

HISTORIC
LANDMARKS
OF ADVENTISM

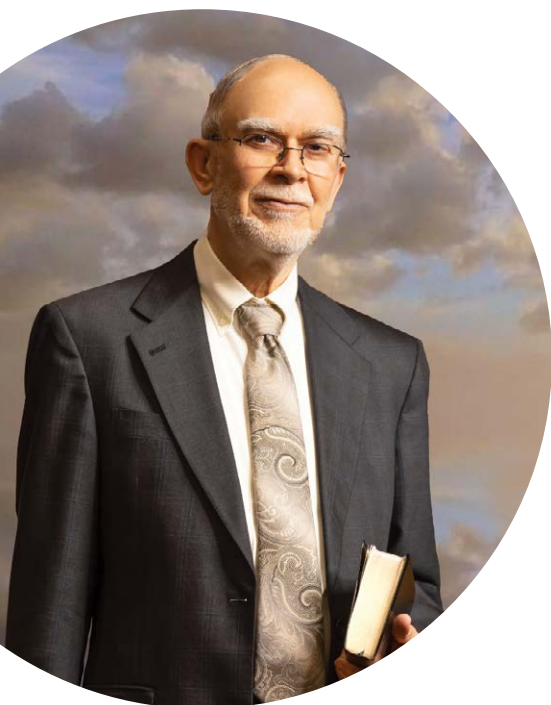
*Joy and Happiness,
or Purgatory*

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*Mortal or
Immortal*

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From the Editor

John J. Grosboll

Why do you believe what you believe?

Before Jesus ascended to heaven He promised His disciples that He would send to them another Helper who would guide them into all truth and bring to their remembrance what He had taught them. This promise has lost none of its force for Christians today, but like every other promise it is given on conditions and will only be fulfilled to those who ask for the Holy Spirit's guidance as they study God's word. God has given us His word to study and He does not intend to study it for us.

"It is of the greatest importance to us that we obtain a knowledge of the Bible. ... Our only safety is in becoming personally acquainted with the reasons of our faith. ...

"The law of God will be made void in the world; its authority will be despised just as it was in heaven in the first great rebellion ...

"God has made full provision in the Scriptures for our equipment against deception, and we shall be without excuse,

if, through neglect of God's word, we are unable to resist the errors of the evil one. We need to watch unto prayer. We need daily to search the Scriptures diligently, that we may not be ensnared by some delusive error that seems like truth.

"Our greatest danger lies in our tendency to refuse increased light, and our only safety is to see and understand for ourselves 'what saith the Lord.' ...

"The prophet [John] described the faithful ones, saying, 'Here are they that keep the commandments of God, and the faith of Jesus.' This is the class that excite the wrath of the dragon because they obey God, and are loyal to His commandments. ...

"There is safety alone in taking the Scriptures as our rule of life, and as the test of our doctrines. Martin Luther exclaimed, 'The Bible, and the Bible alone, is the foundation of our faith!' Our work is to hold up the law of God; for Christ has said that 'it is easier for heaven and earth to pass, than for one tittle of the law to fail.'" *The Signs of the Times*, April 22, 1889 **LM**

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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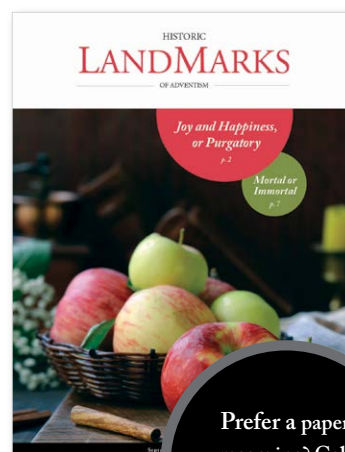
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Joy and Happiness, or Purgatory

By John J. Grosboll

Are you happy? Do you have joy in your heart? A true Christian should be one of the happiest people in the world. “The happiest people in the world are those who trust in Jesus and gladly do His bidding.” *Our Father Cares*, 146

But if we, as Christians, are not happy, we should be asking, “What’s the matter with our religion?” We may have left many worldly things behind, but still have failed to acquire that which is spiritually necessary to take their place. We are not happy because we lack true Christianity.

Do you know why you were created? Too many people do not know the answer to that question, but Inspiration tells us that the human race was created for a special purpose.

“How great the love of God is! God made the world to enlarge heaven. He desired a larger family.” *The Review and Herald*, June 25, 1908

“Man was created to glorify his Maker.” *The Signs of the Times*, April 17, 1901

“He [God] desired that the earth should be filled with joy and peace. He created man for happiness, and He longs to fill human hearts with the peace of heaven.” *Christ’s Object Lessons*, 290

Man was created to glorify God and to experience happiness and the peace of heaven.

Even the framers of the Declaration of Independence were not ignorant when they determined that everyone has the right to engage in the pursuit of happiness. How then can happiness be successfully pursued? The religion of Christ produces the greatest joy that human beings can experience.

“Wherever the religion of Christ works, it will brighten and sweeten every detail of life with more than an earthly joy and a higher than earthly peace.”

Sons and Daughters of God, 176

“You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.” Psalm 16:11. “When Adam and Eve were placed in the beautiful garden, they had everything for their happiness which they could desire.” *The Story of Redemption*, 24

Adam and Eve, while living in the garden of Eden, knew that God was the source of their joy and happiness. Fallen men are deceived on this point. They believe that Adam’s joy was in Eve and Eve’s joy was in Adam, that they were happy to be with each other; but they knew that all joy and happiness was found in God and His Son, Jesus Christ.

So, if we do not have happiness, the fault must be with our religion. So where do we go to find the greatest happiness?

“We must fall upon the Rock and be broken . . . Self must be dethroned, pride must be humbled, if we would know the glory of the spiritual kingdom. . .

“In the light of the Saviour’s life, the hearts of all . . . are revealed. . . The gift of Christ reveals the Father’s heart. It testifies that the thoughts of God toward us are ‘thoughts of peace, and not of evil.’ Jeremiah 29:11. It declares that while God’s hatred of sin is as strong as death, His love for the sinner is stronger than death. Having undertaken our redemption, He will spare nothing, however dear, which is necessary to the completion of His work. No truth essential to our salvation is withheld, no miracle of mercy is neglected, no divine agency is left unemployed. Favor is heaped upon favor, gift upon gift. The whole treasury of heaven is open to those He seeks to save. Having collected the riches of the universe, and laid open the resources of infinite power, He gives them all into the hands of Christ, and says, All these



are for man. Use these gifts to convince him that there is no love greater than Mine in earth or heaven. His greatest happiness will be found in loving Me.” *The Desire of Ages*, 57

Our greatest happiness will be the result of a love relationship with Jesus, our Creator and the true source of joy and happiness. It was through their relationship with the Father and Son and obedience to His law that Adam and Eve were to know happiness. Likewise, if we are connected to Him, we will have true joy and happiness.

“The law of God is the standard of character; it is the expression of the character of God Himself. It was given to Adam and Eve in Eden. God planted for them this beautiful garden, and supplied their every want. Was it too much to ask them to respond to all His love and care by obedience to His righteous law, which, if kept, would have secured to them happiness, peace, and joy forever?” *The Bible Echo*, July 29, 1895

However, if we do not have a love relationship with Jesus, then we will not know happiness.

“The sacrifice demanded by their transgression revealed to Adam and Eve the sacred character of the law of God; and they saw, as they had never seen before, the guilt of sin and its dire results. In their remorse and anguish, they pleaded that the penalty might not fall upon Him whose love had been the source of all their joy; rather let it descend upon them and their posterity.” *Patriarchs and Prophets*, 66

The world is filled with emptiness. Evil multiplies and in a vain attempt for relief from the emptiness and wickedness of this world and our own hearts, people search desperately for happiness. But the devil keeps them totally occupied with the things of this world. Some seek relief in a bottle, drug or other degenerative amusement.

The people of this world have a God-sized hole in their hearts and are trying to find happiness by filling it with the excitement that worldly things offer. But being excited is not the same thing as being happy.

To be truly happy, you need to know the Source of happiness and something about heaven. Mrs. White writes, “It was heaven to be in His [Jesus’] presence.” *The Ministry of Healing*, 18. Heaven is wherever Jesus is. Jesus perfectly fills that God-sized hole everyone keeps trying to fill, and when we allow Him into our hearts, then we have heaven here on earth, genuine happiness in our hearts. We think of heaven as a place somewhere up there, in outer space, and that is true. But what makes it heaven is that Jesus is there.

Until the disciples met Jesus they thought the same thing about heaven, just a place somewhere up in the sky. But after Jesus ascended to heaven, “What a source of joy to the disciples to know that they had such a Friend in heaven to plead in their behalf! Through the visible ascension of Christ all their views and contemplation of heaven are changed. Their minds had formerly dwelt upon it as a region of unlimited space, tenanted

by spirits without substance. Now heaven was connected with the thought of Jesus, whom they had loved and revered above all others, with whom they had conversed and journeyed, whom they had handled, even in His resurrected body, who had spoken hope and comfort to their hearts, and who, while the words were upon His lips, had

been taken up before their eyes, the tones of His voice coming back to them as the cloudy chariot of angels received Him: 'Lo, I am with you always, even unto the end of the world.'

"Heaven could no longer appear to them as an indefinite, incomprehensible space, filled with intangible spirits. They now looked upon it as their future home, where mansions were being prepared for them by their loving Redeemer. Prayer was clothed with a new interest, since it was a communion with their Saviour. With new and thrilling emotions and a firm confidence that their prayer would be answered, they gathered in the upper chamber to offer their petitions and to claim the promise of the Saviour, who had said, 'Ask, and ye shall receive.'" *Heaven*, 67, 68

Heaven was real because Jesus is real, and Jesus is there.

Now the disciples had a gospel to proclaim—the good news of Jesus Christ. They talked about Jesus all the time, so much so that the people began to call them Christians. They preached about Christ in human form. They called Him a Man of sorrows and told about His humiliation and how He had been taken by wicked hands and crucified. They told how He had been raised from the dead, and how they had seen Him ascend into heaven. They said that He is in the presence of God as man's advocate, and that He is coming again with power and great glory to take His people out of this world and to the place He is preparing for them. The gospel that they preached turned the world upside down, and it has never been the same since that time.

“

God made the world to enlarge heaven. He desired a larger family.

The disciples now understood what Adam and Eve had known at the beginning. Jesus is the real source of joy and happiness.

The Bible describes Jesus as "Chief among ten thousand" Song of Solomon 5:10, *last part*, and as "altogether lovely," Verse 16. He is the Source of all true pleasure and satisfaction, the Giver of every good and perfect gift, the Author of every blessing, He is the Remedy for sin, and He is the One in whom our hope of eternal life is centered.

The reason why so many people are unhappy today is because they do not have a connection with the source of true happiness. Not only do people have a fuzzy idea today about Jesus, their Lord and Saviour, they also have an indistinct and deluded idea about God the Father.

"Many conceive of the Christian's God as a being whose attribute is stern justice—one who is a severe judge, a harsh, exacting creditor. The Creator has been pictured as a being who is watching with jealous eye to discern the errors and mistakes of men, that He may visit judgment upon them. In the minds of thousands, love and sympathy and tenderness are associated with the character of Christ, while God is regarded as the law-giver, inflexible, arbitrary, devoid of sympathy for the beings He has made.

"Never was there a greater error. Nature and revelation alike testify of God's love. It is from Him that we receive every good gift. He is the source of life, of wisdom, and of joy. ...

"God made man perfect and holy and happy; and the fair earth, as it came from the Creator's hand, bore no blight of decay nor shadow of the curse. It is transgression of God's law that has brought woe and death. ... God cursed the ground for man's sake. ... The trials that make his life one of toil and care, were appointed for his good, as a part of the training needful in God's plan for his uplifting from the ruin and degradation." *Bible Training School*, November 1, 1908

Satan has worked tirelessly to create in man a fuzzy idea of who Jesus is and delude them about the character of God. He has put his own attributes upon God so that people are unable to distinguish between God's

character and Satan's character. They see God as being uncaring, judgmental, and strict, believing instead, though without realizing it, that the devil is their benefactor because he tells them they can do whatever they please.

It is possible for every human being to have greater joy in their life than anything that the devil can give, and it is astonishing that there are so few Christians who have a clear understanding of this. "Whoever succors the poor, or sympathizes with the afflicted and oppressed, or befriends the orphan, is brought into closer relationship with the pitying Saviour. He who is the source of all blessing, has granted to men the privilege of becoming partakers of the divine nature, and in their turn, of diffusing blessings to their fellowmen. This is the highest honor, the greatest joy, which it is possible for God to bestow upon men. Those who thus become participants in labors of love are brought nearest to their Redeemer."

The Home Missionary, July 1, 1891

When your life becomes involved and centered in helping and blessing others, you will experience the greatest joy. If you are not involved in blessing your fellow man, then you will not experience God's greatest joy. "He who refuses to become a laborer together with God, the man who for the sake of selfish indulgence ignores the wants of his fellowmen, is withholding from himself the richest blessings that God could give him." Ibid.

Before sin entered the world, there was no unhappiness in the garden of Eden. Literally translated, the word *Eden* means "garden of delight, garden of bliss." There was constant joy, constant happiness. However, as a consequence of sin, many people are dissatisfied. All dissatisfaction and unhappiness is a result of sin, which has created so many troubles and problems to deal with today.

But in spite of sin, God wanted to show His people that if they would follow Him, they would have satisfaction and peace.



Per the Declaration of Independence, everyone has the right to the pursuit of happiness.

"In the arrangements for the education of the chosen people it is made manifest that a life centered in God is a life of completeness. Every want He has implanted, He provides to satisfy; every faculty imparted, He seeks to develop." *Education*, 41

Because of sin, it may appear that some never find satisfaction or happiness, or that they struggle with some terrible sin or disease or loss. The Bible tells us that even if we choose to follow Jesus Christ, as a consequence of sin, we may lose or have to sacrifice things. "And everyone who has left houses or brothers or sisters or father or mother or wife or children or lands, for My name's sake, shall receive a hundredfold, and inherit eternal life." Matthew 19:29. No matter what we are willing to sacrifice in this world to follow Jesus, He promises that we will be rewarded a hundredfold and gain eternal life.

"Whatever crosses they [God's people] have been called to bear, whatever losses they have sustained, whatever persecution they have suffered, even to the loss of their temporal life, the children of God are amply recompensed." *Christ's Object Lessons*, 180

The reason that so many people are sad and discouraged is because they do not know Jesus nor the Father. "The life in which the fear of the Lord is cherished will not be a life of sadness and gloom. It is the absence of Christ that makes the countenance sad, and the life a pilgrimage of sighs." Ibid., 162

"When the light of heaven shines upon the human agent, his countenance will express the joy of the Lord within. It is the absence of Christ from the soul that makes people sad and of a doubtful mind." *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1144

Jesus told His disciples that He would be going away, and that they would be really sorrowful, but that He would return and their hearts would rejoice and they would experience joy that no one would be able to take from them.

There are many troubles and trials that we will go through in this world, but we can find joy in thinking about the future happiness that God has planned for us. A time is coming when all sorrow and sighing will cease. All disappointment and grief will be gone. In their place, we will experience joy, gladness and happiness beyond anything we can imagine now.

“And the ransomed of the Lord shall return, and come to Zion with singing, with everlasting joy on their heads. They shall obtain joy and gladness, and sorrow and sighing shall flee away.” Isaiah 35:10. Where is this place where we will no longer have to live in the dark, sinful world? Heaven—the place where Jesus is.

Our education for heaven occurs primarily in the home school. Unfortunately, too many homes are filled with sadness and little happiness.

“There must be no angry words spoken in the home, no seeds of coarse [rude], common talk sown in your children’s hearts, or they will have no confidence in you when you speak in meeting. God help us to have the peace of Christ in our hearts, that we may teach our children the way of life and peace! We may have a little heaven to go to heaven in, if Christ breathes upon us His Holy Spirit.” *The Review and Herald*, April 21, 1891

If my home is less like heaven and more like purgatory, a place of suffering and misery, will everyone in my home go to heaven? No. But if Christ breathes the Holy Spirit upon me and my family members, our home will become like heaven.

“Parents, make your home a little heaven on earth. You can do this, if you so choose. You can make home so pleasant and cheerful that it will be the most attractive place on earth to your children. Let them receive all the blessings of the household. You can so relate yourselves to God that His Spirit will abide in your home. Come close to the bleeding side of the Man

of Calvary. Those who are partakers with Him in His sufferings will at last be partakers with Him in His glory.”

Manuscript 77, 1902

“We must let Christ into our hearts and homes if we would walk in the light. Home should be made all that the name implies. It should be a little heaven upon the earth, a place where the affec-

tions are cultivated instead of being studiously re-

pressed.” *The Review and Herald*, June 22, 1886

In heaven, the angels are companions to one another, their love for each other is often expressed, freely and openly. Today, there are many so-called

Christians who claim to be ready for heaven, but in their homes love and affection are not freely, openly expressed.

Someone may say, Well, I just don’t love my spouse anymore. If that is your problem, then you don’t know Jesus. If you receive the Holy Spirit, the Lord will put love in your heart for the people in your family. But if you do not have love for the people in your family, then you must go to the Lord and ask to be converted, to receive the Holy Spirit, and to be changed, with a new heart. Without love for our family, which shows that we do not love God, we will not go to heaven. There are Adventists all over the country who have sad, unhappy homes, who are playing religion, pretending to be Christians, but who are not ready for Jesus to come.

If we receive the Holy Spirit, our homes will be filled with affection and sympathy, with love freely and openly expressed, making them a little heaven

to go to while here on this earth. Is this how it is in your home?

“Our happiness depends upon this cultivation of love, sympathy, and polite courtesy to one another. The reason why there are so many hard-hearted men and women in our world, is because true affection has been regarded as weakness, and has been discouraged and repressed. The better part of the nature of those of this class was perverted and dwarfed in childhood; and unless rays of divine light can melt away their coldness and hard-hearted selfishness, the happiness of such is buried forever.” *Ibid*.

“If we would have tender hearts, such as Jesus had when He was upon the earth, and sanctified sympathy, such as the angels have for sinful mortals, we must cultivate the sympathies of childhood, which are simplicity itself. Then we shall be refined, elevated, and directed by heavenly principles.” *Ibid*.

If our homes are not happy, that is absolute proof that not everyone in our home is ready to go to heaven. If you look at your home and it appears to be more like purgatory than heaven, then go to God and ask Him to send the Holy Spirit to convert you and your family. “Unless rays of divine light can melt away their coldness and hard-hearted selfishness, the happiness of such is buried forever.” *Ibid*.

Do you know Jesus? Are you trying to copy His character in your home with your loved ones so that your home will become a happy place? Go to God. “Work out your own salvation with fear and trembling.” *Philippians 2:12, last part*

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” *Romans 15:13* **LM**

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“
*Wherever the religion
of Christ works, it will
brighten and sweeten every
detail of life.*”



Mortal or Immortal

By James E. White

What testimony does the Bible bear concerning the condition of man after death? It is vain to search for an answer to this important question outside the word of inspiration. So let us consider the teaching of the good, old Book.

God said to Adam and Eve in the garden of Eden, "And the Lord God commanded the man, saying, 'Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.'"

Genesis 2:16, 17

Regarding those living since the fall, God's ultimatum has been sent through the prophet: "The soul who sins shall die." Ezekiel 18:4, *last part*. Paul tells us, "For the wages of sin is death." Romans 6:23, *first part*. And, "For as in Adam all die." 1 Corinthians 15:22, *first part*.

Still, we find that an opposite opinion is held regarding this question. Its origin was in the garden of Eden. Satan was its author as he appeared to Eve and invited her to eat of the forbidden fruit. He told

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It is not always safe to trust sentiment and popular theology too implicitly.

her that God's statement that death would be the result of eating the fruit of that tree, was not true. Satan said, "Ye shall not surely die." Genesis 3:4

Hence, from the pulpit, and by the religious press of the day, we are told that at death man does not really die. We are told that the soul, which is claimed to be the real thinking, intelligent part of man, is immortal, and hence can never die.

To those sorrowing because of the loss of loved ones, the all-prevailing source of comfort and consolation is that their beloved dead are not really dead, but that the intelligent part, the soul, has, instead, actually entered upon a higher state of existence and enjoyment. It is explained that "There is no death; what seems so is transition." And the poet sings,

"Dust thou art, to dust returnest,
Was not spoken of the soul."

Psalm of Life, by Henry Wadsworth Longfellow

This all seems good, so far as sentiment goes, but is it true? It is not always safe to trust sentiment and popular theology too implicitly. God knows all about it, for the nature of man and his destiny were planned by Him, and human theories, be they never so popular and worldwide, and theology, be it never so positive, will not change God's plans and purposes.

God's word, the Bible, was given to reveal to man God's plans and purposes regarding the human race. It tells of man's origin, explains his present condition, and foretells what his future will be. It is, therefore, safe to rely implicitly upon the statements of Scripture for a definite settlement of a question of such vital importance.

"To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them." Isaiah 8:20

A *mortal*, as defined by Webster, is, "a being subject to death." The following texts show the scriptural use of the word:

"Can a mortal be more righteous than God? Can a man be more pure than his Maker?" Job 4:17

"Therefore do not let sin reign in your mortal body." Romans 6:12

"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you."
Romans 8:11

"For this corruptible must put on incorruption, and this mortal must put on immortality." 1 Corinthians 15:53

The foregoing texts teach plainly that man is mortal, subject to death. Our "mortal bodies" shall be quickened at the resurrection of the just, and at that time "this mortal must put on immortality."

"Then [at the resurrection] shall be brought to pass the saying that is written: 'Death is swallowed up in victory.' " Verse 54, *last part*

Webster defined *immortal* as "not mortal; exempt from liability to die; undying; imperishable; lasting forever; having unlimited or eternal existence."

If God gave man such qualities as are expressed in this definition, with power to transmit them to His offspring, as must be the case if the theory of natural immortality be true, it is reasonable to suppose He would reveal the fact in His word. Has He ever made such a revelation? No, not in a single instance is it to be found in the Bible.

In the Old Testament, the words *immortal* and *immortality* are not to be found. In the English version of the New Testament, the word *immortal* occurs once:

"Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen." 1 Timothy 1:17. The word *immortal* is never applied to human beings in the Bible.

The word *immortality* occurs five times in the English version of the New Testament as follows:

“Eternal life to those who by patient continuance in doing good seek for glory, honor, and immortality.” Romans 2:7. This shows that we do not now possess immortality, for if we do, why should we be instructed to seek for it?

In 1 Corinthians 15:53, 54, as quoted above, this question refers to the resurrection to take place when Christ comes to receive His own. And the statement is distinctly made that man is now mortal, but at that time immortality is to be “put on,” before he can inherit the kingdom prepared for the righteous.

“Who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen.” 1 Timothy 6:16. This verse shows that reference is here made to “the blessed and only Potentate, the King of kings, and Lord of lords.” Here Paul plainly states that God alone possesses the attribute of immortality.

“Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began, but has now been revealed by the appearing of our Saviour Jesus Christ, who has abolished death and brought life and immortality to light through the gospel.” 2 Timothy 1:8–10. Here we are told that the truth regarding immortality is brought to light “through the gospel.” Reason and science cannot demonstrate it. Neither can the oracles of heathenism, the decretals [papal letter giving authoritative decision on a point of canon law] of the pope, nor the creeds of churches reveal it to us. God’s word alone can give us the desired light.

A Cornerstone

The critical clergyman and Bible commentator, J. N. Andrews, writes:

“The doctrine of the immortality of the soul is something indispensable to almost every prominent religious system.

“It is the cornerstone of heathenism. All, or nearly all, the gods of heathenism are dead men who were turned into gods by dying. They are simply the immortal souls of the dead.

“Romanism is indebted to this doctrine for all its saints are now acting as mediators with God. It is a fundamental idea in the system of purgatory. In fact, Romanism is as much dependent on this doctrine as is heathenism and is incapable of existing without it.

“Spiritualism is simply the embodiment of this doctrine of natural immortality. It is incapable of existing without it. The very mission of Spiritualism, as proclaimed by itself, is to establish the doctrine of the immortality of the soul.

“Is it not strange that this cornerstone of heathenism, Romanism, and spiritualism, should also be the cornerstone of modern orthodoxy? Yet, such is the case. It is in these days esteemed the marrow and fatness of the gospel. And so prevalent is this doctrine, that the advent of Christ, the resurrection of the dead, and the judgment, are rendered almost obsolete by it.”

How Applied

In the book *Pauline Theology*, by H. L. Hastings, are found the following statements:

1. The apostle Paul is the only writer in the whole Bible who makes use of the word immortal or immortality.
2. He never applies it to sinners.
3. He never applies it to either righteous or wicked in this world.
4. He never applies it to men’s souls at all, either before or after death.
5. He speaks of it as an attribute of the King eternal. 1 Timothy 1:17

6. He declares that He [God] is the only possessor of it. 1 Timothy 6:16
7. He presents it as an object which men are to seek after by patient continuance in well-doing. Romans 2:7
8. He speaks of it as revealed or brought to light in the gospel of the Son of God. 2 Timothy 1:10
9. He defines the period when it shall be “put on” by the saints of God, and fixes it at the resurrection, when Christ, who is our life, shall appear. 1 Corinthians 15:52, 54
10. Therefore, he never taught the immortality of the soul, as it is now taught, and hence, when he declared that sinners should be destroyed, or perish, or die, or be burned, or devoured by fire, he did so without any “mental reservations,” or “theological definitions,” in other words, he said what he meant, and meant what he said.

Use of Terms

In his tract entitled, “The Intermediate State,” Evangelist G. W. Angell says:

“If the saints are dead they are not alive. If they are in the grave, they are not in heaven. If they have no thoughts, then they are not thinking. If they know nothing, then they are not intelligent. If they are asleep, then they are not awake. If they are to be rewarded at the judgment, they are not being rewarded now. Is this not the doctrine of the Bible?”

A New Dictionary

“It is a notorious fact that in our theological works a nondescript dictionary is made with definitions as follows: ‘To be dead,’ means to be more conscious. ‘To die,’ is to live on in woe. ‘To lose life,’ is to preserve a miserable existence. ‘Life’ means happiness. ‘To burn up,’ is to make a living salamander. ‘To destroy,’ is to preserve whole. ‘To devour,’ ‘perish,’ ‘consume,’ etc., mean to make indestructible and immortal. ‘Not to be,’ to be without end!”—Reverend Jacob Blain, Baptist minister of Buffalo.

Origin of the Doctrine

Mr. Panton Ham, of Bristol, England, in writing of the immortality of the soul, says:

“Let it be registered as the genuine genealogy, that pagan Plato was its father, and the profligate Pope Leo its foster father. Born and bred by the pagan philosophy, the protégé of popery, this notion of the soul’s immortality has become a pet dogma of popular Protestantism, which, with a strange forgetfulness of its low lineage, openly declares it to be the honorable offspring of a true orthodoxy.”

Unknown in the Bible

Olshausen, in his comments on 1 Corinthians 15:19, “If in this life only we have hope in Christ,” etc., says: “The doctrine of the immortality of the soul, and the name, are alike unknown to the entire Bible.”

And in explaining Luke 16:24–26, he also states: “The Bible knows not either the expression, ‘immortality of the soul’ (God is He ‘who alone hath immortality.’ 1 Timothy 6:16), or the modern doctrine of immortality.”

God’s Design

Professor Hudson, author of a valuable Greek Concordance of the New Testament, says:

“We regard man as created not absolutely immortal, but in a certain sense for immortality; i.e., immortality was his natural and proper destination. He was designed to be immortal in the same sense in which he was designed for eternal life; or, as the chief end of man is to glorify God, to enjoy Him forever. In this view, we maintain that the guilty failure of eternal life brings the penal forfeiture of immortality.”

From the Original

For the benefit of those who desire to study the original text on this subject, the following is given from the pen of the author and clergyman, Uriah Smith:

“The word, ‘immortal’ occurs but once in the English version of the Scriptures; 1 Timothy 1:17; and there it is applied, not to man nor any part of man, but to God. The original word, however, from which it comes, *aphthartos*, occurs seven times in the New Testament; and in the six other instances of its use it is rendered *incorruptible*, but is never applied to man. Its entire use is as follows, the rendering of the word being in italics:

“Romans 1:23, the glory of the *incorruptible* God.

“1 Corinthians 9:25, they do it to obtain a corruptible crown; but we an *incorruptible*.

“Chapter 15:52, the dead shall be raised *incorruptible*.

“1 Timothy 1:17, unto the King eternal, *immortal*.

“1 Peter 1:4, to an inheritance *incorruptible*.

“Verse 23, born again, not of corruptible seed, but of *incorruptible*, by the word of God.

“Chapter 3:4, the hidden man of the heart, in that which is *not corruptible*.

“It will thus be seen that in Romans 1:23, it is applied to God; in 1 Corinthians 9:25, to the crown of immortality which we seek; in 1 Corinthians 15:52, to the incorruptible bodies we receive in the resurrection; in 1 Peter 1:4, to the future inheritance of the saints; in verse 23, to the principle by which conversion is wrought in us; and in 1 Peter 3:4, to the ornament of a meek and quiet spirit which we put on through Christ.

“But although man is nowhere called immortal, is not the equivalent declaration somewhere made that he had immortality? The word *immortality* occurs in the English Scriptures but five times; but it comes from two words in the Greek, and these occur in the aggregate eleven times. The first of these, *athanasia*,

occurs but three times, and is every time rendered “immortality” as follows:

“1 Corinthians 15:53, this mortal must put on *immortality*.

“Verse 54, when this mortal shall have put on *immortality*.

“1 Timothy 6:16, who only hath *immortality*.

“In these instances the word is applied to what we are to put on in the resurrection, and to God, who, it is declared, is the only One who by nature hath it. The other word, *aphtharsia*, occurs eight times as follows:

“Romans 2:7, to them who ... seek for glory and honor and *immortality*.

“1 Corinthians 15:42, it is raised in *incorruption*.

“Verse 50, neither doth corruption inherit *incorruption*.

“Verse 53, this corruptible must put on *incorruption*.

“Verse 54, when this corruptible shall have put on *incorruption*.

“Ephesians 6:24, love our Lord Jesus Christ in *sincerity*.

“2 Timothy 1:10, brought life and *immortality* to light.

“Titus 2:7, showing uncorruptness, gravity, *sincerity*.

“In all these instances it will be seen that the word is not once applied to man, but to that for which we obtain by the resurrection, to our love to Christ, to what Christ has brought to light, and to the doctrine we are to cherish. The way in which these words are used is very significant, and should have great weight in deciding this question.”

Death has been the lot of man ever since the fall of our first parents, but

Christ will destroy it. Immortality is not now possessed by the sons of Adam, but will be given to the saints “When Christ who is our Life appears.” Colossians 3:4, *first part*

“How has Christ brought life and immortality to light? Answer: By abolishing death. There could have been no life nor immortality without this; for the human race was hopelessly doomed to death through sin. Then by what means and for whom has He abolished death? Answer: He has abolished it by dying for man and rising again, a victor over death; and He has wrought this work only for those who will accept of it through Him; for all who reject His proffered aid, will meet at last the same fate that would have been the lot of all had Christ never undertaken the work of redemption in our behalf. Thus through the gospel—the good news of salvation by His sufferings and death—He has brought to light the fact, not that all men are by nature in possession of immortality, but that a way is opened whereby we may at last gain possession of this inestimable boon.”—Smith

According to the popular dogma of the natural immortality of man, the righteous go to their reward, and the wicked to their punishment, at death. But the Bible doctrines of the judgment, the resurrection of the dead, and the second coming of Christ, make such a theory untenable.

The Bible plainly teaches a judgment still in the future.

Paul, before Felix, “reasoned of righteousness, temperance, and judgment to come.” Acts 24:25

The scene of the judgment is described in Revelation 20:12, 13; and that it takes place at the end of the world is evident from the statements found in the nineteenth and twentieth chapters of Revelation.

The apostle Peter says, “The Lord knows how to deliver the godly out of temptations and to reserve the unjust

under punishment for the day of judgment.” 2 Peter 2:9

In this text it is stated that the wicked are reserved “under punishment for the day of judgment.” Hence they are not immortal, and are not now receiving their chastisement.

Paul says also, that God “has appointed a day on which He will judge the world.” Acts 17:31

As an evidence that the righteous do not yet possess immortality, and are not now receiving their reward, the Bible plainly teaches that they do not receive it until the coming of Christ, and the resurrection, and the judgment.

Rewarded at the second coming of Christ:

“For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works.” Matthew 16:27

John prophesies of Christ, “And behold, I am coming quickly, and My reward is with Me, to give every one according to his work.” Revelation 22:12

Crowned at the appearing of the Chief Shepherd:

“And when the Chief Shepherd appears, you will receive the crown of glory that does not fade away.” 1 Peter 5:4

Recompensed at the resurrection:

“For you shall be repaid at the resurrection of the just.” Luke 14:14, *last part*. Not at death.

Paul looked forward to the resurrection as the only hope of those who die. He said, “For if the dead do not rise, ... your faith is futile; ... then

also those who have fallen asleep in Christ have perished.” 1 Corinthians 15:16–18

In John 6:39, Christ said that He would lose nothing of all the Father had given, but would “raise it up again at the last day.” This shows that to be saved we must be resurrected.

In “Theology of the Scriptures,” Vol. ii, p. 315, Andrew Carmichael says: “It cannot be too often repeated: If there be an immortal soul, there is no resurrection; and if there be any resurrection, there is no immortal soul.”

“
*The doctrine of the
immortality of the soul
is something indispensable
to almost every prominent
religious system.*”

Rewarded at the judgment:

“The nations were angry, and Your wrath is come, and the time of the dead, that they should be judged, and that You should reward Your servants the prophets and the saints, and those who fear Your name, small and great.” Revelation 11:18

No comment is needed upon such plain statements from the word of God. It is folly to argue that at death the wicked receive their punishment and afterward are recalled for judgment, for this is yet in the future.

It is equally unscriptural to claim that the righteous, at death, obtain their great reward in heaven, and later are to be called back to the judgment to ascertain if the reward has been rightly bestowed. And further, the foregoing quotations of scriptures prove clearly that the reward is not to be given until the judgment, the coming of Christ, and the resurrection of the just.

Past, Present, and Future, James Edson White, ©1909, 147–157 **LM**

He Hears and Answers

By Judy Rebarchek

Cancer. Heart disease. Covid-19. Mental illness. Repeated hospital stays. Day after day, prayer after prayer, asking God for healing. But too often there is no healing, and it is death that comes. Why didn't God answer these prayers?

"God knows the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world. This is one reason why, while presenting our petitions with earnestness, we should say, 'Nevertheless not my will, but Thine, be done.' Luke 22:42. ...

"The consistent course is to commit our desires to our all-wise heavenly Father, and then, in perfect confidence, trust all to Him. We know that God hears us if we ask according to His will. But to press our petitions without a submissive spirit is not right; our prayers must take the form, not of command, but of intercession.



“There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus.” *The Ministry of Healing*, 230

My mother told me an old story of a son and his father. The boy was a Christian who loved the Lord. One day he became very ill; in fact, he was dying. The father prayed and pleaded with God to spare the life of his son. He went so far as to demand that God restore his son to good health. God answered the father’s prayer, and the son was healed. Sadly, as he grew into young manhood, he chose a course that took him away from God. He went so far away that he committed terrible crimes and ultimately spent the rest of his life in prison, unrepentant. Imagine how that father felt. If the son had died as a young, Christian boy, he might have been saved, but because of the father’s plea that God heal the boy, he lived, but was lost.

There are prayers that the Bible says are an abomination to God because the answer is directly related to the relationship that a person has, or does not have, with God. It is a fearful thing to come to God asking for His blessing and healing when our hearts are unwilling to obey His law (*Conflict and Courage*, 159). “One who turns away his ear from hearing the law, even his prayer is an abomination.” Proverbs 28:9

“We must become intelligent as to the conditions upon which God will hear and answer prayer. There are many useless, meaningless words employed in prayer, but these heartless petitions are not acceptable, and cannot prevail with God. If the soul is stained with impurity, if iniquity is cherished in the heart, the offering of prayer is an abomination to God.” *The Signs of the Times*, December 16, 1889

“While some who profess to know God remain in their present state, their prayers are an abomination in His sight. They do not sustain their faith by their works, and it would have been better for



some never to have professed the truth than to have dishonored their profession as they have done. While they profess to be servants of Christ, they are servants of the enemy of righteousness; and their works testify of them that they are not acquainted with God, and that their hearts are not in obedience to the will of Christ. They make child’s play of religion; they act like pettish children. They serve God at will and let it alone at pleasure.” *Ibid.*, August 11, 1887

But why doesn’t God answer my prayer? I have committed my life to Him. I study my Bible and pray every day. I seek to do His will. I have asked, but it seems that He does not hear.

It is with love and mercy that God answers our prayers. He may answer with a firm yes or no. The answer may be to wait. He may not answer in the way we have asked or feel He should or maybe even have demanded, but God never ignores the prayer of a faithful penitent; an answer will always come.

“The prayer of faith is never lost; but to claim that it will be always answered in the very way and for the particular thing we have expected is presumption.” *Testimonies*, Vol. 1, 231

“At all times and in all places, in all sorrows and in all afflictions, when the outlook seems dark and the future perplexing, and we feel helpless and alone, the Comforter will be sent in answer to the prayer of faith.” *The Desire of Ages*, 669, 670

“We all desire immediate and direct answers to our prayers, and are tempted to become discouraged when the answer is delayed or comes in an unlooked-for form. But God is too wise and good to answer our prayers always at just the time and in just the manner we desire. He will do more and better for us than to accomplish all our wishes.” *The Ministry of Healing*, 230, 231

“That prayer which comes forth from an earnest, believing heart is the effectual, fervent prayer that availeth much. God does not always answer our prayers as we expect, for we may not ask what would be for our highest good; but in His infinite love and wisdom He will give us those things which we most need.” *Gospel Workers* (1892), 32

“Make your requests known to your Maker. Never is one repulsed who comes to Him with a contrite heart. Not one sincere prayer is lost. ... God hears



the cries of the weakest human being. We pour out our heart's desire in our closets, we breathe a prayer as we walk by the way, and our words reach the throne of the Monarch of the universe. They may be inaudible to any human ear, but they cannot die away into silence ... Nothing can drown the soul's desire. ... It is God to whom we are speaking, and our prayer is heard." *In Heavenly Places*, 82

"We have a God whose ear is not closed to our petitions; and if we prove His word, He will honor our faith. ... God does not always answer our prayers the

first time we call upon Him; for should He do this, we might take it for granted that we had a right to all the blessings and favors He bestowed upon us." *Our Father Cares*, 100

We have a responsibility to do those things that God instructs us to do. How can we pray for and expect to be in good health if we are violating the laws of health, to be safe when we deliberately put ourselves in danger, to have strength against yielding when we place ourselves in the path of temptation?

"In all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; fear the Lord and depart from evil. It will be health to your flesh, and strength to your bones." Proverbs 3:6-8

"But [from] those who have no sense of the goodness and mercy of God, [those] who refuse His merciful warnings, who reject His counsels to reach the highest standard of Bible requirements, who do despite to the Spirit of grace, the Lord would remove His protecting power." *Manuscript Releases*, Vol. 14, 2, 3

"Sickness is caused by violating the laws of health." *Healthful Living*, 60

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health." *The Ministry of Healing*, 234

I am frequently reminded of my favorite Spirit of Prophecy quotation found in the chapter titled, "The Privilege of Prayer" in *Steps to Christ*, 100:

"Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. 'The Lord is very pitiful, and of tender mercy.' James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. 'He healeth the broken in heart, and bindeth up their wounds.' Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son."

With references like that, there is no reason we should doubt God's responses to our prayers. He longs to give us the best things. It is not His will that people are sick and lonely, desperate and dying, but these are the things that human beings face in this world of sin.

The day my husband died, I begged God to bring him back. I did everything I knew how to do to restart his heart, to help him breathe, but God said no. I asked "Why?" He said, "Trust Me."

God will always answer the prayer of a faithful, contrite heart. It may not be how we want, but it will always be what we most need and always according to His good will for our lives or maybe for the good of someone else.

My mother also told me this story:

A church minister was about to begin the evening service, but before he gave his sermon, he introduced a guest minister who was one of his dearest childhood friends, giving him a few moments to share whatever was on his heart. The elderly minister related the following story.

A father, his son, and his son's friend went sailing. They were enjoying the day when a fast-moving storm blew in and made it impossible for the father to get the boat back to shore. The waves were so turbulent that, even as an experienced sailor, the father was unable to keep the boat upright and it capsized, throwing all three into the raging waters.

The father grabbed the one and only lifeline and had to make the most terrible decision a parent could make: to which boy would he throw the end of the lifeline? His son was a Christian, but his friend was not. In seconds, the father made his decision. He yelled to his son that he loved him and then threw the lifeline to his son's friend, pulling him to the relative safety of the capsized boat. When he turned to throw the lifeline to his son, the boy had disappeared, and his body was never found.

The father knew his son would be saved when Jesus came, but he could not bear the thought that his son's friend would not be, so he had sacrificed his son's life to save his friend.

The elderly minister took his seat, and the young minister gave a brief sermon. However, as soon as the service ended, two young boys came to the old minister. They said they thought that was a nice story, but they didn't think it was very realistic that a father would let his own son die in hopes that someone else would become a Christian. The old min-



ister smiled and allowed that it might not be very realistic, but that he could attest to the truth of the story because he was that father, and their minister was the young man he saved.

Just as this father saved the wayward friend at the cost of the life of his son, so God sacrificed the life of His Son so that sinful mankind would have the opportunity to be saved.

Friend, the Lord conducts so much of His business in the realms that we cannot see with human eyes, and that is why we must always trust Him. Perhaps a prayer of healing isn't answered, and a person dies because they might not be able to withstand trial later, or it may be to save a life that has not yet found God.

When I was a child, my mother would tuck me into bed at night, kiss me on the forehead and tell me she loved me,

that she would always take care of me, and everything would be all right. I believed that completely as I closed my eyes and fell asleep. And until the day she closed her eyes in death, to wait for the coming of the Lord, she kept that promise to me. God has promised that we can always trust and depend on Him, and He keeps that promise.

He says, "Yes, I have loved you with an everlasting love; therefore with loving-kindness I have drawn you." Jeremiah 31:3

And "He [the Lord] will be with you, He will not leave you nor forsake you; do not fear nor be dismayed." Deuteronomy 31:8, *last part*

"Commit your way to the Lord, trust also in Him ... Rest in the Lord, and wait patiently for Him." Psalm 37:5, *first part, 7, first part*

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6, 7

"And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight." 1 John 3:22

While we ask and wait for God's answer, let us remember that no matter the trial or hardship, no matter the pain or sadness, no matter the loss, in spite of the temptation to wonder if God has abandoned us or isn't interested, we can with confidence know that we never have to bear it alone.

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." 1 Corinthians 10:13 [LM](#)

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Christian Character

Clues – KJV

Across

- C4 Jesus is the author and _____ of our faith. Hebrews 12:2
 C18 From when were the commandments heard? 1 John 2:7
 E7 The king of _____ warred against Israel. 2 Kings 6:8
 E17 Train up a _____ in the way he should go. Proverbs 22:6
 F2 According to God's _____ He saved us. Titus 3:5
 G7 Precedes patience. 2 Peter 1:6
 G18 God's mercy _____ forever. Psalm 136:1
 K2 Job was an _____ man. Job 1:8
 K18 We are drawn to the Lord with everlasting _____. Jeremiah 31:3
 N8 Paul encourages us to glory in _____. Romans 5:3
 O2 Something God does not retain forever. Micah 7:18
 R18 God _____ His Son for those who believe in Him. John 3:16
 S9 All _____ are commanded to repent. Acts 17:30
 S13 We are to _____ for those who persecute us. Matthew 5:44
 T2 Moses was put in the _____ of the rock. Exodus 33:22
 U7 What kind of love is required of Christians? Romans 12:10
 U22 The king of Syria sent soldiers to _____ Elisha. 2 Kings 6:13
 W15 We are taught to entertain _____. Hebrews 13:2
 X4 After being fed, the soldiers were sent to their _____. 2 Kings 6:23
 Y12 Jesus was brought as a lamb to the _____. Isaiah 53:7
 Y22 Evil can be overcome with _____. Romans 12:21

Down

- B7 God's Son was sent to be the propitiation for our _____. 1 John 4:10
 B11 Joseph's brothers called him a _____. Genesis 37:19
 B13 Jesus was crucified between two _____. Luke 23:33
 B21 Be of the same _____ one toward another. Romans 12:16
 C2 We need patience to receive the _____. Hebrews 10:36
 C4 Job _____ God and eschewed evil. Job 1:1
 C25 An eagle stirs her _____. Deuteronomy 32:11
 E23 As Jesus _____, we are to do also. Revelation 3:21
 G7 Paul said the Thessalonians were _____ of God to love others. 1 Thessalonians 4:9
 G16 Some have _____ angels. Hebrews 13:2
 G18 God's _____ should have made Job's mockers afraid. Job 13:11
 I5 The Syrians were smote with _____. 2 Kings 6:18
 J10 Being a minister of God could lead to _____. 2 Corinthians 6:5
 J21 Elisha revealed the words the king spoke in his _____. 2 Kings 6:12
 N2 Character trait of the saints. Revelation 14:12
 N8 God is abundant in goodness and _____. Exodus 34:6
 N14 When Joseph revealed himself to his brothers, they could not _____ him. Genesis 45:3
 O23 From what are we to add brotherly kindness? 2 Peter 1:7
 R4 To be a friend of the world is to be an _____ of God. James 4:4
 R19 Who is Michael? Jude 9

Answer Key:

[illegible]

T8 The _____ of God brings salvation.Titus 2:11
U17 The sufferings of today are not _____ to be compared with God's glory.Romans 8:18
U25 Jesus will come in the _____ of heaven.Mark 14:62



What Creature Kills the Most Humans?

That's not a trick question. Truth is, when you factor in all the ways human beings are capable of killing themselves and each other, it is likely that more people are killed by humans, than any other creature on the planet.

But other than human beings, there is one creature that kills more humans than any other.

There is, however, one creature that kills more humans than any other.

You might think it would be snakes, lions, elephants, the hippopotamus, or sharks. You'd be right that any one of these creatures kill quite a few humans each year.

But none of these animals, bugs, or reptiles kill more than the itchy-bitsy mosquito. Mosquitoes transmit life-threatening diseases that kill 725,000-1,000,000 people every year.

The word *mosquito* comes from the Spanish meaning "little fly." Their bodies are slender and segmented, with one pair

of wings, a pair of halteres (two small club-shaped organs that help with body stabilization during flight), three pairs of long, hair-thin legs, and elongated mouthparts.

There are four stages to the mosquito's life cycle: egg, larva, pupa, and adult. The female lays her eggs by flying over the surface of the water, bobbing up and down to drop eggs as she goes. A female mosquito can lay 100-200 eggs during the course of the adult phase of her life cycle.

Adult mosquitoes typically mate within days after emerging from the pupal stage. It is a rather impersonal process, as the males simply swarm together around dusk and the females fly into the swarm to mate.

When the eggs hatch, the larvae eat the algae and other organic material in the water. During this stage, the larvae can become a meal for freshwater animals, such as dragonflies, fish, and ducks.

The female mosquito is equipped with a proboscis—a tube-like mouthpart that can pierce the skin of its host and feed on their blood. The protein and iron they get from the blood helps in the production of eggs and thereby, the perpetuation of the species.

Male mosquitoes live for about five to seven days. Females live about a month in nature. Their lifespan is determined by temperature, humidity, and their ability to find a continual supply of hosts without becoming a meal themselves.

Mosquitoes don't live or function well in temperatures below 50° F and are most active in temperatures between 59°-77° F. There are thousands of species of mosquitoes all around the world feeding on mammals (including humans), birds, reptiles, amphibians, and even fish.

Mosquitoes are known as *vectors* of parasitic diseases. That means they are a living agent that carries and transmits an infectious pathogen to other living

ANIMAL	PEOPLE KILLED	NOTE
Snake	50,000	
Dog	25,000	mainly from the transmission of rabies
Assassin Bug	10,000	includes the tsetse fly, a primary carrier of malaria
Freshwater Snail	10,000	parasitic worm that carries the disease schistosomiasis
Scorpion	2,600	
Roundworm & Tapeworm	2,000–2,500	
Crocodile	1,000	
Hippopotamus	500	
Elephant	100	
Lion	100	
Shark	10	



750K – 1M
*people are killed by
 mosquitos every year*

organisms. While biting an infected host, they ingest pathogens and then through their saliva, transfer that pathogen to the next host. Only the females of certain species of mosquitoes spread these pathogens. In the United States, those species are: *Anopheles*, *Aedes*, and *Culex*. According to the World Health Organization, some of those diseases include: chikungunya, dengue, lymphatic filariasis, Rift Valley fever, Yellow fever, Zika, malaria, Japanese encephalitis and West Nile fever.

The worst disease carried by mosquitoes—simply because it kills so many people—is malaria, caused by a single-cell parasite called *Plasmodium*. It kills “more than 600,000 people every year; [with] another 200 million incapacitated for days at a time. It threatens half the world’s population, and causes billions of dollars in lost productivity annually.” This little parasite infects the mosquito, and once it reaches the mosquito’s midgut, the parasites multiply and migrate back to the salivary glands.

Many of the diseases spread by mosquitoes are endemic [restricted] to particular areas of the world and not often found in the United States and Europe, except perhaps in the case of

the hapless traveler. Malaria, for example, is found mainly in areas with climatic factors like temperature, humidity, and rainfall—northern South America, Saudi Arabia, most of Africa, and Asia. African countries make up about 96% of all malaria deaths. In high altitude areas, colder seasons, and deserts, malaria does not occur or is less intense and more seasonal.

But why doesn’t the mosquito get sick from the infectious pathogen/parasite she picks up? Awanish Mishra at the National Institute of Pharmaceutical Education and Research Guwahati believes that it might be because the pathogen/parasite itself never comes into direct contact with the mosquito’s circulatory system. And El-Desouky Ammar at the University of Florida, IFAS & ARS-USDA suggests that the mosquito and the pathogen/parasite have a symbiotic relationship that is beneficial to both.

To reduce the chances of becoming an early-evening snack for a group of lady mosquitoes this summer, follow

these, and other, common sense guidelines:

- Monitor and disrupt standing water in gutters, uneven concrete, potted plants or spare tires on a weekly basis
- Discard waste in sealed plastic bags and ensure trash is collected regularly
- Fit water storage containers with tight lids and use fine-mesh coverings on storage vessels
- Wear light-colored, long-sleeve clothes, use insect repellent and sleep under a bed net
- Fit windows and doors with screens
- Use insecticide sprays or vaporizers in and around houses

Sources: worldatlas.com/animals/10-animals-that-kill-the-most-humans; smithsonianmag.com/smart-news/mosquitoes-kill-more-humans-human-murders-do; cdc.gov/malaria/about/distribution; Wikipedia.org/wiki/Mosquito; researchgate.net/post/Why_vector_mosquitoes_dont_get_affected_by_the_viruses_plasmodium_they_transmit; usatoday.com/story/news/health/2023/02/02/what-animal-kills-most-humans **LM**



Tony's Silver Dollar

Tony lived in the middle of a big city. His family was poor, but they were a happy family. They were happy because each one in the family, including Tony, had accepted the Lord Jesus as his Saviour. Even though Tony was only eight years old, he knew he was a sinner and had asked the Lord Jesus to wash away his sins. Because he believed what the Bible says, he believed that he would be in heaven with the Lord Jesus someday. Anyone who knows this is happy.

One day Tony's grandfather was visiting them and he gave Tony a silver dollar. Tony had never had a silver dollar before. He was so pleased with it that he kept looking at it, turning it over and over. He would put it in his pocket and then take it out to look at it again. How shiny and bright it was. He thought of many things he could buy with it.

Later that afternoon Tony reached into his pocket to take out his silver dollar again. It wasn't there! Where did it go? He turned all four of his pockets

inside out, but it wasn't in any of them. He looked everywhere he remembered being that day, starting in the house. He even checked down in the basement. Then he ran outside where he had been playing games on the sidewalk, but he couldn't find it. Tony felt so badly he began to cry.

When he still had not found it by evening, he was so downcast he just went to bed. He didn't even take the time to pray.

As he tried to go to sleep, a small, still voice seemed to say, "Tony, you didn't pray." He would turn over and try to forget about it, but pretty soon the same small, still voice would remind him again.

Tony tossed and turned for quite a while. Each time he was about to fall asleep, he would hear the voice in his mind saying, "Tony, you haven't prayed."

Finally, he sat up in bed and said to himself, "Maybe I had better pray after all."


Tony climbed out of bed and knelt down on the floor beside his bed. "Ouch! What's that?" His knee was pressing down on something cold and hard.

It was his silver dollar!

Do you think that the Lord Jesus in heaven really listens to children's prayers? Yes, He certainly does. Don't be afraid or get discouraged when things seem to be going all wrong. Talk to the

Lord Jesus about it, and ask Him for help. Tony would have found his silver dollar much sooner if he had knelt down to pray when he first went to bed. We will get help and guidance from the Lord much sooner if we take our trouble to Him right away.

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know." Jeremiah 33:3

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I've Waited My Whole Life

I turned to him and said, “I’ve waited my whole life to meet you.” It was 2003, and I was visiting a popular theme park for the first time. Standing there between the park’s two most famous characters to have my picture taken, I felt something was happening that I would remember forever.

And I have remembered it, and though I do remember how I felt in that moment, I now see the experience in light of something far more important.

Recently, what I said that day back in 2003 came to my mind, and I thought, there is a day coming when I should be able to look up and say to our returning Lord, “I’ve waited my whole life to meet You.”

I wish that I could meet Jesus with those words, but sadly, I—maybe you, too—have spent too much of my life involved in, busy with, enamored by the world. It was not my life’s work, early on, to develop the relationship with Jesus that would result in the formation of the character needed to meet Him on that not-so-distant morning.

There are no do-overs in this life. Time wasted with worldly things is time lost, never to be recovered, leaving less time to spend with Jesus. I have a picture of me with that theme park character, but am I ready to meet Jesus when He comes? We all have something that is part of this world that is special to us—a job, a home, family, friends,

sports, internet games, social media, a picture with someone famous, or even being famous—but are we working toward the one thing we need most, a perfected character?

“If we would at last share the reward of the righteous, we must wisely improve the time of our probation. Moments are more precious than gold. ...

“The coming of the Lord draweth nigh. We have but a little time in which to make ready. ... We need a close connection with God. We are not safe a moment unless guided and controlled by the Holy Spirit. ...

“Life, with its marvelous privileges and opportunities, will soon be ended. The time for improvement in character will be past. ...

“Life is short. The things of the world must perish with the using. Let us be wise, and build for eternity. We cannot afford to idle away our precious moments, or engage in busy activities that will bring forth no fruit for eternity. Let the time hitherto devoted to idleness, frivolity, worldliness, be spent in gaining a knowledge of the Scriptures, in beautifying our life ...” *Our High Calling*, 187

“God has not revealed to us the time when this message [the third angel’s] will close, or when probation will have an end. ...

“When Jesus rises up in the most holy place, and lays off His mediatorial garments, and clothes Himself with the

garments of vengeance in place of the priestly attire, the work for sinners will be done. ...

“The case of every soul will have been decided. ...

“We have no time to lose. We know not how soon our probation may close. ... Christ is soon to come.

“When probation ends, it will come suddenly, unexpectedly—at a time when we are least expecting it. But we can have a clean record in heaven today, and know that God accepts us; and finally, if faithful, we shall be gathered into the kingdom of heaven.” *The Faith I Live By*, 215

Lord, help us to see our desperate need of Your transforming power. Give us a sense of urgency, to be made ready for heaven. LM



Your Letters

"Praise God for *LandMarks* magazine. It is a great study and read."

—DO, North Dakota

"Thank you all for your uncompromising faith and work for present truth. We appreciate *LandMarks* magazine, too."

—DB, California

"God is there for us in all our times of grief and trouble as I was reminded in the February "Story Time – God and the Spider." Thank you for all the encouragement your *LandMarks* magazine gives."

—KW, Virginia

"I appreciate all the hard work I know you do for the Lord in producing the DVDs, CDs, and certainly, the beloved *LandMarks*."

—JA, Colorado

September Sermon of the Month

What the Spirit Says to the Churches

By John J. Grosboll

"He who has an ear, let him hear." God repeats this seven times in His messages to the churches in Revelation 2 and 3. He is saying "Pay Attention! This is important."

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

September

Dear friends,

Our mission is to communicate the three angels' messages so that every person has the opportunity to make an intelligent decision for eternal life or death.

Communication takes time. Whatever form of communication you might use—a written letter, teaching, giving counsel, distributing literature, DVDs/CDs, internet, radio, or television broadcasts—getting your message across takes time.

But have you noticed that in our society, no one seems to have time. The weekend comes, and some people, tired from work, are too tired to go to church. Most Christians do not attend prayer meeting even though we have been told, "Seek every opportunity to go where prayer is wont to be made. Those who are really seeking for communion with God will be seen in the prayer meeting, faithful to do their duty and earnest and anxious to reap all the benefits they can gain." *Steps to Christ*, 98

This same "lack of time" syndrome that keeps people from attending religious services also keeps them from witnessing. Jesus said "You are my witnesses." But some people do not have time to do any witnessing for their Saviour. Of course, the Lord knew about all this, so He gave us the parable of the talents found in Matthew 25.

The kingdom of heaven is like a man preparing to travel far away. He calls his servants and gives them charge over all his goods. He gives to one five talents, another two, and another one. Each was to improve the talents given to him.

While the master is away the men with five talents and two talents, respectful of the master's goods, diligently worked and doubled the number of talents so that when the master returned, one had ten talents and the other had four talents.

However, the third servant, for fear of punishment from the master if he had not cultivated his single talent, or worse, lost it all together, had hidden it away. And now he offers back that one talent, unimproved, but not lost.

Displeased, the master takes the one talent and gives it to the servant with ten talents. To the first two servants, the master says, "Well done good and faithful servant. You have been faithful over a few things, I will make you ruler over many things."

But to the third servant, he says, "You wicked and lazy servant." And he is cast into outer darkness with weeping and gnashing of teeth.

What will God say to us?

Your brother in Christ,



John J. Grosboll

God Keeps His Own

By Marshall J. Grosboll

An evangelist named Peter was holding meetings in Quebec, Canada. He had noticed a young woman named Mary who had been coming to the meetings. There was something different about her, a far-away look in her eyes.

She was thrilled by the things she was learning in the meetings, and when Peter visited with her about them, she indicated her belief in what he had presented, but he could tell there was still something that bothered her. He soon found out it had to do with the state of the dead.

While living in Paris some years earlier, she had met a young man, John, through a friend. John was tall, blond, well-mannered, and muscular. He was respectful and understood her. Like a lot of young girls, she enjoyed the attention that he gave her. She needed someone to love her. He was everything that she ever wanted, and she had fallen in love with him. Their relationship had continued for many years. They were not living together, but she had invited him up to her apartment on many occasions. Yet, she remained pure.

The time came when she moved to Quebec, and John moved with her.

The devil usually uses a man or woman he can work through to create an infatuation between some young man or woman that God wants to use for His service. But as it happened, in this case, he wasn't able to find that someone, so he had sent her a spirit boyfriend, one of his angels in the form of a human man.

At first, she did not know, but she soon learned that John was not a real man, but by then her heart was fully entwined around him.

As Peter studied with Mary, the Spirit of the Lord began to work on her heart, and she wanted salvation. She made a decision and did something that, sadly, very few young people are willing to do. She broke off the relationship. Right then, she and Peter knelt down and prayed, and she committed herself wholly to the Lord.

John came to her that night. He first tried to sweet talk her, and when that did not work, he got upset with her, something he had never done before. In fact, he hit her in the mouth. Still, she decided to go forward and be baptized. He warned her, "Don't be baptized."

The day of her baptism came and as she and Peter stepped into the baptismal pool, she said, "He's here. John is right here in the baptismistry with us." She knew his presence.

"John is here." As Peter tried to immerse her in the water, a force would hold her up. With all his might, he tried again, and she was pushed back up. Three times he tried to baptize her. The third time, she was lifted right out of the baptismistry and was thrown into the audience. Wet and dripping, and not baptized.

I wonder what we might have done. Would we have continued? Mary did. She walked right back into the baptismistry and was baptized.


Later, Mary was asked to give her testimony at camp meeting that year, and she agreed to do it. As she was writing, making notes for the testimony, John came and tore it all up. He told her, "If you give that testimony, you will be dead in two weeks."

Now, you and I have all heard stories like this, and we know when the devil says it, it happens, right? The devil has gotten the world believing that nothing can stop him. But don't believe everything Satan says. Mary gave her testimony, and she didn't die in two weeks.

The devil is only as strong as God allows him to be. There's a protection that God puts around those who seek to do His will. I'm sure Satan would have liked to cause, and would have done anything to bring about, Mary's death, but day by day, Mary now lives under the protection of the Lord Jesus Christ.

"Get in the right place and God will put His power on you, and combine His divine with our human efforts, and we can work out our salvation with fear and trembling. That is a power that Satan cannot resist or overthrow." *Sermons and Talks*, Vol. 1, 59

"God has set bounds that Satan cannot pass. Our most holy faith is this barrier; and if we build ourselves up in the faith, we shall be safe in the keeping of the Mighty One." *Maranatha*, 64

Taken from the sermon "How to Overcome the Devil" by Marshall J. Grosboll 

from the
Mission Fields



The Mexican state of Guerrero has recently become a drug cartel haven.

Cruz Verde *in Guerrero, Mexico*

By Pastor Domingo Nunez

Costa Chica, Guerrero, is located in the southern part of México, close to the Pacific Ocean. Here we have been helping the brothers to become organized, working together in an orderly fashion according to the New Testament gospel order. It is the desire of all that they will be working together as a team—as a family of God’s children—united under the influence of the Holy Spirit to do His will.

In June, I traveled to Guerrero to meet with the churches leaders and members of churches in the area. The brethren told me that they wanted to evangelize the area and hoped to develop an effective and efficient outreach program by which they could reach out to all the area around Guerrero with available materials.

Different ideas and methods of spreading the gospel in Guerrero were discussed and activities already in use were reviewed to see how they could be improved and implemented to accomplish the challenge of evangelism in Guerrero.



Top left: *Sanchez children*

Top right: *Statues as part of the festivals of the saints*

Bottom Left: *People lined up to contribute to the festivals of the saints*

I was told about an indigenous family who lived in the mountains in the north part of Copala, Guerrero, a three-hour drive from Costa Chica near to the border of the state of Oaxaca. This area is very dangerous because the drug cartels moved in about a year ago to hide from the authorities. Until recently, daily shootings were not uncommon. The brothers told me that this family desperately wanted someone to come and teach them the word of God. We immediately prayed and asked the Lord to direct how we should contact this family.

The next morning we began our journey. Angel Damian, Armando Zavala, and I drove to Cruz Verde, the municipal of the town Iliatenco, Guerrero. There we met Sandra Edid Sanchez

Cano and her family. They gladly welcomed us on behalf of the village. They shared with us the trials and persecution they had endured because they had accepted the three angels' messages.

At the end of 2022, before they had met Angel and Armondo and heard the three angels' messages, they had been Catholics. Every month, the mayor and sheriff of Iliatenco would collect funds from all the neighborhoods and surrounding communities for the festivals of the saints. It was required that they contribute money to these festivals. However, after accepting the gospel, when the collector came they refused to contribute. They told him that they had become Protestants and would no longer contribute because giving money to

these festivals was idolatry and against the God of heaven.

The collector notified the mayor and the sheriff. The sheriff declared a war against the family, threatening to shut off their water and electricity if they did not contribute. But this family stood faithful to God regardless of the persecution they have to endure. Please pray for this family, standing alone as a beacon of light for God in an area dark with spiritual blindness.

And also pray for our brethren in the area of Cruz Verde and their families as they are determined to be faithful to our God in heaven and faithful to defend the three angels' messages in Cruz Verde, Guerrero, Mexico and all the communities around them. **LM**



Changed into His Image

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory even as by the Spirit of the Lord."

2 Corinthians 3:18

Sin-burdened, struggling souls, Jesus in His glorified humanity has ascended into the heavens to make intercession for us. "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace." We should be continually looking unto Jesus, the author and finisher of our faith; for by beholding Him we shall be changed into His image, our character will be made like His. We should rejoice that all judgment is given to the Son, because in His humanity He has become acquainted with all the difficulties that beset humanity.

To be sanctified is to become a partaker of the divine nature, catching the spirit and mind of Jesus, ever learning in the school of Christ. "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory even as by the Spirit of the Lord." It is impossible for any of us by our own power or our own efforts to work this change

in ourselves. It is the Holy Spirit, the Comforter, which Jesus said He would send into the world, that changes our character into the image of Christ; and when this is accomplished, we reflect, as in a mirror, the glory of the Lord. That is, the character of the one who thus beholds Christ is so like His, that one looking at him sees Christ's own character shining out as from a mirror. Imperceptibly to ourselves, we are changed day by day from our ways and will into the ways and will of Christ, into the loveliness of His character. Thus we grow up into Christ, and unconsciously reflect His image.

Professed Christians keep altogether too near the lowlands of earth. Their eyes are trained to see only common-

place things, and their minds dwell upon the things their eyes behold. Their religious experience is often shallow and unsatisfying, and their words are light and valueless. How can such re-

flect the image of Christ?

How can they send forth the bright beams of the Sun of Righteousness into all the dark places of the earth? To be a Christian is to be Christlike. ...

[Enoch] was ever under the influence of Jesus. He reflected Christ's character, exhibiting the same qualities in goodness,

mercy, tender compassion, sympathy, forbearance, meekness, humility and love. His association with Christ day by day transformed him into the image of Him with whom he was so intimately connected. *Reflecting Christ*, 20 **LM**

“
*Enoch's association
with Christ day by day
transformed him into the
image of Him with whom
he was so intimately
connected.*

Q:

*What is the
unpardonable
sin?*

A:

What constitutes the sin against the Holy Ghost? It is willfully attributing to Satan the work of the Holy Spirit.” *Counsels for the Church*, 81

“They [the Pharisees] attributed to satanic agencies the holy power of God, manifested in the works of Christ. Thus the Pharisees sinned against the Holy Ghost. Stubborn, sullen, ironhearted, they determined to close their eyes to all evidence, and thus they committed the unpardonable sin.” *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1092

“In rejecting Christ the Jewish people committed the unpardonable sin; and by refusing the invitation of mercy, we may commit the same error. We offer insult to the Prince of life, and put Him to shame before the synagogue of Satan and before the heavenly universe when we refuse to listen to His delegated messengers, and instead listen to the agents of Satan, who would draw the soul away from Christ. So long as one does this, he can find no hope or pardon, and he will finally lose all desire to be reconciled to God.” *The Desire of Ages*, 324, 325

“Wrongs remain unconfessed. ... Sin is cherished and the result is hardness of heart.” *Manuscript Releases*, Vol. 13, 331

“The unpardonable sin is the sin that refuses to be pardoned; it is the refusal to hear Him concerning a sin, and to turn from that sin; it is the sin of refusing His instruction; it is the sin of unbelief concerning His warnings; it is the stubbornness of the heart that will not turn from sin, which seals the fate of any people or any individual.” *The Review and Herald*, May 19, 1903

“Never had Nero heard the truth as he heard it upon that occasion. Never had the enormous guilt of his own life been revealed to him as it was revealed that day. The light of heaven had pierced the sin-polluted chambers of his soul. He

“

*Stubborn, sullen,
ironhearted, they
determined to close their
eyes to all evidence, and
thus they committed the
unpardonable sin.*

quaked with terror at the thought of a tribunal before which he, the ruler of the world, should be arraigned, and where his deeds should meet a just reward. ...

“For a moment, heaven had been opened before him by

the words of Paul, and its

peace and purity had appeared desirable. That moment the invitation of mercy was extended even to the guilty and hardened Nero. But only for a moment. The command was issued for Paul to be taken back to his dungeon; and as the door closed upon the messenger of God, so the door of repentance was forever closed against the emperor of Rome. Not another ray of light was ever to penetrate the dense darkness that enveloped him.” *Sketches from the Life of Paul*, 315, 316 **LM**



Protein

What's all the Hype?

There are seven broad, needful categories of food to be considered if we are to experience vibrant health, and not just the absence of disease or injury. Those categories are carbohydrates, protein, fat, vitamins, minerals, fiber, and water. In this article, we will take a closer look at proteins.

Few nutrients are as important as protein. Not getting enough protein will affect the health and body composition. How critical they are to our survival can even be seen in its Greek root word *Proteios*, which means “primary importance.” Proteins are large, highly-complex molecules that are present in all living organisms. They play many critical roles in the body. They

- are essential for the growth, maintenance, and repair of body cells and tissues;
- are the building blocks of our organs, muscles, skin, hair, and nails;

- help boost the immune system so that our bodies can resist and fight off infections;
- play a key role in the balance of fluid in the body;
- provide energy for the body to function;
- are critical in chemical reactions in the body (enzymes, some critical in digestion; hormones, such as insulin, needed to regulate glucose, and hemoglobin which carries oxygen to every cell in the body are proteins); and
- work within the body to transfer reactions from cell to cell.

Proteins are species specific, meaning that proteins differ from species to species. They are also organ specific. For example, proteins of the brain and proteins of the liver will be different even within the same body.

Chemical proteins are large molecules that are basically a chain of amino acids.

These proteins differ from one another primarily in the ordering of the amino acids. This ordering determines the activity of the protein. They are basically made up of a hydrogen atom, a carboxyl group (1 carbon atom, 2 oxygen atoms and a hydrogen atom), and an amino group (a nitrogen atom and 2 hydrogen atoms).

There are approximately twenty different amino acids that naturally occur in proteins within our bodies, but there are at least 100 amino acids that occur in nature, mostly plants. Of these, 11 are non-essential in the human diet because our bodies make them, or retrieve them, from the breakdown of other protein. Nine of the 20 amino acids are essential to obtain from our diet, because these we do not manufacture or retrieve. There are also conditional amino acids that our body needs during times of stress and illness.

The Dietary Reference Intake (DRI) is 0.36 grams of protein per pound (0.8 grams per kilogram) of body

weight. This amounts to 54 grams (1.9 oz) per day for a 150-pound sedentary person or 65 grams (2.3 oz) per day for a 180-pound sedentary person. A highly-active person would need to consume 0.54 to 0.9 grams per pound of body weight, a significant increase over a less active person.

This recommended daily intake of protein is likely enough to prevent protein deficiency, but the amount a person needs varies from person to person, depending on the physical activity level, as well as age, sex, overall health, to name a few. Extra protein can also be needed during times of illness and physical repair (such as burns), children during growth spurts, and during pregnancy and lactation.

When dietary protein is in short supply, the body tends to take protein from skeletal muscles for more important body functions. This can result in muscle wasting over time and is specifically worse in the elderly from even moderate protein insufficiency.

So how do we get this critical nutrient into our bodies and have vibrant health? It is easy for the non-vegetarian to not only get enough protein, but to get too much protein from, for example, meat, milk, cheese, and eggs, plus the protein from vegetables and other non-animal sources.

The saying, "You can't get too much of a good thing" isn't true. For example, even though protein is a necessary nutrient to have daily, consuming too much of it can lead to brain fog, bloating, and weight gain.

Vegan vegetarians get their protein primarily from nuts, seeds, beans, legumes, grains, and vegetables. Nuts and seeds, including almonds, hazel nuts, mixed nuts, peanuts, walnuts, sunflower seeds, chia seeds, and flaxseeds are good sources of protein. Pinto, black, kidney, or garbanzo beans, split peas, and lentils are good sources of lean protein. High in fiber, they may help lower your cholesterol if you eat them regularly. Tofu, edamame, tempeh, and other products made from soybeans are also good sources of protein. Vegetables, although not high in protein, do supply protein for vegetarians. Some vegetables with higher amounts of protein are green peas, spinach, artichokes,

corn, avocado, asparagus, Brussels sprouts, mushrooms, kale, and potatoes.

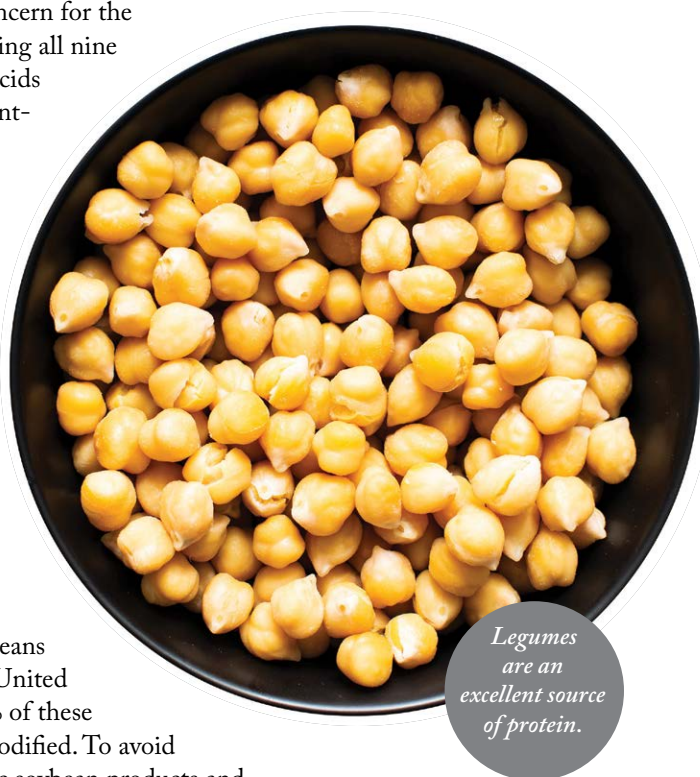
Of primary concern for the vegetarian is getting all nine essential amino acids because most plant-based products lack one or more of the essential amino acids. Quinoa, soybeans, edamame, tempeh, buckwheat, hemp seeds, chia seeds, and amaranth contain all nine essential amino acids.

Of all the soybeans produced in the United States, about 95% of these are genetically modified. To avoid these, buy organic soybean products and tofu, or those labeled non-GMO.

It is not necessary to eat a complete protein at every meal, nor even every day, but aim for variety in your diet. One real advantage of vegetarian protein choices is that many of them are high in fiber and make you feel full and may help in weight control and lowering cholesterol if eaten regularly. The higher the fiber content the better for your gut microorganisms, regularity, and may help reduce colon cancer.

This may be more than you wanted to know about protein, but it has clearly demonstrated why protein is critical to life. With adequate protein added to your nutrition plan, you are one step closer to experiencing vibrant health. Bon appétit!

Sources: marketplace.wellnesscenter.com/high-quality-protein; wikipedia.org/wiki/Protein; [study.com+\(primary+functions+of+protein\)](https://study.com+(primary+functions+of+protein)); healthline.com+>+protein; medlineplus.gov/ency/article/022467 Protein in diet; wikipedia.org/wiki/List_of_countries_by_soy-bean_production LM





The Greatest Battle Ever Fought

By John J. Grosboll

"Great is the mystery of godliness: God was manifested in the flesh."
1 Timothy 3:16

That mystery is so great that even when you get to heaven you will not understand all about it. Mrs. White says that it will ever be a mystery and the subject of study throughout eternity, and yet we need to understand as much as we can about it in this world.

The apostle Paul speaks about the great mystery of godliness in Colossians 1:26, 27: "The mystery which has been hidden from ages and from generations, but now has been revealed to His saints. To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory." What is the glory of Christ? In 1892, Ellen White wrote this sentence: "The glory of God is His character, and to us it is manifest in Christ." *The Present Truth*, December 29, 1892. The riches of His glory are the riches of His character manifested in the life of Christ.

"It was through Satan's misrepresentation of God's character that man was led to doubt the reality of His love, and came to look upon God as his enemy. As Satan had done in heaven, so he did on earth—declared God's government unjust, the restrictions of His law unnecessary, and bade man, as he had angels, to throw aside the yoke and let the dictates of their own nature be their only guide and law. He promised liberty; but as he himself is the servant of corruption, he brought the race into bondage, to sin, misery, and death. He represented God as claiming all and giving nothing, as requiring men's service for His own glory, but denying Himself nothing for man's good." *The Signs of the Times*, February 13, 1893. Satan presented lies and deceptive reasoning to the mind of man to entice him to disobedience. He lied about God's character, and he reasoned that God's government was unjust and restricting. He uses the same deceit and lies still today.

What is the relationship between God's character and His government? "God's ideal for His children is higher than the highest human thought can reach. The living God has given in His holy law a transcript of His character. The greatest Teacher the world has ever known is Jesus Christ; and what is the standard He has given for all who believe in Him? 'Be ye therefore perfect, even as your Father which is in heaven is perfect.' Matthew 5:48. As God is perfect in His high sphere of action, so man may be perfect in his human sphere.

"The ideal of Christian character is Christlikeness." *Counsels to Parents, Teachers, and Students*, 365

"The law of God [the transcript of His character] is the foundation of His government in heaven and in earth, and as long as the follower of Jesus imitates his Lord by exalting the divine precepts in word and life, Satan has no power to deceive or mislead his soul." *The Signs of the Times*, March 30, 1888



As
Satan had
done in heaven, so
he did on earth—he
declared God's
government
unjust.

Satan entices men by lying to them regarding God's law, His character and love, and if he is successful in persuading the very elect to believe his lies, then they will be indifferent to their high calling in Christ Jesus and fail to be filled with all the fullness of God's love.

What is our high calling really? Paul said, "I press toward the mark for the prize of the high calling of God in Christ Jesus." Our high calling is in Christ. "Let it never be forgotten that the teacher must be what he desires his pupils to become." *Fundamentals of Christian Education*, 58. Was Christ what He desired His pupils to become? Yes, He was. His divine nature combined with His human flesh were a perfect representation of what we are and what we, by striving to develop a character like His, can become.

"He was the embodiment of the law of God." *The Signs of the Times*, November 15, 1899. The embodiment of the law of God is "the transcript of His character." Ibid. It is God's purpose that your life will become an embodiment of the law of God. That is our high calling.

But we have an enemy. Peter said, "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour." 1 Peter 5:8. Satan does not want

you to become an embodiment of the law of God, and he uses enticements and deceptive promises to lure men and women into sin.

What is the purpose of temptation? Many people who are tempted ask, "If God is all powerful, wise, and loving, why does He allow this?" "Our heavenly Father sees the hearts of men, and He knows their characters better than they themselves know them. He sees that some have susceptibilities and powers, which, directed in the right channel, might be used to His glory to aid in the advancement of His work. He puts these persons on trial and in His wise providence brings them into different positions." *Testimonies*, Vol. 4, 84, 85

People think they are in charge of their own lives. But it is by way of temptation that we can know who is truly in control of our lives. God places His children "... under a variety of circumstances, testing them that they may reveal what is in their hearts and the weak points in their characters which have been concealed from their own knowledge." Ibid., 85

Notice two points. God allows these temptations to reveal what is in a person's heart, and to reveal the weak points in their character. We often do not know what is truly in our own hearts, nor what

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The glory of God is His character, and to us it is manifest in Christ.

our weaknesses are. Temptations come and reveal to us what we did not know about ourselves.

“He [God] gives them opportunities to correct these weaknesses.” Ibid. As long as we have breath, God gives us opportunity to see and correct our weaknesses. Upon recognizing that there is something in my heart that is out of harmony with God’s law, I must surrender myself to the sovereignty of Christ and the power of the Holy Spirit. Surrendering myself and asking that a miracle be performed to change my heart requires that I cooperate and do my part.

“He gives them opportunities to correct these weaknesses, to polish off the rough corners of their natures, and to fit themselves for His service He in mercy reveals their hidden defects, that they may look within and examine critically the complicated emotions and exercises of their own hearts, and detect that which is wrong; thus they may modify their dispositions and refine their manners. The Lord in His providence brings men where He can test their moral powers and reveal their motives of action, that they may improve what is right in themselves and put away that which is wrong.” Ibid.

“For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.” Matthew 12:34, *last part*, 35

“The heart must be diligently searched as with a lighted candle, that all defects may be seen in the light of the law of God, His standard of character.” *Manuscript Releases*, Vol. 7, 179

“All defects of character originate in the heart.” *The Review and Herald*, September 1, 1885. Pride, vanity, evil temper, covetousness, they all proceed from the carnal heart of flesh, unrenewed by the grace of Christ. “Never should we lower the standard of righteousness in order to accommodate inherited

or cultivated tendencies to wrong-doing.” *Christ’s Object Lessons*, 330. We have both inherited and cultivated tendencies to sin, but we are not to lower God’s standard to accommodate what we are. “We need to understand that imperfection of character is sin.” Ibid.

God allows temptations in our lives that we might see the defects and imperfections in our characters, that we might repent of and confess these sins—not only to be forgiven, but also to be cleansed from all unrighteousness.

“The purification of the people of God cannot be accomplished without their suffering.” *Testimonies*, Vol. 4, 85. It is impossible to be purified without going through this process. “God permits the fires of affliction to consume the dross, to separate the worthless from the valuable, that the pure metal may shine forth. He passes us from one fire to another.” Ibid. Has this been your experience—rejoicing as you walk out of one fire, only to walk into another one?

“God’s work of refining and purifying must go on until His servants are so humbled, so dead to self, that, when called into active service, their eye will be single to His glory. He will then accept their efforts; they will not move rashly, from impulse; they will not rush on and imperil the Lord’s cause, being slaves to temptations and passions and followers of their own carnal minds set on fire by Satan. Oh, how fearfully is the cause of God marred by man’s perverse will and unsubdued temper! How much suffering he brings upon himself by following his own headstrong passions! God brings men over the ground again and again.” Ibid., 86

When you are in trouble, God does not give up on you. He brings another test. It may be harder, the circumstances a bit different, but it is necessary that you successfully pass each test until your character has been purified and is ready for heaven. “God brings men over the ground again and again, increasing the pressure until perfect humility and a transformation of character bring them into harmony with Christ and the spirit of heaven, and they are victors over themselves.” Ibid.

Let's review the purposes of temptation:

1. to reveal the hidden things in my own heart that I did not see before;
2. to reveal the weak points in my character;
3. so that the dross of selfishness can be separated from the true gold and silver of Christian character;
4. that I might be purified;
5. that I might reflect the radiance of divine love and be filled with all the fullness of God.

When these purposes are accomplished, then we are ready for the marriage supper. "Let us be glad and 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 righteousness of the saints." Revelation 19:7, 8

The second coming of Christ is drawing nearer every day. God's church must be pure and perfect so that she can make a full and final display of God's grace, mercy, and love. But can I make a full and final display of these things if they are not a part of my character? It is impossible.

God's last day church, every member, must have a character that displays His grace, mercy, and love in order that she might be pure and perfect in these last days.

The Role of Desire in Temptation

"Every man is tempted when he is drawn away of his own lusts and enticed. He is turned away from the course of virtue and real good by following his own inclinations." *Testimonies*, Vol. 4, 623. The dictionary definition of *inclinations* is "a propensity or a disposition more favorable to one thing than to another." Inclination has to do with desire, love, affection, regard for, and disposition of mind. By following our own inclinations, we find ourselves, too often, in trouble.



James says, "Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death." James 1:13-15. "Feeling the terrible power of temptation, the drawing of desire that leads to indulgence, many a man cries in despair, 'I cannot resist evil.'" *The Ministry of Healing*, 174. She calls it the terrible power of temptation, the drawing of desire. "Tell him that he can, that he must resist." Ibid.

Friend, if you want to go to heaven, whatever the temptation is, no matter how terrible it is, you can and you must resist, calling upon the Lord to help you. Desire is not only the power of temptation, it is the terrible power of temptation.

There is a particular desire that dwells within the heart of every man, woman, and child, and it plays a vital role in temptation. "It is because selfishness exists in our hearts that temptation has power over us." *Thoughts from the Mount of Blessing*, 118. Temptation has power

over me because there is selfishness in my heart.

"Selfishness is the root of all evil." *Evangelism*, 633

"Selfishness is sin." *The Signs of the Times*, April 13, 1891

"Selfishness is the strongest and most general of human impulses, the struggle of the soul between sympathy and covetousness is an unequal contest; for while selfishness is the strongest passion, love and benevolence are too often the weakest, and as a rule the evil gains the victory." *The Review and Herald*, December 7, 1886. Notice, Inspiration links selfishness with covetousness.

"The whole heart must be yielded to God, or the change can never be wrought in us by which we are to be restored to His likeness. 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.' ... God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him.

"The warfare against self is the greatest battle that was ever fought. The yielding of self, surrendering all to the will of God, requires a struggle; but the soul must submit to God before it can be renewed in holiness." *Steps to Christ*, 43. The terrible power of temptation is the drawing of our natural desires which come from the law of selfishness, the governing principle of Satan's kingdom. Each and every one of us inherited that selfishness from Adam.

"We have hereditary tendencies to wrong. This is a part of self that no one need carry about. It is a weakness of humanity to pet selfishness, because it is a natural trait of character. But unless all selfishness is put away, unless self is crucified, we can never be holy as God is holy." *The Faith I Live By*, 140

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God's ideal for His children is higher than the highest human thought can reach.

“All selfishness is covetousness, and is, therefore, idolatry.” *The Review and Herald*, May 23, 1907

If there is selfishness in my heart, I am breaking the second commandment in my heart. I'm living with sin within. The Spirit of Prophecy calls these selfish, sinful desires, hereditary tendencies to wrong, defects in my character. Selfishness causes defects in my character, and imperfection of character is sin. All selfishness is condemned by the law of God, and not one of Adam's posterity has escaped this inheritance. Every single one of us is, by nature, selfish and it is here that Satan has his greatest success.

“Satan finds in human hearts some point where he can gain a foothold; some sinful desire is cherished, by means of which his temptations assert their power. But Christ declared of Himself, ‘The prince of this world cometh, and hath nothing in Me.’” *Ibid.*, November 8, 1887

Jesus said to the religious rulers of His day, “You are of your father the devil, and the lusts of your father you will do.” All the evil desires that Satan puts in our heart are sin. “Every tree in Satan's garden hangs laden with the fruits of vanity, pride, self-importance, evil desire, extravagance—all poisoned fruit, but very gratifying to the carnal heart.” *Ibid.*, December 9, 1884

“In the Sermon on the Mount, Christ presented before His disciples the far-reaching principles of the law of God. He taught His hearers that the law was transgressed by the thoughts before the evil desire was carried out.” *Ibid.*, June 12, 1888

“Until the requirements of the holy law were applied as the rule of life, fallen man could not understand his own guilt, nor realize his condemned, lost condition. Jesus made application of the law directly to the soul, and laid under its jurisdiction the will and desires and works of man.” *Manuscript Releases*, Vol. 9, 235. Our desires are under the jurisdiction of the law of God. Any

desire that is out of harmony with the law of God is sin.

The Bible describes sin this way: “God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Genesis 6:5. Figuratively, an imagination is a conception, a purpose that is formed in the mind. Lust is the desire for something that is forbidden. When evil desires or lusts are conceived in the mind, sin is being cherished. When sinful desires are cherished, temptation asserts its power. The word *cherish* according to the dictionary means “to treat in a manner to encourage growth.” To cherish means to indulge and encourage in the mind. Growth in the Christian life has as much to do with what goes on in the mind as it does with the actions that are a result of our thoughts and desires.

So if the natural desires of man are continually evil, is man destined to commit sin until Jesus comes? Many theologians, including some Adventist theologians, believe that we will.

“We should preserve the strictest chastity in thought, and word, and deportment. Let us remember that God sets our secret sins in the light of His countenance. There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men, but if they are not cherished, if they are repulsed as hateful, the soul is not contaminated with guilt, and no other is defiled by their influence. Oh, that we each might become a savor of life unto life to those around us!” *The Review and Herald*, March 27, 1888

This quotation makes it clear that while even the best Christian can be tempted, he or she can also resist temptation. Man does not have to sin. Temptation is not sin and therefore, when refusing to yield to temptation, a person, by the power and grace of God, does not sin.

The gospel tells how Jesus wants to deliver me from this evil world, but before He can deliver me from the devil on the outside, He must first deliver me from the devil on the inside. Jesus said, “Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear

beautiful outwardly, but inside are full of dead men's bones and all uncleanness.' " Matthew 23:27. What we need is to be cleaned up on the inside and then the outside will be clean.

"Christ desires nothing so much as to redeem His heritage from the dominion of Satan. But before we are delivered from Satan's power without, we must be delivered from his power within." *Christ's Object Lessons*, 174, 175

If there is any kind of sin in your life, the devil has power to overcome you on the inside. "The Lord permits trials in order that we may be cleansed from earthliness, from selfishness, from harsh, unchristlike traits of character. He suffers the deep waters of affliction to go over our souls in order that we may know Him and Jesus Christ whom He has sent, in order that we may have deep heart longings to be cleansed from defilement, and may come forth from the trial purer, holier, happier. Often we enter the furnace of trial with our souls darkened with selfishness; but if patient under the crucial test, we shall come forth reflecting the divine character. When His purpose in the affliction is accomplished, 'He shall bring forth thy righteousness as the light, and thy judgment as the noonday.'" Ibid., 175

To summarize the role of desire in temptation:

- Every man is tempted when he is drawn away of his own lusts and enticed.
- Naturally-selfish desires are the defects in our characters that readily respond to Satan's lying promises and deceitful arguments.
- God does not tempt any man, but He permits us to be tempted so that we may know what is in our heart so that we might have a deep heart-longing to be cleansed from the defilement of sin.

"No one can be omnipotent, but all can cleanse themselves from filthiness of



God allows temptations to reveal what is in a person's heart.

the flesh and spirit, perfecting holiness in the fear of the Lord. God requires every soul to be pure and holy." *The Faith I Live By*, 140. No exceptions.

"By looking constantly to Jesus with the eye of faith, we shall be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Saviour. As they feed upon His word, they find that it is spirit and life. The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus. The Holy Spirit comes to the soul as a Comforter. By the transforming agency of His grace, the image of God is reproduced in the disciple; he becomes a new creature. Love takes the place of hatred, and the heart receives the divine similitude. This is what it means to live 'by every word that proceedeth out of the mouth of God.' This is eating the Bread that comes down from heaven." *The Desire of Ages*, 391

"As we partake of the divine nature, hereditary and cultivated tendencies to wrong are cut away from the character, and we are made a living power for good." *The Seventh-day Adventist Bible Commentary*, Vol. 7, 943

When we yield our will fully to God, our hereditary tendencies to wrong, our sinful desires are cut away and they are replaced by holy desires. "Some seek to control their surroundings, thinking that if they are placed in favorable positions, the bad traits in their character will not be developed. But God orders our surroundings, and He will place us where we shall have test after test, to prove us and to reveal what is in our hearts. Again and again we shall be brought into strait places, that it may be known whether we are indeed crucified with Christ or full of self-love. How will this proving, testing process end with each of us?" *The Review and Herald*, June 3, 1884

"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. The impossibility lies in your own will. If you will not, then you cannot overcome." *Messages to Young People*, 99

"Your only safety is to live like a watchman. Watch and pray always. Oh, what a preventive against yielding to temptation and falling into the snares of the world! ...

"Watch, lest evil passions should overcome you, instead of your subduing them.

"Pray. Jesus would not have enjoined this upon you, unless there was actual necessity for it. It is well known to Him that of yourself you cannot overcome the many temptations of the enemy ... He has not left you alone to do this; but has provided a way that you can obtain help." *The Faith I Live By*, 224 LM

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October 1 – 7, 2023

Patience

Key Text

“For you have need of endurance, so that after you have done the will of God, you may receive the promise.” Hebrews 10:36

Study Help: *The Desire of Ages*, 723–739

Introduction

“Patience pours the balm of peace and love into the experiences of the home life. ... Patience will seek for unity in the church, in the family, and in the community. This grace must be woven into our lives.” *The Review and Herald*, February 21, 1888

Sunday

1 TEMPERANCE BEFORE PATIENCE

1. Why does temperance or self-control precede patience? 2 Peter 1:6

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

“It is next to an impossibility for an intemperate person to be patient.

“Some of us have a nervous temperament, and are naturally as quick as a flash to think and to act; but let no one think that he cannot learn to become patient. Patience is a plant that will make rapid growth if carefully cultivated.” *My Life Today*, 97

Monday

2 TRAINING THE CHILD

- 2.a. What traits of character is the child of God to develop? 2 Peter 1:4–8

Note: “The first education children should receive from the mother in infancy, should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good.” *A Solemn Appeal*, 137

- 2.b. What did Sister White confirm in her own experience with helping various children in her home? 1 Corinthians 10:31

Note: “For more than twelve years we have taken only two meals each day, of plain, unstimulating food. During that time, we have had almost constantly the care of children, varying in age from three to thirteen years. We worked gradually and carefully to change their habit of eating three times a day to two; we also worked cautiously to change their diet from stimulating food, as meat, rich gravies, pies, cakes, butter, spices, etc., to simple, wholesome fruits, vegetables, and grains. The consequence has been that our children have not been troubled with the various maladies to which children are more or less subject. They occasionally take cold by reason of carelessness, but this seldom makes them sick. ...

“Children reared in this way are much more easily controlled than those who are indulged in eating everything their appetite craves, and at all times. They are usually cheerful, contented, and healthy. Even the most stubborn, passionate, and wayward, have become submissive, patient, and possessed of self-control by persistently following up this order of diet, united with a firm but kind management in regard to other matters.” *The Health Reformer*, May 1, 1877

Tuesday

3 EXAMPLES OF PATIENCE

- 3.a. What did God say about Job’s character? Job 1:1, 8

3.b. What should we learn from Job's reaction to Satan's first devastating attack against his children and properties? Job 1:13–22

Note: "Satan works through the elements also to garner his harvest of unprepared souls. He has studied the secrets of the laboratories of nature, and he uses all his power to control the elements as far as God allows. When he was suffered to afflict Job, how quickly flocks and herds, servants, houses, children, were swept away, one trouble succeeding another as in a moment. It is God that shields His creatures and hedges them in from the power of the destroyer." *Counsels on Health*, 460

3.c. Having destroyed Job's children and their possessions, how did Satan further try to discourage the patriarch? Job 2:3–8

Note: "The Lord said unto Satan, 'All that he hath is in thine power.' 'Behold, he is in thine hand; but save his life.'

"Thus permitted, Satan swept away all that Job possessed—flocks and herds, menservants and maidens, sons and daughters; and he 'smote Job with sore boils from the sole of his foot unto his crown.' Job 1:8–12; 2:5–7." *Education*, 155

3.d. What did Job's wife suggest he should do, and what was his response? Job 2:9, 10

Note: "Job was deprived of his worldly possessions, and so afflicted in body that he was abhorred by his relatives and friends; yet he maintained his integrity." *The Acts of the Apostles*, 575



*Patience
pours the balm
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of the home life.*

3.e. How does Isaiah's prophecy describe Christ's attitude before His enemies? Isaiah 53:7. What should we learn from the way this prophecy was fulfilled? Mark 14:60–62

Wednesday

4 ARRAIGNMENT AND CRUCIFIXION

4.a. What was Christ's response before Pilate's and Herod's courts? Matthew 27:11–14; Luke 23:6–9

Note: "Standing behind Pilate, in view of all in the court, Christ heard the abuse; but to all the false charges against Him He answered not a word. His whole bearing gave evidence of conscious innocence. He stood unmoved by the fury of the waves that beat about Him. It was as if the heavy surges of wrath, rising higher and higher, like the waves of the boisterous ocean, broke about Him, but did not touch Him. He stood silent, but His silence was eloquence. It was as a light shining from the inner to the outer man.

"Pilate was astonished at His bearing." *The Desire of Ages*, 726

4.b. How did Christ react during His crucifixion?

Luke 23:33–47

Note: “Arriving at the place of execution, the prisoners were bound to the instruments of torture. The two thieves wrestled in the hands of those who placed them on the cross; but Jesus made no resistance. The mother of Jesus, supported by John the beloved disciple, had followed the steps of her Son to Calvary. She had seen Him fainting under the burden of the cross, and had longed to place a supporting hand beneath His wounded head, and to bathe that brow which had once been pillowed upon her bosom. But she was not permitted this mournful privilege. ...

“The Saviour made no murmur of complaint. His face remained calm and serene, but great drops of sweat stood upon His brow. There was no pitying hand to wipe the death dew from His face, nor words of sympathy and unchanging fidelity to stay His human heart. While the soldiers were doing their fearful work, Jesus prayed for His enemies, ‘Father, forgive them; for they know not what they do.’ His mind passed from His own suffering to the sin of His persecutors, and the terrible retribution that would be theirs. No curses were called down upon the soldiers who were handling Him so roughly. No vengeance was invoked upon the priests and rulers, who were gloating over the accomplishment of their purpose. Christ pitied them in their ignorance and guilt. He breathed only a plea for their forgiveness—‘for they know not what they do.’”
The Desire of Ages, 744

Thursday**5 PATIENCE—THE RESULT OF JUSTIFICATION BY FAITH****5.a. What is the only way we can develop patience?**

Romans 5:1–5

Note: “All who stand unshrinkingly in the forefront of the battle must feel the special warfare of Satan against them. As they realize his attacks, they will flee to the Stronghold. They feel their need of special strength from God, and they labor in His strength; therefore the victories they gain do not exalt them, but lead them in faith to lean more securely upon the Mighty One. Deep and fervent gratitude to God is awakened in their hearts, and they are joyful in the tribulation which they experience while pressed by the enemy. These willing servants are gaining an experience and forming a character which will do honor to the cause of God.” *Testimonies*, Vol. 2, 510

5.b. How does patience promote our missionary efforts?

2 Corinthians 6:3–10

Note: “Patience as well as courage has its victories. By meekness under trial, no less than by boldness in enterprise, souls may be won to Christ. The Christian who manifests patience and cheerfulness under bereavement and suffering, who meets even death itself with the peace and calmness of an unwavering faith, may accomplish for the gospel more than he could have effected by a long life of faithful labor.”

The Acts of the Apostles, 465**5.c. What is one identification of God’s remnant people?**

Revelation 14:12

Friday**PERSONAL REVIEW QUESTIONS**

- 1 How do you define patience according to the Bible?
- 2 Why is temperance necessary in developing patience?
- 3 Summarize the experience of Job.
- 4 What is written about Christ’s patience?
- 5 Is patience the cause or result of justification before God?

October 8 – 14, 2023

Brotherly Kindness

Key Text

“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.” Romans 12:10

Study Help: *The Desire of Ages*, 677, 678

Introduction

“One of the strongest evidences of true conversion is love to God and man. Those who accept Jesus as their Redeemer have a deep, sincere love for others of like precious faith.” *The Acts of the Apostles*, 262

Sunday

1 BROTHERLY LOVE

1.a. What is written about the early Christian church, and when was this love manifested? Acts 4:32–35

Note: “After the descent of the Holy Spirit, when the disciples went forth to proclaim a living Saviour, their one desire was the salvation of souls. They rejoiced in the sweetness of communion with saints. They were tender, thoughtful, self-denying, willing to make any sacrifice for the truth’s sake. In their daily association with one another, they revealed the love that Christ had enjoined upon them. By unselfish words and deeds they strove to kindle this love in other hearts.

“Such a love the believers were ever to cherish. They were to go forward in willing obedience to the new commandment. So closely were they to be united with Christ that they would be enabled to fulfill all His requirements. Their lives were to magnify the power of a Saviour who could justify them by His righteousness.” *The Acts of the Apostles*, 547, 548

1.b. How did Paul exhort the Thessalonian believers in this regard? 1 Thessalonians 4:9, 10

Note: “One of the strongest evidences of true conversion is love to God and man. Those who accept Jesus as their Redeemer have a deep, sincere love for others of like precious faith.” *The Acts of the Apostles*, 262

Monday

2 EXHORTATIONS TO THE HEBREWS

2.a. What essential theme is included in Paul’s message to the believing Jews? Hebrews 13:1–3; Matthew 25:40

Note: “Paul exhorts the Hebrews: ‘Let brotherly love continue.’ Do not flatter yourselves that there is a time when this exhortation will not be needed; when brotherly love may cease. He continues: ‘Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.’ Please read Matthew 25:31 and onward. Read it, brethren, the next time you take the Bible at your morning or evening family devotions. The good works performed by those who are to be welcomed to the kingdom were done to Christ in the person of His suffering people. Those who had done these good works did not see that they had done anything for Christ. They had done no more than their duty to suffering humanity. Those on the left hand could not see that they had abused Christ in neglecting the wants of His people. But they had neglected to do for Jesus in the person of His saints, and for this neglect they were to go away into everlasting punishment. And one definite point of their neglect is thus stated: ‘I was a stranger, and ye took Me not in.’” *Testimonies*, Vol. 1, 679, 680

“It is the will of God that union and brotherly love should exist among His people. The prayer of Christ just before His crucifixion was that His disciples might be one as He is one with the Father, that the world might believe that God had sent Him. This most touching and wonderful prayer reaches down the ages, even to our day; for His words were, ‘Neither pray I for these alone, but for them also which shall believe on Me through their word.’ John 17:20. While we are not to sacrifice one principle of truth, it should be our constant aim to reach this state of unity. This is the evidence of our discipleship. Said Jesus, ‘By this shall all men know that ye are My disciples, if ye have love one to another.’ John 13:35.” *Patriarchs and Prophets*, 520

2.b. What is the only way to successfully climb the Christian ladder? Hebrews 12:1-4

Note: “All these successive steps are not to be kept before the mind’s eye, and counted as you start; but fixing the eye upon Jesus, with an eye single to the glory of God, you will make advancement.” *The Youth’s Instructor*, January 5, 1893

Tuesday

3 THE PHILADELPHIA CHURCH

3.a. What special promise is included in the prophecy given to the church of Philadelphia? Revelation 3:7-12

Note: “The one who stands nearest to Christ will be he who on earth has drunk most deeply of the spirit of His self-sacrificing love—love that ‘vaunteth not itself, is not puffed up, ... seeketh not her own, is not easily provoked, thinketh no evil’ (1 Corinthians 13:4, 5)—love that moves the disciple, as it moved our Lord, to give all, to live and labor and sacrifice, even unto death, for the saving of humanity.” *The Desire of Ages*, 549

3.b. How can we who live in the period of Laodicea partake of the wonderful promise given to the Philadelphia church? Revelation 3:21; 20:4

Note: “Soon we heard the voice of God like many waters, which gave us the day and hour of Jesus’ coming. The living saints, 144,000 in number, knew and understood the voice, while the wicked thought it was thunder and an earthquake. When God spoke the time, He poured upon us the Holy Ghost, and our faces began to light up and shine with the glory of God, as Moses’ did when he came down from Mount Sinai.

“The 144,000 were all sealed and perfectly united. On their foreheads was written, God, New Jerusalem, and a glorious star containing Jesus’ new name. At our happy, holy state the wicked were enraged, and would rush violently up to lay hands on us to thrust us into prison, when we would stretch forth the hand in the name of the Lord, and they would fall helpless to the ground. Then it was that the synagogue of Satan knew that God had loved us who could wash one another’s feet and salute the brethren with a holy kiss, and they worshiped at our feet.” *Early Writings*, 15

Wednesday

4 BUILDING ON A NEW COMMANDMENT

4.a. What position does brotherly kindness hold in the ladder of Christian perfection? 2 Peter 1:7

Note: “We should have that love for others that Christ has had for us. A man is estimated at his true value by the Lord of heaven. If he is unkind in his earthly home, he is unfit for the heavenly home. If he will have his own way, no matter whom it grieves, he would not be content in heaven, unless he could rule there. The love of Christ must control our hearts.” *The Review and Herald*, February 21, 1888

4.b. What key point did Christ emphasize before His crucifixion, and why was this called “a new commandment”? John 13:34; 15:10, 12, 13, 17

Note: “‘These things I command you,’ He said repeatedly, ‘that ye love one another.’ ... ‘A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another.’ To the disciples this commandment was new; for they had not loved one another as Christ had loved them. He saw that new ideas and impulses must control them; that new principles must be practiced by them; through His life and death they were to receive a new conception of love. The command to love one another had a new meaning in the light of His self-sacrifice.” *The Desire of Ages*, 677

“Such a love the believers were ever to cherish. They were to go forward in willing obedience to the new commandment.”
The Acts of the Apostles, 547

4.c. How does John explain the “new commandment”?
 1 John 2:7–11

Note: “It is not the opposition of the world that most endangers the church of Christ. It is the evil cherished in the hearts of believers that works their most grievous disaster and most surely retards the progress of God’s cause. There is no surer way of weakening spirituality than by cherishing envy, suspicion, faultfinding, and evil surmising. On the other hand, the strongest witness that God has sent His Son into the world is the existence of harmony and union among men of varied dispositions who form His church.” *The Acts of the Apostles*, 549

Thursday

5 FULFILLING THE LAW

5.a. How can we fulfill God’s law in our life? Romans 13:8–10

Note: “Righteousness is love, and love is the light and the life of God. The righteousness of God is embodied in Christ. We receive righteousness by receiving Him.” *Thoughts from the Mount of Blessing*, 18

5.b. How can we receive this love in our heart?
 Romans 5:1–5; John 16:13



Note: “Not by painful struggles or wearisome toil, not by gift or sacrifice, is righteousness obtained; but it is freely given to every soul who hungers and thirsts to receive it. ‘Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat, ... without money and without price.’ ‘Their righteousness is of Me, saith the Lord,’ and, ‘This is His name whereby He shall be called, The Lord Our Righteousness.’ Isaiah 55:1; 54:17; Jeremiah 23:6

“No human agent can supply that which will satisfy the hunger and thirst of the soul. But Jesus says, ‘Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.’ ‘I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst.’ Revelation 3:20; John 6:35

“As we need food to sustain our physical strength, so do we need Christ, the Bread from heaven, to sustain spiritual life and impart strength to work the works of God. As the body is continually receiving the nourishment that sustains life and vigor, so the soul must be constantly communing with Christ, submitting to Him and depending wholly upon Him.” *Thoughts from the Mount of Blessing*, 18, 19

Friday

PERSONAL REVIEW QUESTIONS

- 1 What was the main characteristic of the early Christian church?
- 2 Explain the relationship between the Philadelphian church and the 144,000.
- 3 How can we climb the Christian ladder?
- 4 Why is “loving one another” called “a new commandment”?
- 5 What will God’s love enable us to do?

October 15 – 21, 2023

Brotherly Kindness (continued)

Key Text

“By purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love.” 2 Corinthians 6:6

Study Help: *Patriarchs and Prophets*, 211, 212, 230–233; *The Acts of the Apostles*, 255–268

Introduction

“He [Paul] clung to the cross of Christ as his only guaranty of success. The love of the Saviour was the undying motive that upheld him in his conflicts with self and in his struggle against evil, as in the service of Christ he pressed forward against the unfriendliness of the world and the opposition of his enemies.” *Gospel Workers*, 61

Sunday

1 JOSEPH AND HIS BROTHERS

1.a. How was Joseph treated at the hands of his brothers?
Genesis 37:18–28

Note: “In an agony of terror he appealed to one and another of his brothers, but in vain.” *Patriarchs and Prophets*, 211

1.b. What should we learn from the way Joseph dealt with his brothers in spite of their past cruelties?
Genesis 45:3–8

Note: “The life of Joseph illustrates the life of Christ. It was envy that moved the brothers of Joseph to sell him as a slave; they hoped to prevent him from becoming greater than themselves. And when he was carried to Egypt, they flattered themselves that they were to be no more troubled with his dreams, that they had removed all possibility of their fulfillment. But their own course was overruled by God to bring about the very event that they designed to hinder. So the Jewish priests and elders were jealous of Christ, fearing that He would attract the attention of the people from them. They put Him to death, to prevent Him from becoming king, but they were thus bringing about this very result.” *Patriarchs and Prophets*, 239

Monday

2 ELISHA AND THE SYRIANS

2.a. After the king of Syria had made plans against Israel, how did God intervene on behalf of His people?
2 Kings 6:8–12

Note: “On one occasion, during a Syrian invasion, the king of Syria sought to destroy Elisha because of his activity in apprising the king of Israel of the plans of the enemy. The Syrian king had taken counsel with his servants, saying, ‘In such and such a place shall be my camp.’ This plan was revealed by the Lord to Elisha.” *Prophets and Kings*, 255, 256

2.b. What did the king decide to do with Elisha?
2 Kings 6:13, 14

2.c. How did God intervene to protect His messenger?
2 Kings 6:15–20

Note: “The Lord opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.’ Between the servant of God and the hosts of armed foemen was an encircling band of heavenly angels. They had come down in mighty power, not to destroy, not to exact homage, but to encamp round about and minister to the Lord’s weak and helpless ones.” *Prophets and Kings*, 256, 257

2.d. How did Elisha behave toward his enemies?**2 Kings 6:21–23**

2.e. In what sense is Elisha's attitude an added inspiration to those seeking to present the Elijah message of today? Romans 12:21

Note: “In every age, the call of the hour is answered by the coming of the man. The Lord is gracious. He understands the situation. His will today is that for the present time the lamb-like kindness of Elisha shall exceed the severity of Elijah. ...

“Elisha received a double portion of the spirit that had rested on Elijah. In him the power of Elijah's spirit was united with the gentleness, mercy, and tender compassion of the spirit of Christ.” *Spalding and Magan Collection*, 231

Tuesday**3 CHRIST, OUR MASTER AND EXAMPLE****3.a. With what essential theme does Christ introduce His renowned call, “Be ye therefore perfect”? Matthew 5:43–48**

Note: “The Saviour's lesson, ‘Resist not him that is evil,’ was a hard saying for the revengeful Jews, and they murmured against it among themselves. But Jesus now made a still stronger declaration: “Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you; that ye may be the children of your Father which is in heaven.’

“Such was the spirit of the law which the rabbis had misinterpreted as a cold and rigid code of exactions. They regarded themselves as better than other men, and as entitled to the special favor of God by virtue of their birth as Israelites; but Jesus pointed to the spirit of forgiving love as that which would give evidence that they were actuated by any higher motives than even the publicans and sinners, whom they despised.” *Thoughts from the Mount of Blessing*, 73, 74

3.b. How did God deal with us when we were far from Him, and what should be our response? Romans 5:6–10; Titus 3:3–5

Note: “God's love for the fallen race is a peculiar manifestation of love—a love born of mercy; for human beings are all undeserving. Mercy implies the imperfection of the object toward which it is shown. It was because of sin that mercy was brought into active exercise.

“Sin is not the object of God's love, but of His hatred. But He loves and pities the sinner.” *The Signs of the Times*, May 21, 1902

“All legalism, all the sorrow and woe by which you may encompass yourself, will not give you one moment of relief. You cannot rightly estimate sin. You must accept God's estimate, and it is heavy indeed. If you bore the guilt of your sin, it would crush you; but the sinless One has taken your place, and, though, undeserving, He has borne your guilt. By accepting the provision God has made, you may stand free before God in the merit and virtue of your Substitute. You will then have a proper estimate of sin, and the godly sorrow of true repentance will take the place of hopeless discouragement and grief, for you will turn from sin with grief and abhorrence.” *Ibid.*, April 9, 1894

Wednesday**4 AMIDST FRIENDS OR FOES****4.a. What does Paul reveal as our duty to all people? Romans 1:14, 15; 12:4–13**

Note: “His [Christ’s] love received, will make us, in like manner, kind and tender, not merely toward those who please us, but to the most faulty and erring and sinful.

“The children of God are those who are partakers of His nature. It is not earthly rank, nor birth, nor nationality, nor religious privilege, which proves that we are members of the family of God; it is love, a love that embraces all humanity. Even sinners whose hearts are not utterly closed to God’s Spirit, will respond to kindness; while they may give hate for hate, they will also give love for love. But it is only the Spirit of God that gives love for hatred. To be kind to the unthankful and to the evil, to do good hoping for nothing again, is the insignia of the royalty of heaven, the sure token by which the children of the Highest reveal their high estate.” *Thoughts from the Mount of Blessing*, 75

4.b. How should we deal with those who consider us enemies? Romans 12:14–20

Note: “We may never know until the judgment the influence of a kind, considerate course of action to the inconsistent, the unreasonable, and unworthy. If, after a course of provocation and injustice on their part, you treat them as you would an innocent person, you even take pains to show them special acts of kindness, then you have acted the part of a Christian; and they become surprised and ashamed, and see their course of action and meanness more clearly than if you plainly stated their aggravated acts to rebuke them. ...

“A few words spoken in a hasty manner, under provocation, and which seemed but a little thing—just what they deserved—often cut the cords of influence that should have bound the soul to your soul. The very idea of their being in darkness, under the temptation of Satan and blinded by his bewitching power, should make you feel deep sympathy for them, the same that you would feel for a diseased, sick patient who suffers, but on account of his disease is not aware of his danger.” *Medical Ministry*, 209, 210

Thursday

5 DEALING WITH ENEMIES

5.a. In their dispute over the body of Moses, how did Christ deal with Satan? Jude 9

Note: “Christ Himself, when contending with Satan about the body of Moses, ‘durst not bring against him a railing accusation.’ Jude 9. Had He done this, He would have placed Himself on Satan’s ground, for accusation is the weapon of the evil one. He is called in Scripture, ‘the accuser of our brethren.’ Revelation 12:10. Jesus would employ none of Satan’s weapons. He met him with the words, ‘The Lord rebuke thee.’ Jude 9.” *Thoughts from the Mount of Blessing*, 57

5.b. When in the presence of Christ’s enemies, how should we behave? James 4:7; 1 Peter 5:6–9

Note: “His [Christ’s] example is for us. When we are brought in conflict with the enemies of Christ, we should say nothing in a spirit of retaliation or that would bear even the appearance of a railing accusation. He who stands as a mouthpiece for God should not utter words which even the Majesty of heaven would not use when contending with Satan. We are to leave with God the work of judging and condemning.” *Thoughts from the Mount of Blessing*, 57, 58

“Never should you enter a discussion where so much is at stake, relying upon your aptness to handle strong arguments. If it cannot be well avoided, enter the conflict, but enter upon it with firm trust in God and in the spirit of humility, in the spirit of Jesus, who has bidden you learn of Him, who is meek and lowly in heart. And then in order to glorify God and exemplify the character of Christ, you should never take unlawful advantage of your opponent. Lay aside sarcasm and playing upon words. Remember that you are in a combat with Satan and his angels, as well as with the man.” *Testimonies*, Vol. 1, 626

Friday

PERSONAL REVIEW QUESTIONS

- 1 How does Joseph’s life illustrate the life of Christ?
- 2 Summarize the experience of Elisha with the Syrian army.
- 3 How can we “heap coals of fire” on the heads of our enemies?
- 4 How should we behave when defending present truth?

October 22 – 28, 2023

God's Love

Key Text

"In all their affliction He was afflicted, and the Angel of His Presence saved them; in His love and in His pity He redeemed them; and He bore them and carried them all the days of old." Isaiah 63:9

Study Help: *Steps to Christ*, 9–15

Introduction

"What had Christ not done to win the hearts of Israel and to inspire them with unwavering confidence in Himself? For ages He had visited His people with manifestations of the most condescending kindness and unexampled love." *Counsels on Health*, 455

Sunday

1 EVERLASTING LOVE

1.a. Mention one of the characteristics of God's love.
Jeremiah 31:3

Note: "God would not have us remain pressed down by dumb sorrow, with sore and breaking hearts. He would have us look up and behold His dear face of love. The blessed Saviour stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp our hands, to have us look to Him in simple faith, permitting Him to guide us. His heart is open to our griefs, our sorrows, and our trials. He has loved us with an everlasting love and with lovingkindness compassed us about. We may keep the heart stayed upon Him and meditate upon His loving-kindness all the day. He will lift the soul above the daily sorrow and perplexity, into a realm of peace." *Thoughts from the Mount of Blessing*, 12

1.b. What is the simplest definition of God's love?
1 John 4:8, 16

Note: "The love that the Lord has for His children passeth knowledge. No science can define or explain it. No human wisdom can fathom it. The more we feel the influence of this love, the more meek and humble shall we be." *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1141

Monday

2 THE GREATEST MANIFESTATION OF GOD'S LOVE

2.a. How does Christ Himself describe God's love?
John 3:16, 17

Note: "If those who today are teaching the word of God, would uplift the cross of Christ higher and still higher, their ministry would be far more successful. If sinners can be led to give one earnest look at the cross, if they can obtain a full view of the crucified Saviour, they will realize the depth of God's compassion and the sinfulness of sin.

"Christ's death proves God's great love for man. It is our pledge of salvation. To remove the cross from the Christian would be like blotting the sun from the sky. The cross brings us near to God, reconciling us to Him. With the relenting compassion of a father's love, Jehovah looks upon the suffering that His Son endured in order to save the race from eternal death, and accepts us in the Beloved.

"Without the cross, man could have no union with the Father. On it depends our every hope. From it shines the light of the Saviour's love, and when at the foot of the cross the sinner looks up to the One who died to save him, he may rejoice with fullness of joy, for his sins are pardoned. Kneeling in faith at the cross, he has reached the highest place to which man can attain. Through the cross we learn that the heavenly Father loves us with a love that is infinite." *The Acts of the Apostles*, 209, 210

2.b. What evidence does John show to prove God's love?
1 John 4:10; 3:1

Note: “When we study the divine character in the light of the cross we see mercy, tenderness, and forgiveness blended with equity and justice. We see in the midst of the throne One bearing in hands and feet and side the marks of the suffering endured to reconcile man to God. We see a Father, infinite, dwelling in light unapproachable, yet receiving us to Himself through the merits of His Son. The cloud of vengeance that threatened only misery and despair, in the light reflected from the cross reveals the writing of God: Live, sinner, live! ye penitent, believing souls, live! I have paid a ransom.

“In the contemplation of Christ we linger on the shore of a love that is measureless. We endeavor to tell of this love, and language fails us. We consider His life on earth, His sacrifice for us, His work in heaven as our advocate, and the mansions He is preparing for those who love Him, and we can only exclaim, O the height and depth of the love of Christ!”

The Acts of the Apostles, 333, 334

Tuesday

3 GOD'S CHARACTER (HIS GLORY)

- 3.a. When Moses begged to see God's glory, what was the first and most important thing God revealed to him? Exodus 33:18, 19. What did He explain further? Verses 20–23

Note: “Never before had fallen man been thus favored of God. As He laid upon Moses the great work of leading His people through to the promised land, He condescended to manifest to him His glory as He never had to any others upon the earth.”

The Spirit of Prophecy, Vol. 1, 256

“Reach up higher and still higher for clearer views of the character of Christ. When Moses prayed, ‘I beseech Thee, shew me Thy glory,’ the Lord did not rebuke him, but He granted his prayer. God declared to His servant: ‘I will make all My goodness pass before thee, and I will proclaim the name of the Lord before thee.’ We keep apart from God, and this is why we do not see the revealings of His power.” *Testimonies*, Vol. 5, 652, 653

- 3.b. What else did God reveal about Himself to Moses? Exodus 34:6, 7

- 3.c. How can God's glory be revealed even in us? Romans 8:18

Note: “Through trial and persecution the glory—the character—of God is revealed in His chosen ones. The believers in Christ, hated and persecuted by the world, are educated and disciplined in the school of Christ. On earth they walk in narrow paths; they are purified in the furnace of affliction. They follow Christ through sore conflicts; they endure self-denial and experience bitter disappointments; but thus they learn the guilt and woe of sin, and they look upon it with abhorrence. Being partakers of Christ's sufferings, they can look beyond the gloom to the glory.” *The Acts of the Apostles*, 576, 577

“Study not how to please self. Lose sight of self, and behold the multitudes perishing in their sins. Gather to your souls the courage that can come only from the Light of the world. Forgetting self, help the many who are within reach around you. Talk faith, and your faith will increase. Cease lamenting. Work in Christ's lines. With loving endeavor strive to please Him. His excellence will help you to be Christlike. Ever stand ready to lift up the hands that hang down, and to strengthen the feeble knees. Shine as lights in the world, attracting others by the brightness of Christ's glory revealed through your good works.” *The Signs of the Times*, June 3, 1903

Wednesday

4 GOD'S MERCY AND GRACE

- 4.a. What appeals to our heart as we consider God's abundant mercy? Psalm 136

Note: “When selfishness is striving for the victory over you, bear in mind One who left the glorious courts of heaven and laid aside the robes of royalty for your sakes, becoming poor that through His poverty you might be made rich. Will you, then, disregard this great love and boundless mercy by refusing to be inconvenienced and to deny yourselves for His dear sake? Will you cling to the treasures of this life and neglect to aid in carrying forward the great work of truth?” *Testimonies*, Vol. 4, 120

4.b. How is this great mercy further explained?
Micah 7:18, 19

Note: “Jesus might have remained at His Father’s right hand, wearing His kingly crown and royal robes. But He chose to exchange all the riches, honor, and glory of heaven for the poverty of humanity, and His station of high command for the horrors of Gethsemane and the humiliation and agony of Calvary. He became a man of sorrows and acquainted with grief, that by His baptism of suffering and blood He might purify and redeem a guilty world.” *Testimonies*, Vol. 4, 121

4.c. Why is God’s grace offered so freely? Romans 3:24–26; Titus 2:11; 3:4–7

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

“The Lord has enriched the world with a gift so large, so valuable, that there is nothing more held in reserve to give. Christ has linked His interest with that of humanity, and He asks that humanity become one with Him for the saving of humanity. He took the nature of man, suffered the inconvenience that humanity is subject to, endured our temptations, and became a partaker of the sorrows, griefs, and disappointments of men. He united divinity with humanity, in order that humanity might become a partaker of the divine nature.” *The Home Missionary*, December 1, 1894

Thursday

5 GROWTH AND ACCOUNTABILITY

5.a. How does God consider the time of ignorance?
Acts 17:30

Note: “The days of ignorance God winked at. But increased light is shining; the light and privileges of understanding Bible truth are abundant, if workers will only open the eyes of their understanding. The truth must be diffusive. Foreign and home missions call for thorough Christian characters to engage in missionary enterprises. The missions in our cities at home and abroad call for men who are imbued with the Spirit of Christ, who will work as Christ worked.” *The Review and Herald*, June 14, 1887

5.b. On the other hand, what is our duty before God and humanity after we have received the light of the truth? 1 John 1:7; John 12:35, 36

Note: “There is need of constant watchfulness, and of earnest, loving devotion; but these will come naturally when the soul is kept by the power of God through faith. We can do nothing, absolutely nothing, to commend ourselves to divine favor. We must not trust at all to ourselves nor to our good works; but when as erring, sinful beings we come to Christ, we may find rest in His love. God will accept every one that comes to Him trusting wholly in the merits of a crucified Saviour. Love springs up in the heart. There may be no ecstasy of feeling, but there is an abiding, peaceful trust. Every burden is light; for the yoke which Christ imposes is easy. Duty becomes a delight, and sacrifice a pleasure. The path that before seemed shrouded in darkness becomes bright with beams from the Sun of Righteousness. This is walking in the light as Christ is in the light.” *Selected Messages*, Book 1, 353, 354

Friday

PERSONAL REVIEW QUESTIONS

- 1 How would we define God’s love?
 - 2 What was the greatest manifestation of God’s love?
 - 3 What is God’s glory?
 - 4 What is the only way sinners can be saved?
 - 5 How can I know if I am walking in the light?
-

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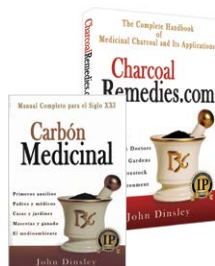
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The Global Burden of Disease Study, the largest analysis of risk factors for death and disease in history, calculated that not eating enough nuts and seeds was the third-leading dietary risk factor for death and disability in the world,

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Source: nutritionfacts.org/topics/hazelnuts **LM**

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



NUT AND SEED BREAD

Ingredients

1 cup raw sunflower seeds
½ cup flax seeds, roughly ground
2 Tbs. chia seeds
½ cup hazelnuts, almonds, or any nut, roughly chopped
4 Tbs. psyllium seed husks or 3 Tbs. psyllium husk powder
1 ½ cups rolled oats, not quick or instant
1 to 1 ½ tsp. salt
2 Tbs. maple syrup
3 Tbs. coconut oil, melted
1 ½ cups water

Process

In a bowl, combine well all dry ingredients. Whisk maple syrup, oil, and water together. Add to dry ingredients and mix very well until everything is completely saturated. Transfer to oiled or parchment paper-lined loaf pan. Smooth out the top with a spatula. Let sit on the counter for two to eight hours. Bake at 350°F for 20 minutes. Remove bread from loaf pan, place upside down directly on the rack and bake for another 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing. Keep refrigerated. Makes delicious toast.





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