sinful desire, even if it has not yet manifested in action, that also is sin.

Human laws cannot

do this. They can deal only with the outward actions. A man

may be a transgressor, and yet conceal his misdeeds from human eyes; he may be a criminal—a thief, a murderer, or an adulterer—but so long as he is not discovered, the law cannot condemn him as guilty.

"The law of God takes note of the jealousy, envy, hatred, malignity, revenge, lust, and ambition that surge through the soul, but have not found expression in outward action, because the opportunity, not the will, has been wanting. And these sinful emotions will be brought into the account in the day when 'God shall bring every work into judgment, with every secret thing, whether it be good or whether it be evil.'" Ibid.

"Christ, in His teaching, fully developed the principles of the law, making it plain that it does not concern the outward actions merely, but has to do with the heart, reaching even to the unspoken thoughts." *The Signs of the Times*, June 5, 1901

"God does not deal with actions so much as with the heart that prompts them." *Manuscript Releases*, Vol. 4, 440

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Even the moral law fails  
of its purpose, unless it is  
understood in its relation to  
the Saviour.”

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*In the beginning was the Word, and the Word was with God, and the Word was God.*

*John 1:1*

Sin is not determined only by what I do, but by the motives in my mind and heart that cause me to do the things I do. Think about that: a single action could be good or evil depending on the motive in the heart. The far-reaching principles of God's law embrace the heart, the mind, and the sinful emotions that have not found expression in outward action because of lack of opportunity. The requirements of God's law go beyond what I choose to do.

“Many mistakes were made by the Jewish teachers in regard to the true character and far-reaching principles of the law. Its relation to sin was misconceived and misapplied. The outward action was dealt with, but inward sins were not touched. ...

“In His sermon on the mount, Christ made known the comprehensive and far-reaching character of the law of God. He applied its great principles to the thoughts and the desires. He taught that all wrong thoughts and feelings, though unknown to any human being, are a transgression of the law of God, and that those who cherish them must suffer the penalty. Thus the law was shown to reach the inner life.” *The Review and Herald*, May 3, 1898

The word *sinful* means *being tainted with, full of sin, being wicked*. Being tainted means to be contaminated by or infected with, ruined or corrupted by something. An example would be a body full of cancer with no human way to eradicate it.

Being sinful isn't just doing bad things, any more than being righteous is not doing bad things. It involves the very being of man. The heart and mind, thoughts and desires totally consumed by sinfulness, will do nothing but wickedness.

“And He said, ‘What comes out of a man, that defiles a man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All

these evil things come from within and defile a man.’” Mark 7:20–23

“The heart is deceitful above all things, and desperately wicked; who can know it?” Jeremiah 17:9

“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. Man is sinful, corrupted, so thoroughly infected with sin that it renders him incapable of meeting the claims of God's holy law.

Did Jesus have this kind of heart and mind? Look again at these texts. In describing the nature of man's heart and mind, were Mark and Jeremiah describing Jesus' heart and mind as well? If His mind was tainted and infected with sin as ours are, how could He have been our Saviour?

When people say that Jesus had our natural tendencies toward sin, but that isn't sin because He never actually committed sin, they speak directly against the word of God and inspired writings. We know this from 1 John 3:15: “Whoever hates his brother is a murderer.” And Matthew 5:27, 28: “‘You have heard that it was said to those of old, ‘You shall not commit adultery.’ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.’”

These both describe the thoughts and motives of the mind and heart of sinful man. A man who lusts after a woman is breaking the law just as if he had physically laid down with her and committed the act. A man who hates a brother, or anyone, is breaking the law just as though he had taken his life. Is this what was in the mind and heart of Jesus?

“All sin is selfishness.” *The Ellen G. White 1888 Materials*, 1763. The person who has a selfish heart is living in sin. Every thought, every word, every action that he does is sinful because it proceeds from a selfish heart and therefore, is motivated by selfishness, which is sin. It is my nature, as a son of Adam, to be inherently selfish, and, therefore a sinner by nature which results in sinful action. It is who I am. Reason then says, that if Jesus had a nature like mine, He would be inherently selfish and thereby a sinner though He never committed a sinful act.



“One unsanctified act on the part of our Saviour would have marred the pattern, and He could not have been a perfect example for us; but although He was tempted in all points like as we are, He was yet *without one taint of sin*.” *Sons and Daughters of God*, 148

The word *nature* also is used in reference to two different things. Sometimes it is used to reflect or describe the physical nature of man, and other times to describe his mental nature. In the context of Romans 8:3, the word *flesh* means man’s sinful nature that cannot keep the law. Flesh then equals sinful nature. Paul makes it very plain in Romans 8:5. “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.” Here Paul is still speaking of the same sinful flesh that he has been speaking of in verses 3 and 4, but now he specifically identifies this sinful flesh. “For to be carnally [fleshly] minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, neither indeed can be. So then, those who are in the flesh cannot please God.” Verses 6–8

“The carnal [or natural] mind is enmity against God; for it is not subject to the law of God, neither indeed can be.” *Human nature could not keep the law, even if it would.* *The Signs of the Times*, May 30, 1895. When someone tells you they cannot keep the law, they are telling the truth, for sinful human nature cannot keep the law of God no matter how much a person might want to.

That which Paul calls sinful flesh God’s modern-day prophet calls sinful nature and human nature. Therefore in this context, sinful flesh, human nature, and sinful nature are used synonymously to refer to the carnal mind which cannot keep the law of God.

In Zechariah 3, we find the vision of Joshua the high priest, the leader of God’s people, standing before the angel



*All  
our actions,  
good or bad,  
have their source  
in the mind.*

in filthy garments. Mrs. White says the setting of this vision is just before probation closes. What are these filthy garments? “The fact that the acknowledged people of God are represented as standing before the Lord in filthy garments should lead to humility and deep searching of heart on the part of all who profess His name. ... we should realize our sinful condition.” *Testimonies*, Vol. 5, 471

“Your sinful condition demanded a sacrifice. In your spiritual destitution you had nothing to offer.” *The Review and Herald*, May 28, 1901. Our filthy garments, our sinful condition, is the result of our spiritual poverty. “By nature we are alienated from God. The Holy Spirit describes our condition in such words as these: ‘Dead in trespasses and sins,’ ‘the whole head is sick, and the whole heart faint,’ ‘no soundness in it.’ We are held fast in the snare of Satan, ‘taken captive by him at his will.’ Ephesians 2:1; Isaiah 1:5, 6; 2 Timothy 2:26.” *Steps to Christ*, 43

We are carnally-minded. Our sinful human nature is spiritually destitute and at war with God. Our sinful condition demanded a sacrifice that was not spiritually destitute, nor hostile toward God.

“Christ is called the second Adam. In purity and holiness, connected with God and beloved by God, He [Jesus] began where the first Adam began. Willingly He passed over the ground where Adam

fell, and redeemed Adam’s failure.” *The Youth’s Instructor*, June 2, 1898

“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.” *The Signs of the Times*, June 18, 1896

Every mind is controlled either by Satan or the Holy Spirit. Therefore, our condition is sinful because the carnal mind is held captive to the power of Satan. The body alone is not evil. The sin is in the mind and the body simply responds to its direction.

“The standard of the law cannot be lowered to meet man in his fallen condition. No compromise can be made with the sinner to take less than the full requirement of the law. The law cannot acquit the guilty, it cannot cleanse the sinner, or give power to the transgressor to raise himself into a purer, holier atmosphere.” *Ibid.*, May 30, 1895. How then is it possible for me to be saved? It is impossible unless a divine miracle takes place in my life.

For the unconverted person, every thought, word, emotion, everything that he or she says or does, is sinful. Remember when Adam was first created, the law of righteousness was written in his heart and his life was governed by this law. But when he sinned, the law of selfishness became the governing power and his heart became permeated with selfishness. Because selfishness is sin, then a man’s motives are selfish, and everything he thinks, says, and does is sin.

Paul first realized this and wrote about it in Romans 7. He was one of the strictest of Pharisees, and while he lived without the law, he considered himself to be blameless regarding the law. No one could accuse him of committing a wrong action. Paul knew the law, had memorized it, but he did not yet understand the far-reaching claims of God’s law. He believed that if he did all the right things, then he was following the law.

But the day came when, on the Damascus road, Paul met Jesus. It was then that he realized that God's law especially had to do with the motivations of his heart, his thoughts, and desires. Having been "alive once without the law," Paul now recognizes that our inward, fallen condition, prompting our outward, sinful acts, is the transgression that is being condemned.

We are born into this world with sinful flesh which is hostile against God, and all of Adam's posterity have and will inherit from him sinful flesh. This inherited condition is out of harmony with God's law, making all of Adam's posterity transgressors by nature, even before they are born (Psalm 51:5; Isaiah 48:8; Psalm 58:3), and guilty of not keeping it. Selfishness is the governing principle in the life of every man and woman, and selfishness is sin. "Adam disobeyed and entailed sin upon his posterity; but God gave His Son for the redemption of the race." *Manuscript Releases*, Vol. 6, 3

Man is selfish by nature, a sinner at enmity with God, unless a miraculous transformation is accomplished in the mind, heart, and soul.

"The perishing sinner may say: 'I am a lost sinner; but Christ came to seek and to save that which was lost.' He says, 'I came not to call the righteous, but sinners to repentance' (Mark 2:17). I am a sinner, and He died upon Calvary's cross to save me. I need not remain a moment longer unsaved." *Selected Messages*, Book I, 392

Paul tells us that he was ignorant of sin and the true principles of the law, even though he had memorized the law and was a "strict" law keeper, but then he

saw that God's law, His great standard of righteousness, condemned sin in the flesh. Suddenly Paul saw himself as God saw him—a sinner. He accepted the truth found in the gospel, laid hold of the Saviour, and the Holy Spirit immediately began the work of purification in his life.

The person in the most dangerous spiritual condition is not the man who knows he is a great sinner and sees that he is lost unless he surrenders all of himself to this work of purification. It is the man who believes he is rich and needs nothing who is in the most dangerous spiritual condition.

"When man [Adam and Eve] fell, the law of self was set up. This law harmonizes with the will of sinful humanity." *The Signs of the Times*, January 25, 1899

"The sowing of seeds of selfishness in the human heart was the first result of the entrance of sin into the world." *Manuscript Releases*, Vol. 7, 233

We must understand that selfishness is the root of all sin, the most deeply-engrained, natural trait of man's character. It must be purged if we expect to be in the kingdom of heaven. "It is a weakness of humanity to pet selfishness, because it is a natural trait of character." *The Faith I Live By*, 140

"Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrong-doing. We need to understand that imperfection of character is sin." *Christ's Object Lessons*, 330

If I am to be saved, I must go to the foot of the cross, recognizing that I am ruined and unable to change myself. I must surrender myself to the Lord and ask Him to help me, for He has prom-

ised to send the Holy Spirit to begin the process of transformation in my life if I will but ask. I cannot, by my own efforts, be born again because it is a creative act that only God can perform. Everything must become new. This is the change that the Holy Spirit makes in my heart and mind.

Mrs. White says that we must pray day by day asking the Lord to cast out all selfishness from our hearts. This is the Christian's warfare. The Holy Spirit will implant a new nature within us, but we still must overcome our carnal nature by His power and grace.

"God desires everyone to understand the evil of selfishness, and to cooperate with Him in guarding the human family against its terrible, deceptive power." *Manuscript Releases*, Vol. 7, 233

"Christ will not permit one selfish person to enter the courts of heaven. No covetous person can pass through the pearly gates; for all covetousness is idolatry." *The Review and Herald*, July 11, 1899

Friend, this is an overwhelming problem in Adventism today. People do not know what sin truly is. They believe our actions alone are sin. But selfishness permeates man's mind and heart, and it is selfishness that directs his sinful actions.

When we understand our true condition, then we can understand that we must surrender everything to the Lord, choosing to follow Him because nothing short of a miracle can ever change us. The God whom we serve is a specialist in miraculously doing the impossible. He who is mighty to save will never turn away anyone seeking salvation. The conversion of a sinner is God's greatest miracle of all.

"The one who comes to Me I will by no means cast out." John 6:37, *last part* [Emphasis supplied.] **LM**

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“  
*God's law is to govern not only my actions, but every thought, intent, desire, and emotion of my heart.*”

June 25 – July 1, 2023

# The Sabbath in the New Testament

## Key Text

“And He said to them, ‘The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.’” Mark 2:27, 28

**Study Help:** *The Desire of Ages*, 281–289

## Introduction

“Jesus had come to ‘magnify the law, and make it honorable.’ He was not to lessen its dignity, but to exalt it. ... He had come to free the Sabbath from those burdensome requirements that had made it a curse instead of a blessing.” *The Desire of Ages*, 206

## Sunday

### 1 JESUS AND THE LAW

1.a. How did Christ define His mission regarding God’s law? Matthew 5:17–20

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**Note:** “It is the Creator of men, the Giver of the law, who declares that it is not His purpose to set aside its precepts. Everything in nature, from the mote in the sunbeam to the worlds on high, is under law. And upon obedience to these laws the order and harmony of the natural world depend. So there are great principles of righteousness to control the life of all intelligent beings, and upon conformity to these principles the well-being of the universe depends. Before this earth was called into being, God’s law existed. Angels are governed by its principles, and in order for earth to be in harmony with heaven, man also must obey the divine statutes. To man in Eden Christ made known the precepts of the law. ... The mission of Christ on earth was not to destroy the law, but by His grace to bring man back to obedience to its precepts.” *Thoughts from the Mount of Blessing*, 48

1.b. How did John, the beloved disciple, define sin?  
1 John 3:4

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**Note:** “The beloved disciple, who listened to the words of Jesus on the mount, writing long afterward under the inspiration of the Holy Spirit, speaks of the law as of perpetual obligation. ... He makes it plain that the law to which he refers is ‘an old commandment which ye had from the beginning.’ 1 John 2:7. He is speaking of the law that existed at the creation and was reiterated upon Mount Sinai.” *Thoughts from the Mount of Blessing*, 48

## Monday

### 2 WORSHIPPING ON THE SABBATH

2.a. How did Christ identify Himself regarding the Sabbath? Luke 6:1–5

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**Note:** “Upon one Sabbath day, as the Saviour and His disciples returned from the place of worship, they passed through a field of ripening grain. Jesus had continued His work to a late hour, and while passing through the fields, the disciples began to gather the heads of grain, and to eat the kernels after rubbing them in their hands. On any other day this act would have excited no comment, for one passing through a field of grain, an orchard, or a vineyard, was at liberty to gather what he desired to eat. See Deuteronomy 23:24, 25. But to do this on the Sabbath was held to be an act of desecration. Not only was the gathering of the grain a kind of reaping, but the rubbing of it in the hands was a kind of threshing. Thus, in the opinion of the rabbis, there was a double offense. ...

“The Jewish teachers prided themselves on their knowledge of the Scriptures, and in the Saviour’s answer there was an implied rebuke for their ignorance of the Sacred Writings. ‘Have ye not read so much as this,’ He said, ‘what David did, when himself was an hungered, and they which were with him; how he went into the house of God, and did take and eat the shewbread, which it is not lawful to eat but for the priests alone?’ ‘And He said unto them, The Sabbath was made for man, and not man for the Sabbath.’ ‘Have ye not read in the law, how



that on the Sabbath days the priests in the temple profane the Sabbath, and are blameless? But I say unto you, That in this place is one greater than the temple.' 'The Son of Man is Lord also of the Sabbath.' Luke 6:3, 4; Mark 2:27, 28; Matthew 12:5, 6." *The Desire of Ages*, 284, 285

## 2.b. What was Jesus' custom on the Sabbath? Luke 4:16

**Note:** "During His childhood and youth, Jesus had worshiped among His brethren in the synagogue at Nazareth. Since the opening of His ministry He had been absent from them, but they had not been ignorant of what had befallen Him. As He again appeared among them, their interest and expectation were excited to the highest pitch. Here were the familiar forms and faces of those whom He had known from infancy. Here were His mother, His brothers and sisters, and all eyes were turned upon Him as He entered the synagogue upon the Sabbath day, and took His place among the worshippers." *The Desire of Ages*, 236

## Tuesday

### 3 HEALING ON THE SABBATH

#### 3.a. Besides worshiping on the Sabbath, what else did Christ do on that day? Luke 6:6–10

**Note:** "Upon another Sabbath, as Jesus entered a synagogue, He saw there a man who had a withered hand. The Pharisees watched Him, eager to see what He would do. The Saviour well knew that in healing on the Sabbath He would be regarded as a transgressor, but He did not hesitate to break down the wall of traditional requirements that barricaded the Sabbath. Jesus bade the afflicted man stand forth, and then asked, 'Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill?' It was a maxim among the Jews that a failure to do good, when one had opportunity, was to do evil; to neglect to save life was to kill. Thus Jesus met the rabbis on their own ground. 'But they held their peace. And when He had looked round about on them with anger, being grieved for the hardness of their hearts, He saith unto the man, Stretch forth thine hand.

And he stretched it out: and his hand was restored whole as the other.' Mark 3:4, 5." *The Desire of Ages*, 286

#### 3.b. What purpose did Christ have in mind by healing on the Sabbath? Luke 14:1–5

**Note:** "As the Jews departed from God, and failed to make the righteousness of Christ their own by faith, the Sabbath lost its significance to them. Satan was seeking to exalt himself and to draw men away from Christ, and he worked to pervert the Sabbath, because it is the sign of the power of Christ. The Jewish leaders accomplished the will of Satan by surrounding God's rest day with burdensome requirements. In the days of Christ, the Sabbath had become so perverted that its observance reflected the character of selfish and arbitrary men rather than the character of the loving heavenly Father. The rabbis virtually represented God as giving laws which it was impossible for men to obey. They led the people to look upon God as a tyrant, and to think that the observance of the Sabbath, as He required it, made men hard-hearted and cruel. It was the work of Christ to clear away these misconceptions. Although the rabbis followed Him with merciless hostility, He did not even appear to conform to their requirements, but went straight forward, keeping the Sabbath according to the law of God." *The Desire of Ages*, 283, 284

## Wednesday

### 4 RESTING ON THE SABBATH

#### 4.a. How did Christ spend the Sabbath after the crucifixion? Luke 23:44–47. What did the disciples do on that Sabbath? Luke 23:53–56

**Note:** "At last Jesus was at rest. The long day of shame and torture was ended. As the last rays of the setting sun ushered in the Sabbath, the Son of God lay in quietude in Joseph's tomb. His work completed, His hands folded in peace, He rested through the sacred hours of the Sabbath day.

"In the beginning, the Father and the Son had rested upon the Sabbath after Their work of creation. When 'the heavens

and the earth were finished, and all the host of them' (Genesis 2:1), the Creator and all heavenly beings rejoiced in contemplation of the glorious scene. 'The morning stars sang together, and all the sons of God shouted for joy.' Job 38:7. Now Jesus rested from the work of redemption; and though there was grief among those who loved Him on earth, yet there was joy in heaven. Glorious to the eyes of heavenly beings was the promise of the future. A restored creation, a redeemed race, that having conquered sin could never fall—this, the result to flow from Christ's completed work, God and angels saw. With this scene the day upon which Jesus rested is forever linked. For 'His work is perfect,' and 'whatsoever God doeth, it shall be forever.' Deuteronomy 32:4; Ecclesiastes 3:14. When there shall be a 'restitution of all things, which God hath spoken by the mouth of all His holy prophets since the world began' (Acts 3:21), the creation Sabbath, the day on which Jesus lay at rest in Joseph's tomb, will still be a day of rest and rejoicing. Heaven and earth will unite in praise, as 'from one Sabbath to another' (Isaiah 66:23) the nations of the saved shall bow in joyful worship to God and the Lamb." *The Desire of Ages*, 769, 770

#### 4.b. What is the meaning of the Sabbath for God's people? Matthew 11:28–30; Hebrews 4:1–4, 9–11

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**Note:** "To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption." *The Desire of Ages*, 289

## Thursday

### 5 THE PROMISED REST—HERE AND IN THE NEW EARTH

#### 5.a. How can we receive the promised rest? John 16:13; Hebrews 3:7, 8; Jeremiah 6:16

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**Note:** "There remaineth therefore a rest to the people of God. ... Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.' Hebrews 4:9, 11. The rest here spoken of is the rest of grace, obtained by following the prescription, Labor diligently. Those who learn of Jesus His meekness and lowliness find rest in the experience of practicing His lessons. It is not in indolence, in selfish ease and pleasure-seeking, that rest is obtained. Those who are unwilling to give the Lord faithful, earnest, loving service will not find spiritual rest in this life or in the life to come. Only from earnest labor comes peace and joy in the Holy Spirit—happiness on earth and glory hereafter." *The Seventh-day Adventist Bible Commentary*, Vol. 7, 928

#### 5.b. How will the redeemed spend the Sabbath in the earth made new? Isaiah 66:23

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**Note:** "The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in nowise pass from the law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. 'From one Sabbath to another' the inhabitants of the glorified new earth shall go up 'to worship before Me, saith the Lord.' Matthew 5:18; Isaiah 66:23." *The Desire of Ages*, 283

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 How did Christ exalt God's law?
- 2 What works, performed by Christ, were in full harmony with Sabbathkeeping?
- 3 Why did the Pharisees strongly oppose Christ's humanitarian works on the Sabbath?
- 4 Describe Christ's rest on the Sabbath.
- 5 How can I best prepare to worship the Lord in the new earth?

July 2 – 8, 2023

# Divine Power in Redemption

## Key Text

“O Israel, hope in the Lord; for with the Lord there is mercy, and with Him is abundant redemption.” Psalm 130:7

**Study Help:** *Lift Him Up*, 152

## Introduction

“In the courts above, Christ is pleading for His church—pleading for those for whom He has paid the redemption price of His blood. Centuries, ages, can never lessen the efficacy of His atoning sacrifice.” *The Acts of the Apostles*, 552, 553

## Sunday

### 1 THE EVERLASTING COVENANT

- 1.a. Who was involved in the plan of redemption?  
2 Corinthians 13:14; Isaiah 48:16; Matthew 3:16, 17

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**Note:** “The Godhead was stirred with pity for the race, and the Father, the Son, and the Holy Spirit gave Themselves to the working out of the plan of redemption. In order fully to carry out this plan, it was decided that Christ, the only begotten Son of God, should give Himself an offering for sin. What line can measure the depth of this love? God would make it impossible for man to say that He could have done more. With Christ He gave all the resources of heaven, that nothing might be wanting in the plan for man’s uplifting.” *Counsels on Health*, 222

- 1.b. When was this plan established? Romans 16:25; Ephesians 1:4

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**Note:** “The plan for our redemption was not an afterthought, a plan formulated after the fall of Adam. It was a revelation of ‘the mystery which hath been kept in silence through times eternal.’ Romans 16:25, R. V. It was an unfolding of the principles that from eternal ages have been the foundation of God’s throne. From the beginning, God and Christ knew of the apostasy of Satan, and of the fall of man through the deceptive power of the apostate. God did not ordain that sin should exist, but He foresaw its existence, and made provision to meet the terrible emergency.” *The Desire of Ages*, 22

## Monday

### 2 THE INCARNATION

- 2.a. With what words did John and Paul explain the incarnation of Christ? John 1:14; 1 Timothy 3:16

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**Note:** “The incarnation of Christ is the mystery of all mysteries.

“Christ was one with the Father, yet... He was willing to step down from the exaltation of One who was equal with God.

“That He might accomplish His purpose of love for the fallen race, He became bone of our bone and flesh of our flesh.

“How wide is the contrast between the divinity of Christ and the helpless infant in Bethlehem’s manger! How can we span the distance between the mighty God and a helpless child? And yet the Creator of worlds, He in whom was the fullness of the Godhead bodily, was manifest in the helpless babe in the manger. Far higher than any of the angels, equal with the Father in dignity and glory, and yet wearing the garb of humanity! Divinity and humanity were mysteriously combined, and man and God became one.

“It would have been an almost infinite humiliation for the Son of God to take man’s nature, even when Adam stood in his innocence in Eden. But Jesus accepted humanity when the race had been weakened by four thousand years of sin. Like every child of Adam He accepted the results of the working of the great law of heredity. What these results were is shown in the history of His earthly ancestors. He came with such a heredity to share our sorrows and temptations, and to give us the example of a sinless life.” *The Faith I Live By*, 48



2.b. When was the prophecy of the incarnation fulfilled?  
Hebrews 10:5-7; Galatians 4:4

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**Note:** “[Over] two thousand years ago, a voice of mysterious import was heard in heaven, from the throne of God, ‘Lo, I come.’ ‘Sacrifice and offering Thou wouldest not, but a body hast Thou prepared Me. ... Lo, I come (in the volume of the Book it is written of Me,) to do Thy will, O God.’ Hebrews 10:5-7. In these words is announced the fulfillment of the purpose that had been hidden from eternal ages. Christ was about to visit our world, and to become incarnate. He says, ‘A body hast Thou prepared Me.’ Had He appeared with the glory that was His with the Father before the world was, we could not have endured the light of His presence.” *The Desire of Ages*, 23

## Tuesday

### 3 THE REASONS FOR THE INCARNATION

3.a. What are the main purposes of Christ’s incarnation?  
Matthew 18:11; John 17:4, 26

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**Note:** “The plan of redemption had a yet broader and deeper purpose than the salvation of man. It was not for this alone that Christ came to the earth; it was not merely that the inhabitants of this little world might regard the law of God as it should be regarded; but it was to vindicate the character of God before the universe. To this result of His great sacrifice—its influence upon the intelligences of other worlds, as well as upon man—the Saviour looked forward when just before His crucifixion He said: ‘Now is the judgment of this world: now shall the prince of this world be cast out. And I, if I be lifted up from the earth, will draw all men unto Me.’ John 12:31, 32. The act of Christ in dying for the salvation of man would not only make heaven accessible to men, but before all the universe it would justify God and His Son in their dealing with the rebellion of Satan. It would establish the perpetuity of the law of God and would reveal the nature and the results of sin.” *Patriarchs and Prophets*, 68, 69

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*Redemption is that process by which the soul is trained for heaven.*



3.b. What did Christ declare at the end of His earthly mission? John 17:4-6

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**Note:** “In the intercessory prayer of Jesus with His Father, He claimed that He had fulfilled the conditions which made it obligatory upon the Father to fulfill His part of the contract made in heaven, with regard to fallen man. He prayed: ‘I have finished the work which Thou gavest Me to do. [That is, He had wrought out a righteous character on earth as an example for men to follow.] And now, O Father, glorify Thou Me with Thine own self, with the glory which I had with Thee before the world was.’ In this prayer, He further goes on to state what is comprehended by the work which He has accomplished, and which has given Him all those who believe on His name. He values this recompense so highly that He forgets the anguish it has cost Him to redeem fallen man. He declares Himself glorified in those who believe on Him. The church, in His name, is to carry to glorious perfection the work which He has commenced; and when that church shall be finally ransomed in the paradise of God, He will look upon the travail of His soul and be satisfied. Through all eternity the ransomed host will be His chief glory.” *The Spirit of Prophecy*, Vol. 3, 260, 261 [comments in brackets are in the original]

## Wednesday

### 4 DIVINE POWER

4.a. How does Paul define the gospel? Romans 1:16, 17

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**Note:** “Christ should be uplifted by those whom He has redeemed by dying on the cross a death of shame. He who has felt the power of the grace of Christ has a story to tell. He seeks to put in operation methods of work which will diffuse the gospel of Christ. Humanity, drawing its efficiency from the great source of wisdom, is made the instrumentality, the working agency, through which the gospel exercises its transforming power on mind and heart.” *Lift Him Up*, 230

4.b. What did the angel reveal to Joseph about Christ’s mission? Matthew 1:21

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**Note:** “God is as powerful to save from sin today as He was in the times of the patriarchs, of David, and of the prophets and apostles. The multitude of cases recorded in sacred history where God has delivered His people from their own iniquities should make the Christian of this time eager to receive divine instruction and zealous to perfect a character that will bear the close inspection of the judgment.” *Testimonies*, Vol. 4, 15

“We are all sinful, and of ourselves are unable to do the words of Christ. But God has made provision whereby the condemned sinner may be freed from spot and stain. ‘If any man sin, we have an advocate with the Father, Jesus Christ the righteous;’ ‘If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.’ But while Christ saves the sinner, He does not do away with the law which condemns the sinner. It is the work of redemption to exalt that law, and Christ’s great sacrifice was made in order that man might be a doer of that law. The law shows us our sins, as a mirror shows us that our face is not clean. The mirror has no power to cleanse the face; that is not its office. So it is with the law. It points out our defects, and condemns us, but it has no power to save us. We must come to Christ for pardon. He will take our guilt upon His own soul, and will justify us before God. And not only will He free us from sin, but He will give us power to render obedience to God’s will.” *The Signs of the Times*, September 24, 1896

## Thursday

### 5 COMPLETE REDEMPTION

5.a. What is amply provided through the plan of redemption? Matthew 11:28–30; Hebrew 7:25

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**Note:** “We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven. This training means a knowledge of Christ. It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness. The soul must be delivered from all that is opposed to loyalty to God.” *The Desire of Ages*, 330

5.b. On which main condition can we find Jesus? Jeremiah 29:12, 13

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**Note:** “In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage. But many who profess to be His followers have an anxious, troubled heart, because they are afraid to trust themselves with God. They do not make a complete surrender to Him; for they shrink from the consequences that such a surrender may involve. Unless they do make this surrender, they cannot find peace.” *The Desire of Ages*, 330

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What was decided by the Godhead regarding the plan of redemption?
- 2 What was revealed by Christ’s incarnation?
- 3 Besides saving the human race, what else did Christ have in view through His incarnation?
- 4 What is the biblical definition of the gospel?
- 5 How can we find true rest?

July 9 – 15, 2023

# The Power of God's Word

## Key Text

"Your word is a lamp to my feet and a light to my path."  
Psalm 119:105

**Study Help:** *Child Guidance*, 505–510; *The Desire of Ages*, 660, 661

## Introduction

"The Bible contains a simple and complete system of theology and philosophy. It is the book that makes us wise unto salvation. It tells us how to reach the abodes of eternal happiness. It tells us of the love of God as shown in the plan of redemption, imparting the knowledge essential for all—the knowledge of Christ." *The Signs of the Times*, June 25, 1902

## Sunday

### 1 THE TREE OF LIFE

- 1.a. What tree was central in the garden of Eden?  
Genesis 2:9. What property made it so important?  
Genesis 3:22–24

**Note:** "In the midst of Eden grew the tree of life, whose fruit had the power of perpetuating life. Had Adam remained obedient to God, he would have continued to enjoy free access to this tree and would have lived forever." *The Great Controversy*, 532, 533

- 1.b. What was promised to the faithful of the period of Ephesus? Revelation 2:7

**Note:** "Not all the conditions of that first school of Eden will be found in the school of the future life. No tree of knowledge of good and evil will afford opportunity for temptation. No tempter is there, no possibility of wrong. Every character has withstood the testing of evil, and none are longer susceptible to its power.

"To him that overcometh," Christ says, 'will I give to eat of the tree of life, which is in the midst of the paradise of God.' Revelation 2:7. The giving of the tree of life in Eden was conditional, and it was finally withdrawn. But the gifts of the future life are absolute and eternal." *Education*, 302

## Monday

### 2 THE TREE OF LIFE NOW

- 2.a. To what does God's word compare heavenly wisdom? Proverbs 3:13–18

**Note:** "The knowledge of God and of Jesus Christ expressed in character is an exaltation above everything else that is esteemed on earth or in heaven. It is the very highest education. It is the key that opens the portals of the heavenly city. This knowledge it is God's purpose that all who put on Christ shall possess." *The Ministry of Healing*, 457

- 2.b. What is said about the tree of life in the New Earth? Revelation 22:2, 14

**Note:** "In his efforts to reach God's ideal for him, the Christian is to despair of nothing. Moral and spiritual perfection, through the grace and power of Christ, is promised to all. Jesus is the source of power, the fountain of life. He brings us to His word, and from the tree of life presents to us leaves for the healing of sin-sick souls. He leads us to the throne of God, and puts into our mouth a prayer through which we are brought into close contact with Himself. In our behalf He sets in operation the all-powerful agencies of heaven. At every step we touch His living power." *The Acts of the Apostles*, 478



“Teachers need an intimate acquaintance with the word of God. The Bible, and the Bible alone, should be their counselor. The word of God is as the leaves of the tree of life. Here is met every want of those who love its teachings and bring them into the practical life. Many of the students who come to our schools are unconverted, though they may have been baptized. They do not know what it means to be sanctified through a belief of the truth. They should be taught to search and understand the Bible, to receive its truths into the heart and carry them out in the daily life. Thus they will become strong in the Lord; for spiritual sinew and muscle are nourished by the bread of life.” *Counsels to Teachers, Parents, and Students*, 352, 353

“The Bible, and the Bible alone, is to be the rule of our faith. It is a leaf from the tree of life, and by eating it, by receiving it into our minds, we shall grow strong to do the will of God. By our Christlike characters we shall show that we believe the word, that we cleave to the Bible as the only guide to heaven.” *The Review and Herald*, May 4, 1897

## Tuesday

### 3 CHRIST AND GOD’S WORD

#### 3.a. What is written about Christ and God’s word?

John 1:14; 2 Timothy 3:16

**Note:** “The Bible points to God as its author; yet it was written by human hands; and in the varied style of its different books it presents the characteristics of the several writers. The truths revealed are all ‘given by inspiration of God’ (2 Timothy 3:16); yet they are expressed in the words of men. The Infinite One by His Holy Spirit has shed light into the minds and hearts of His servants. He has given dreams and visions, symbols and figures; and those to whom the truth was thus revealed have themselves embodied the thought in human language.

“The ten commandments were spoken by God Himself, and were written by His own hand. They are of divine, and not human composition. But the Bible, with its God-given truths expressed in the language of men, presents a union of the divine and the human. Such a union existed in the nature of Christ, who was the Son of God and the Son of man. Thus it is true of the Bible, as it was of Christ, that ‘the Word was made flesh, and dwelt among us.’ John 1:14.” *The Great Controversy*, v, vi

#### 3.b. What is the Christian instructed to lay aside?

Hebrews 12:1, 2. What will be the result?

**Note:** “No man is so high in power and authority but that Satan will assail him with temptation. And the more responsible the position a man occupies, the fiercer and more determined are the assaults of the enemy. Let God’s servants in every place study His word, looking constantly to Jesus that they may be changed into His image. The inexhaustible fullness and the all-sufficiency of Christ are at our command, if we walk before God in humility and contrition.” *Spalding and Magan Collection*, 281

“In the epistle to the Hebrews, is pointed out the single-hearted purpose that should characterize the Christian’s race for eternal life: ‘Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith.’ Hebrews 12:1, 2. Envy, malice, evil thinking, evilspeaking, covetousness—these are weights that the Christian must lay aside if he would run successfully the race for immortality.” *The Acts of the Apostles*, 312

## Wednesday

### 4 THE BREAD OF LIFE

#### 4.a. What special provision was granted to the Israelites in the wilderness, and what reveals its superiority over any other food? Exodus 16:14, 15

**Note:** “The education of the Israelites included all their habits of life. Everything that concerned their well-being was the subject of divine solicitude, and came within the province of divine law. Even in providing their food, God sought their highest good. The manna with which He fed them in the wilderness was of a nature to promote physical, mental, and moral

strength. Though so many of them rebelled against the restriction of their diet, and longed to return to the days when, they said, 'We sat by the fleshpots, and when we did eat bread to the full' (Exodus 16:3), yet the wisdom of God's choice for them was vindicated in a manner they could not gainsay. Notwithstanding the hardships of their wilderness life, there was not a feeble one in all their tribes." *Education*, 38

**4.b. What comparison did Christ make between the manna and Himself? John 6:48–51**

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**Note:** "They [the Jews] had referred Him [Jesus] to the manna which their fathers ate in the wilderness, as if the furnishing of that food was a greater miracle than Jesus had wrought; but He now declared unto them that the temporal food then given from heaven was but a meager gift compared with the blessing of eternal life which He now offered them. The food eaten then sustained the strength, but did not prevent the approach of death, nor insure immortal life. The bread that the Son of God offered to man was death-destroying, giving in the end immortal life to the body." *The Spirit of Prophecy*, Vol. 2, 281

"As the human agent presses forward in the path cast up for the ransomed of the Lord to walk in, as he receives Jesus Christ as his personal Saviour, he will feed on the bread of life. The word is spirit and life, and if it is brought into the daily practice it will ennoble the whole nature of man. There will be opened to his soul such a view of the Saviour's love as portrayed by the pen of Inspiration that his heart will be melted into tenderness and contrition." *Medical Ministry*, 124

## Thursday

### 5 THE BREAD OF LIFE (continued)

**5.a. What timeless explanation did Christ provide for our benefit? John 6:63**

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**Note:** "When men submit entirely to God, eating the bread of life and drinking the water of salvation, they will grow up into Christ. Their characters are composed of that which the mind eats and drinks. Through the Word of life, which they receive and obey, they become partakers of the divine nature." *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1135

**5.b. What else is included in this figurative language? John 6:56–58**

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**Note:** "To the death of Christ we owe even this earthly life. The bread we eat is the purchase of His broken body. The water we drink is bought by His spilled blood. Never one, saint or sinner, eats his daily food, but he is nourished by the body and the blood of Christ. The cross of Calvary is stamped on every loaf. It is reflected in every water spring. All this Christ has taught in appointing the emblems of His great sacrifice. The light shining from that Communion service in the upper chamber makes sacred the provisions for our daily life. The family board becomes as the table of the Lord, and every meal a sacrament. ...

"'He that eateth My flesh,' He says, 'and drinketh My blood, dwelleth in Me, and I in him. As the living Father hath sent Me, and I live by the Father: so he that eateth Me, even he shall live by Me.' John 6:54, 56, 57. To the holy Communion this scripture in a special sense applies. As faith contemplates our Lord's great sacrifice, the soul assimilates the spiritual life of Christ. That soul will receive spiritual strength from every Communion. The service forms a living connection by which the believer is bound up with Christ, and thus bound up with the Father. In a special sense it forms a connection between dependent human beings and God." *The Desire of Ages*, 660, 661

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What was God's purpose through the tree of life?
- 2 Can we now enjoy the properties of the tree of life?
- 3 What relationship exists between Christ and the Bible?
- 4 How frequently should we partake of the Bread of Life, and how do we do so?

July 16 – 22, 2023

# The Power of God's Word (continued)

## Key Text

"Your word I have hidden in my heart, that I might not sin against You." Psalm 119:11

**Study Help:** *Child Guidance*, 511–515

## Introduction

"We must search the Scriptures, not merely rush through a chapter and repeat it, taking no pains to understand it, but we must dig for the jewel of truth which will enrich the mind, and fortify the soul against the wiles and temptations of the archdeceiver." *Counsels on Sabbath School Work*, 19

## Sunday

### 1 BUILDING ON THE ROCK

1.a. How did Christ illustrate belief in Himself as our personal Saviour? Matthew 7:24, 25

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**Note:** "It is not enough, He [Christ] says, for you to hear My words. By obedience you must make them the foundation of your character. Self is but shifting sand. If you build upon human theories and inventions, your house will fall. By the winds of temptation, the tempests of trial, it will be swept away. But these principles that I have given will endure. Receive Me; build on My words." *The Desire of Ages*, 314

1.b. On the other hand, how did He illustrate the theoretical religion without practice? Matthew 7:26, 27

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**Note:** "The reason why our people have not more power is that they profess the truth, but do not practice it. ... The service of God is made a secondary matter, while worldly interests receive prompt attention. ... If we realize the importance of the truth which we profess to believe we should feel that we have a sacred mission to fulfill, a responsibility involving eternal results. All temporal interests would yield to this." *Testimonies*, Vol. 4, 613, 614

## Monday

### 2 THE TRUTH

2.a. In His interview with the Jews, what promise did Jesus make? John 8:31, 32

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**Note:** "The means by which we can overcome the wicked one is that by which Christ overcame—the power of the word. God does not control our minds without our consent; but if we desire to know and to do His will, His promises are ours: 'Ye shall know the truth, and the truth shall make you free.' If any man willeth to do His will, he shall know of the teaching." John 8:32; 7:17, R. V. Through faith in these promises, every man may be delivered from the snares of error and the control of sin." *The Desire of Ages*, 258

2.b. In His intercessory prayer, how did Christ define the truth? John 17:17

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**Note:** "Faith cometh by hearing, and hearing by the word of God." Romans 10:17. The Scriptures are the great agency in the transformation of character. Christ prayed, 'Sanctify them through Thy truth; Thy word is truth.' John 17:17. If studied and obeyed, the word of God works in the heart, subduing every unholy attribute. The Holy Spirit comes to convict of sin, and the faith that springs up in the heart works by love to Christ, conforming us in body, soul, and spirit to His own image. Then God can use us to do His will. The power given us works from within outwardly, leading us to communicate to others the truth that has been communicated to us." *Christ's Object Lessons*, 100



“You need to be sanctified by the truth, having your mind elevated above every personal consideration and every selfish interest.

“I point you to the life of Jesus as a perfect pattern. His life was characterized by disinterested benevolence. Precious Saviour! What sacrifices has He made for us that we should not perish, but have everlasting life! Heaven will be cheap enough if we resign every selfish interest to obtain it. Can we afford to have our own way, and take ourselves out of the hands of God, because it is more pleasing to the natural heart? God requires perfect submission and perfect obedience. Eternal life is worth everything to us. You may come in close connection with God if you will agonize to enter in at the strait gate.” *Testimonies*, Vol. 4, 218

## Tuesday

### 3 PURE WATER

3.a. What figure of speech is used to illustrate God’s word? Ephesians 5:26, 27

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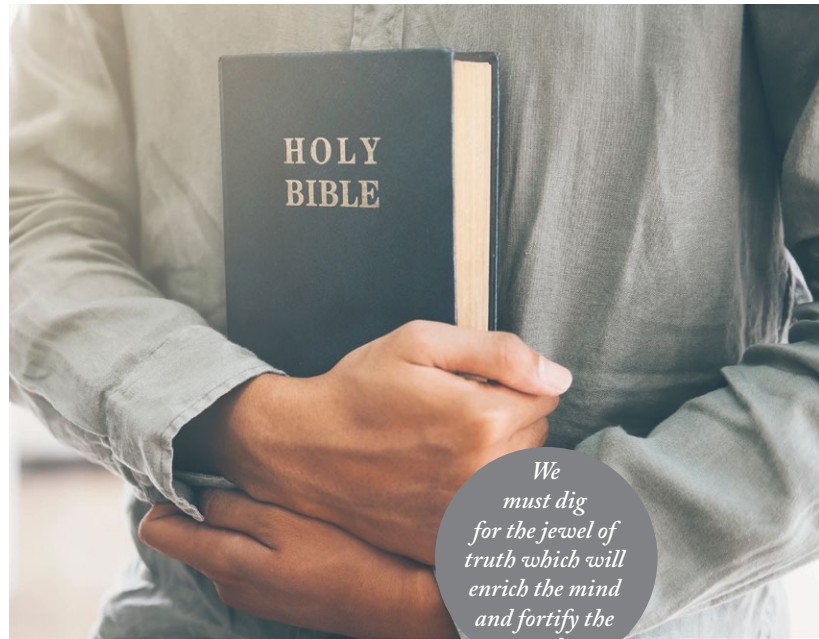
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**Note:** “In giving us His word, God has put us in possession of every truth essential for our salvation. Thousands have drawn water from these wells of life, yet there is no diminishing of the supply. Thousands have set the Lord before them, and by beholding have been changed into the same image. Their spirit burns within them as they speak of His character, telling what Christ is to them, and what they are to Christ. But these searchers have not exhausted these grand and holy themes. Thousands more may engage in the work of searching out the mysteries of salvation. As the life of Christ and the character of His mission are dwelt upon, rays of light will shine forth more distinctly at every attempt to discover truth. Each fresh search will reveal something more deeply interesting than has yet been unfolded. The subject is inexhaustible. The study of the incarnation of Christ, His atoning sacrifice and mediatorial work, will employ the mind of the diligent student as long as time shall last.” *Christ’s Object Lessons*, 133, 134

“Trust in its fullness comes to us through constant communion with God. By eating the flesh and drinking the blood of Christ we gain spiritual strength. Christ supplies the lifeblood of the heart, and Christ and the Holy Spirit give nerve power. Begotten again unto a lively hope, imbued with the quickening power of a new nature, the soul is enabled to rise higher and still higher.” *Counsels on Health*, 593



3.b. How does Jeremiah depict God’s word and our feeble appreciation of it? Jeremiah 2:13

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**Note:** “The many contradictory opinions in regard to what the Bible teaches do not arise from any obscurity in the book itself, but from blindness and prejudice on the part of interpreters. Men ignore the plain statements of the Bible to follow their own perverted reason. Priding themselves on their intellectual attainments, they overlook the simplicity of truth; they forsake the fountain of living waters to drink of the poisonous stream of error.” *The Review and Herald*, January 27, 1885

“There is far too much self-complacency among those who engage in Sabbath school work, too much machinery and routine, and all this tends to lead the soul away from the Fountain of living water.” *Testimonies on Sabbath School Work*, 74

## Wednesday

### 4 LIGHT

4.a. What must we realize and appreciate about God’s word? Psalm 12:6

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**Note:** “There are professed Christians who read the Bible without a fine perception of the gems they are handling. There are portions of Scripture that they are not sure are inspired, and they think that in God’s word there are errors and human reasoning. With the lamp of life in their very hands, they stumble. They interpret the Scriptures to suit themselves; they cannot appreciate the wisdom of God, and their own human wisdom is the light that guides them.” *The Bible Echo*, August 26, 1895

#### 4.b. What inspired symbolism is used to refer to God’s word? Psalm 119:105

**Note:** “Those who study the word of God with hearts open to the enlightenment of the Holy Spirit, will not remain in darkness as to the meaning of the word. ‘If any man willeth to do His will,’ Christ said, ‘he shall know of the teaching whether it be of God, or whether I speak from Myself.’ John 7:17, R.V. All who come to Christ for a clearer knowledge of the truth will receive it. He will unfold to them the mysteries of the kingdom of heaven, and these mysteries will be understood by the heart that longs to know the truth. A heavenly light will shine into the soul temple, and will be revealed to others as the bright shining of a lamp on a dark path.” *Christ’s Object Lessons*, 36

#### 4.c. How does Zechariah employ a similar comparison? Zechariah 4:1–6, 12–14

**Note:** “From the two olive trees the golden oil was emptied through the golden pipes into the bowl of the candlestick, and thence into the golden lamps that gave light to the sanctuary. So from the holy ones that stand in God’s presence His Spirit is imparted to the human instrumentalities who are consecrated to His service. The mission of the two anointed ones is to communicate to God’s people that heavenly grace which alone can make His word a lamp to the feet and a light to the path.” *Christ’s Object Lessons*, 408

## Thursday

### 5 THE TWO WITNESSES

#### 5.a. How does Revelation 11:1–4 parallel with Zechariah’s prophecy?

**Note:** “The two witnesses represent the Scriptures of the Old and the New Testament. Both are important testimonies to the origin and perpetuity of the law of God. Both are witnesses also to the plan of salvation. The types, sacrifices, and prophecies of the Old Testament point forward to a Saviour to come. The Gospels and Epistles of the New Testament tell of a Saviour who has come in the exact manner foretold by type and prophecy.” *The Great Controversy*, 267

#### 5.b. What does it mean to “prophecy clothed in sackcloth”? Revelation 11:3

**Note:** “‘They shall prophesy a thousand two hundred and threescore days, clothed in sackcloth.’ During the greater part of this period, God’s witnesses remained in a state of obscurity. The papal power sought to hide from the people the word of truth, and set before them false witnesses to contradict its testimony. When the Bible was proscribed by religious and secular authority; when its testimony was perverted, and every effort made that men and demons could invent to turn the minds of the people from it; when those who dared proclaim its sacred truths were hunted, betrayed, tortured, buried in dungeon cells, martyred for their faith, or compelled to flee to mountain fastnesses, and to dens and caves of the earth—then the faithful witnesses prophesied in sackcloth. Yet they continued their testimony throughout the entire period of 1260 years. In the darkest times, there were faithful men who loved God’s word and were jealous for His honor. To these loyal servants were given wisdom, power, and authority to declare His truth during the whole of this time.” *The Great Controversy* (1888), 267

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 How can we build on the Rock?
- 2 How did Christ define the truth?
- 3 What symbols are used to illustrate the importance of studying the Bible?
- 4 Describe the picture presented by Zechariah.
- 5 Explain the prophecy about the two witnesses.

July 23 – 29, 2023

# Life

## Key Text

“In Him was life, and the life was the light of men.” John 1:4

**Study Help:** *The Desire of Ages*, 463–475; *Testimonies*, Vol. 6, 369–379

## Introduction

“Jesus came to ‘destroy the works of the devil.’ ‘In Him was life,’ and He says, ‘I am come that they might have life, and that they might have it more abundantly.’ 1 John 3:8; John 1:4; 10:10.” *The Desire of Ages*, 270

## Sunday

### 1 IN THE BEGINNING

1.a. How was Adam brought into existence, and when?  
Genesis 2:7; 1:26–28, 31

**Note:** “The Lord created man out of the dust of the earth. He made Adam a partaker of His life, His nature. There was breathed into him the breath of the Almighty, and he became a living soul. Adam was perfect in form—strong, comely, pure, bearing the image of his Maker.

“Man came from the hand of his Creator perfect in organization and beautiful in form. The fact that he has for six thousand years withstood the ever-increasing weight of disease and crime is conclusive proof of the power of endurance with which he was first endowed.” *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1082

1.b. Who were involved in the creation of Adam and Eve? Genesis 1:2, 26; 2:7; Colossians 1:16, 17  
By what power are all things sustained? Psalm 93:1

**Note:** “The hand that sustains the worlds in space, the hand that holds in their orderly arrangement and tireless activity all things throughout the universe of God, is the hand that was nailed to the cross for us.” *Education*, 132

## Monday

### 2 LIFE FOREVER

2.a. What is God’s plan for every human being? John 10:10

**Note:** “Jesus came to ‘destroy the works of the devil.’ ‘In Him was life,’ and He says, ‘I am come that they might have life, and that they might have it more abundantly.’ He is ‘a quickening spirit.’ 1 John 3:8; John 1:4; 10:10; 1 Corinthians 15:45. And He still has the same life-giving power as when on earth He healed the sick, and spoke forgiveness to the sinner. He ‘forgiveth all thine iniquities,’ He ‘healeth all thy diseases.’ Psalm 103:3.” *The Desire of Ages*, 270

2.b. What did Christ say about His mission on earth?  
John 3:16, 17

**Note:** “Christ does not weigh character in scales of human judgment. He says, ‘I, if I be lifted up from the earth, will draw all men unto Me’ (John 12:32). Every soul who responds to this drawing will turn from iniquity. Christ is able to save to the uttermost all who come unto Him. He who comes to Jesus is setting his feet upon a ladder that reaches from earth to heaven. Teach it by pen, by voice, that God is above the ladder; the bright rays of His glory are shining upon every round of the ladder. He is looking graciously upon all who are climbing painfully upward, that He may send them help, divine help, when the hand seems to be relaxing and the foot trembling. Yes, tell it, tell it in words that will melt the heart, that not one who shall perseveringly climb the ladder will fail of an entrance into the everlasting kingdom of our Lord and Saviour Jesus Christ; those who believe in Christ shall never perish, neither shall any pluck them out of His hand.

“Tell the people in clear, hopeful language how they may escape the heritage of shame which is our deserved portion.



But for Christ's sake do not present before them ideas that will discourage them, that will make the way to heaven seem very difficult. Keep all these overstrained ideas to yourself.

"While we must often impress the mind with the fact that the Christian life is a life of warfare, that we must watch and pray and toil, that there is peril to the soul in relaxing the spiritual vigilance for one moment, the completeness of the salvation proffered us from Jesus who loves us and gave Himself that we should not perish but have everlasting life, is to be the theme." *Selected Messages*, Book 1, 181, 182

## Tuesday

### 3 ABUNDANT LIFE

#### 3.a. What is God's plan for our physical life? 3 John 2

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**Note:** "The body must be kept in a healthy condition in order that the soul may be in health. The condition of the body affects the condition of the soul. He who would have physical and spiritual strength must educate his appetite in right lines. He must be careful not to burden the soul by overtaxing his physical or spiritual powers. Faithful adherence to right principles in eating, drinking, and dressing is a duty that God has laid upon human beings.

"The Lord desires us to obey the laws of health and life. He holds each one responsible to care properly for his body, that it may be kept in health." *Evangelism*, 261

#### 3.b. What is the basic condition for a healthy life? Deuteronomy 7:9, 11, 15

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**Note:** "Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws, which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, 'What is the world's practice?' but, 'How shall I as an individual treat the habitation that God has given me?'" *Child Guidance*, 367, 368

"Whether they acknowledge it or not, God lays upon all human beings the duty of taking care of the soul temple. The body is to be kept clean and pure. The soul is to be sanctified and ennobled. Then, God says, I will come unto him and take up My abode with him. We are responsible for our own salvation, and God holds us accountable for the influence we exert on those connected with us. We should stand in such a position, physically and spiritually, that we can recommend the religion of Christ. We are to dedicate our bodies to God." *Medical Ministry*, 295

"When speaking to persons on the subject of health, they often say, 'We know a great deal better than we do.' They do not realize that they are accountable for every ray of light in regard to their physical well-being, and that their every habit bears the inspection of God. He made the human being. We are His property, bought with a price, and what a price!" *Manuscript Releases*, Vol. 20, 8

## Wednesday

### 4 LIVING UP TO THE LIGHT

#### 4.a. What instruction did Christ give to those whom He healed? John 5:14; 8:11

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**Note:** "If, after so much light has been given, God's people will cherish wrong habits, indulging self and refusing to reform, they will suffer the sure consequences of transgression. If they are determined to gratify perverted appetite at any cost, God will not miraculously save them from the consequences of their indulgence. They 'shall lie down in sorrow.' Isaiah 50:11.

"Those who choose to be presumptuous, saying, 'The Lord has healed me, and I need not restrict my diet; I can eat and drink as I please,' will ere long need, in body and soul, the restoring power of God. Because the Lord has graciously healed you, you must not think you can link yourselves up with the self-indulgent practices of the world. Do as Christ commanded after His work of healing—'go, and sin no more.' John 8:11. Appetite must not be your god." *Counsels on Diet and Foods*, 25

4.b. How are we bidden not to hurt ourselves by failing to practice health reform? Exodus 20:13; 1 Corinthians 6:19, 20. What do we do to others when we are unfaithful in health reform?

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**Note:** “There are many expensive indulgences that are at the same time very injurious. They derange the digestive organs, and destroy the appetite for simple, wholesome food; and sickness and suffering are the result. With dyspepsia and its attendant evils comes the loss of a sweet disposition. There is irritability, fretfulness, and impatience, often resulting in harsh, unkind words and wrong acts.” *Good Health*, December 1, 1887

“If the churches expect strength, they must live the truth which God has given them. If the members of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?” *Testimonies*, Vol. 6, 370, 371

## Thursday

### 5 STRENGTH ASSURED

5.a. What is the only way to be faithful both to physical and spiritual laws? John 14:15, 23

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**Note:** “The ten commandments, Thou shalt, and Thou shalt not, are ten promises, assured to us if we render obedience to the law governing the universe. ...

“That law of ten precepts of the greatest love that can be presented to man is the voice of God from heaven speaking to the soul in promise, ‘This do, and you will not come under the dominion and control of Satan.’ There is not a negative in that law, although it may appear thus. It is DO, and Live. ...

“The love of Jesus in the soul will banish all hatred, selfishness, and envy; for the law of the Lord is perfect, converting the soul. There is health in obedience to God’s law. The affections of the obedient are drawn out after God. Looking unto the Lord Jesus, we may encourage and serve one another. The love of Christ is shed abroad in our souls, and there is no dissension and strife among us.” *The Seventh-day Adventist Bible Commentary*, Vol. 1, 1105

5.b. What is God’s plan for our whole life?

1 Thessalonians 4:3, 4; 5:23, 24; Philippians 2:12, 13

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**Note:** “The Christian will feel the promptings of sin, but he will maintain a constant warfare against it. Here is where Christ’s help is needed. Human weakness becomes united to divine strength, and faith exclaims, ‘Thanks be to God, which giveth us the victory through our Lord Jesus Christ.’ 1 Corinthians 15:57.” *The Great Controversy*, 469, 470

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 Describe God’s work on the sixth day of creation, and His desire regarding human life.
- 2 How can we be a healthy people, according to Deuteronomy chapter 7?
- 3 Why is it so important to live up to the light we have?
- 4 What is God’s purpose for His people according to 1 Thessalonians 5:23, 24?

The Bible Study Guide “Life” will be continued in the July issue of *LandMarks*.

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# Laura Williams

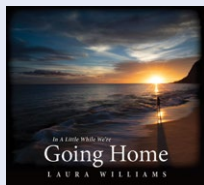
M U S I C



## HEART OF A CHILD - SONGS FOR KIDS

A collection of songs for children that will uplift and ennoble them. Not for entertainment merely, these songs will help build the foundation of your child's faith. Each song includes a Bible verse read or recited by children from Roseburg Junior Academy.

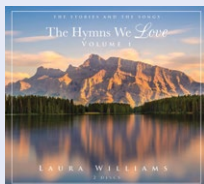
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## GOING HOME

This CD is a collection of songs to remind us that this world is not our final home, and to focus our eyes on the glorious home awaiting the faithful.

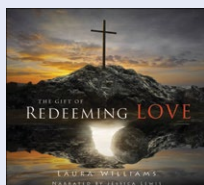
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## THE GIFT OF REDEEMING LOVE

This disc tells the story of the incredible sacrifice made by our heavenly Father, and His Son, Jesus. With beautiful narrations that link the songs together, the depth of this sacrifice is opened up revealing the immeasurable love of God for us.

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## IN THE GARDEN

In contrast to the chaos in the world around us, we can still walk in the garden with our Lord. Each song on this CD has been handpicked to renew faith and trust in God, and to remind us that we can have peace because God is still in control.

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## ALL THAT I NEED

This collection of original songs comes straight from the heart to draw each one closer to Christ. Topics include prayer, heaven, commitment, and overcoming.

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Jesus promised that He would never leave nor forsake us. This collection of songs is designed to bring comfort to those who feel as if they carry life's burdens alone.

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Music has always been an effective way to memorize, and this CD has been designed to help instill God's word in our hearts for strength, as we face what lies ahead. Includes 32 fully-orchestrated Bible passages.

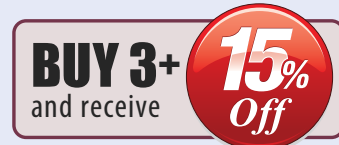
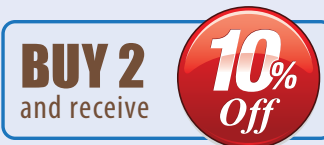
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## FOREVER FRIEND

This disc is a collaboration between two long-time friends, Laura Williams and Derrol Sawyer. Each time they get together, they love to sing. Now that music is available to you as well!

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# Millet

**M**illet is a starchy cereal grain rich in protein, carbohydrates and several vitamins and minerals. While it may look like a seed, millet's nutritional profile is similar to that of sorghum and other cereals. It is an ancient grain, used both for human consumption as well as livestock and bird feed. There are two categories of millet—major and minor millets—with major being the most popular.

Because of its small size and hardness, it is drought and pest resistant, able to survive in harsh environments and less fertile soil.

Millet is widely consumed in developing countries throughout Africa and Asia, but has gained popularity in the West primarily because it is gluten-free.

Millet offers multiple health benefits:

- High protein and fiber
- Rich in antioxidants
- May help control blood sugar levels
- May help lower cholesterol

A potential downside is that millet contains anti-nutrients, compounds that block or reduce the body's absorption of other nutrients and could lead to deficiencies in potassium, calcium, iron, zinc, and magnesium. Millet's anti-nutrient content can be reduced significantly by soaking it overnight at room temperature, then draining and rinsing it before cooking. However, a person with a balanced diet isn't likely to experience adverse effects.

Enjoy millet as a breakfast porridge, side dish, salad add-in, and cookie or cake ingredient.

Source: [healthline.com/nutrition/what-is-millet](https://healthline.com/nutrition/what-is-millet)



Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



## CREAMY MILLET BREAKFAST PORRIDGE

### Ingredients

1 cup uncooked hulled millet  
1 cup almond milk (or non-dairy milk of choice)  
3 cups water  
3Tbs. maple syrup + more to taste  
Sliced strawberries, for topping  
Chopped almonds, for topping

### Process

- Combine uncooked millet, almond milk, and water in a medium saucepan.
- Bring to a boil, then reduce heat to medium and let it simmer for about 20-25 minutes, until millet is cooked and tender and most of the liquid has been absorbed.
- Add the maple syrup and mix well for another 30 seconds.
- Serve topped with sliced strawberries and chopped almonds.

Yield: 2 medium bowls





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## Benefits of Millet

- *Regulates blood glucose levels*
- *Helps in weight loss*
- *Good for the heart*
- *Battles cancer cells*
- *Promotes digestion*

*[www.netmeds.com/health-library/  
post/5-best-reasons-why-you-should-  
include-millet-in-daily-diet](http://www.netmeds.com/health-library/post/5-best-reasons-why-you-should-include-millet-in-daily-diet)*

