

# HISTORIC LANDMARKS

OF ADVENTISM

## *Joshua and the Angel*

*Most Protestants believe that we will all be saved.  
The Bible teaches otherwise.*

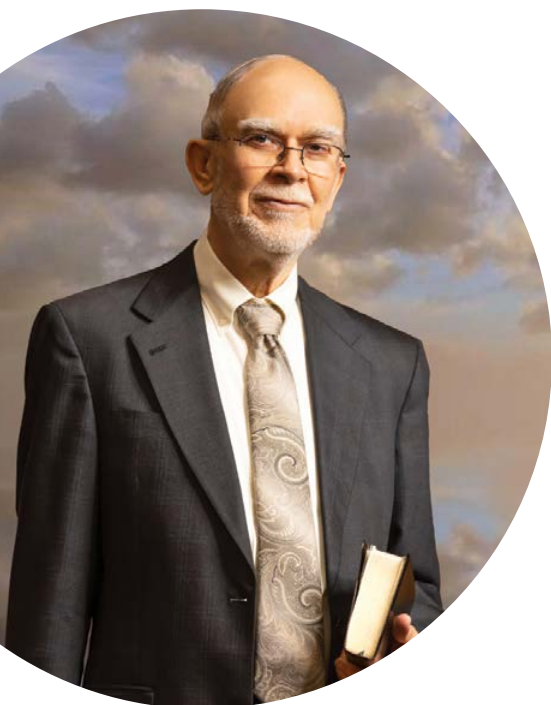
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## *What Do We Mean by the Blueprint?*

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## From the Editor

*John J. Grosboll*

# Every Man's Destiny Decided

**T**he God we serve is merciful and longsuffering. He loathes to punish, but righteousness and judgment are the foundation of His throne, and the time will come when He must pass judgment and determine every man's destiny. For God's children, that is in progress right now. For those who have not accepted the gospel, the judgment takes place during the millennium spoken of in Revelation 20.

The judgment should always be in our view because we are living in the most solemn period of earth's history, when the eternal destiny of everyone who has ever professed the name of Christ is being decided. If you are uncertain about these facts or do not understand them, you are invited to go to the Steps to Life web page to enroll in our Bible course. These studies will enable you to not only understand what the Bible says about the judgment and that it is taking place right now, but also to help prepare you to be ready for that grand and awful day when the judgment is finished and every man's eternal destiny is fixed by an unchangeable decree.

Here are a few facts about the judgment:

1. We will be judged by our deeds: Ecclesiastes 12:13, 14; 2 Corinthians 5:10.

2. We will be judged according to the words we have spoken—for the recording angel has recorded them all: Matthew 12:36, 37; Ecclesiastes 5:6, 7.
3. We will be judged according to the thoughts we have espoused and cherished: Isaiah 66:18; Matthew 15:19, 20; 1 Corinthians 4:5.
4. Our name must be retained in the book of life in order for us to be saved: Revelation 20:13–15.
5. For our names to be retained in the book of life, we must overcome sin: Revelation 3:5.
6. We must be Christlike in character: 1 John 3:1–3; Colossians 1:27, 28.
7. The standard of character by which we will be judged is the ten commandments: James 2:10–12.

“Let the heavens declare His righteousness, for God Himself is Judge.” Psalm 50:6

“Silently, unnoticed as the midnight thief, will come the decisive hour which marks the fixing of every man's destiny, the final withdrawal of mercy's offer to guilty men.” *The Great Controversy*, 491

“Watch therefore, for you do not know when the master of the house is coming ... lest, coming suddenly, He find you sleeping.” Mark 13:35, 36 **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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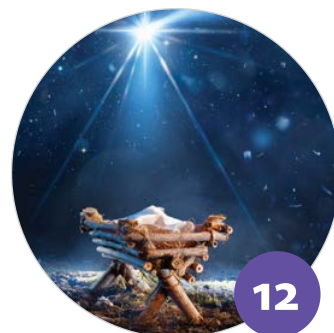


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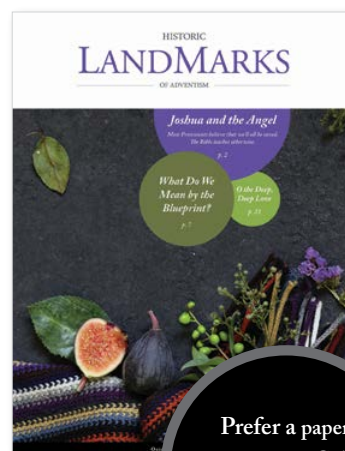
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# *Joshua and the Angel*

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by John J. Grosboll

**M**atthew 25:1–13 records the parable of the ten virgins. From this parable, we learn that not everyone who believes they are saved will actually be saved. Nor will just claiming to be a Christian save you.

Our eternal destiny is a very personal and important, awesome and serious subject. It is difficult for you and I to comprehend just how important because we only live a few years in this world. The question we must ask ourselves is, “What must I do in order to have eternal life?”





There is a common belief throughout most Protestant denominations that we will all, ultimately, go to the same place. But the Bible is very clear that this is not true. In fact, there is no other truth so clearly taught in Scripture than this. In the parable of the ten virgins, did they all end up at the same place? They all expected to be at the bridegroom's wedding, but only the five wise virgins were allowed entry.

So, let's see what the Bible does say regarding where we will go and how we will get there.

"And anyone not found written in the book of life was cast into the lake of fire." Revelation 20:15

There will be people in this world, some living right now, who will be cast into the lake of fire.

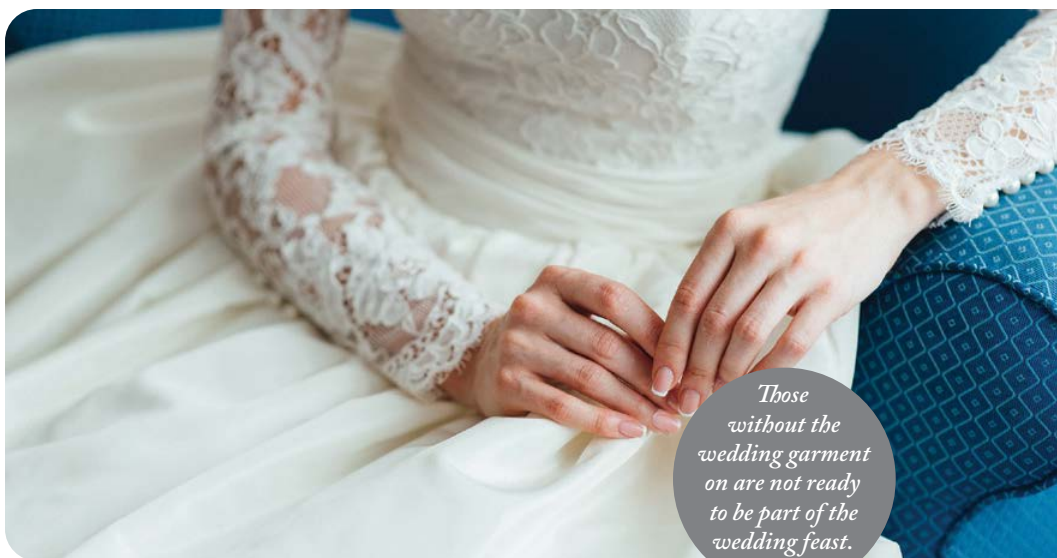
"But there shall by no means enter it [heaven] anything that defiles, or causes an abomination or a lie, but only those who are written in the Lamb's book of life." Revelation 21:27

Only those whose names are written in the book of life will be allowed to enter the holy city.

So we see that the Bible clearly states that there are two completely different places that the people of this world will go, depending on whether or not their names are recorded in the book of life. The tragedy is, in our modern world, that so many who expect to be saved will discover in the end that they are lost.

After studying all the texts in the Gospels that talk about wailing and gnashing of teeth, I found that Jesus wasn't talking about atheists, infidels, or unbelievers. He was talking about Christians who thought they were going to be saved, but who had come right up to the end, and were not saved.

And so, I want to study with you about our eternal destiny. There are many Bible passages that we could use to introduce this subject, Matthew 25, speaking of the ten virgins, is one. But I want to start with a prophecy that concerns the spiritual condition of God's



*Those  
without the  
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wedding feast.*

people in the last days, just before Jesus comes. A startling prophecy that reveals our condition on the inside.

Zechariah 3 contains a prophecy concerning the spiritual condition of God's people in the last days, just before Jesus returns. Here we read of those who do not have the wedding garment on and are not ready to be part of the wedding feast.

"Then he showed me Joshua the high priest standing before the Angel of the Lord, and Satan standing at his right hand to oppose him." Verse 1

The word *Satan* is one of the very few words in the English language that is a direct transliteration from a Hebrew word meaning *the adversary*. This name was given to Lucifer after he fell, because he is the adversary of God. He is also the adversary of all who chose to follow God.

"And the Lord said to Satan, 'The Lord rebuke you, Satan! The Lord who has chosen Jerusalem rebuke you! Is this not a brand plucked from the fire?'" Verse 2

Only God can have an argument with Satan. In fact, the Spirit of Prophecy tells us that Jesus Christ Himself refused to argue with Satan, referring him to His Father.

The brand that is plucked from the fire is you and me and those who,

because of their sins, are about to be destroyed, but the Lord says, "No, I will save you."

So, Joshua has been pulled out of the fire, but notice his condition. "Now Joshua was clothed in filthy garments." Verse 3

"Joshua the high priest, 'clothed with filthy garments,' stand[s] before the Angel of the Lord, entreating the mercy of God in behalf of his people who are in deep affliction. Satan stands at his right hand to resist him. Because Israel had been chosen to preserve the knowledge of God in the earth, they had been ... the special objects of Satan's enmity, and he had determined to cause their destruction. He could do them no harm while they were obedient to God; therefore he had bent all his power and cunning to enticing them into sin. Ensnared by his temptations they had transgressed the law of God and thus separated from the Source of their strength, and had been left to become the prey of their heathen enemies. ... Yet they were not forsaken of the Lord. ...

"As Joshua humbly pleads for the fulfillment of God's promises, Satan stands up boldly to resist him. He points to the transgressions of Israel as a reason why that people should not be restored to the favor of God. He claims them as his

prey and demands that they be given into his hands to be destroyed.

“The high priest cannot defend himself or his people from Satan’s accusations. He does not claim that Israel are free from fault. In his filthy garments, symbolizing the sins of the people, which he bears as their representative, he stands before

the Angel, confessing their guilt, yet pointing to their repentance and humiliation, relying upon the mercy of a sin-pardoning Redeemer and in faith claiming the promises of God.” *Testimonies*, Vol. 5, 468, 469

We know that we cannot be part of the wedding feast if we remain in our filthy garments, but because of our sins, that is our condition.

Throughout the Bible, filthy rags represent an imperfect character. We can try to clothe ourselves with any manner of covering, but to no avail as God sees everything in our hearts.

Finding Joshua clothed in filthy garments, the Angel said, “Then He answered and said to those who stood before Him, ‘Take away the filthy garments from him.’ And to him He said, ‘See, I have removed your iniquity from you, and I will clothe you with rich robes.’ And I said, ‘Let them put a clean turban on his head.’ So they put a clean turban on his head, and they put the clothes on him. And the Angel of the Lord stood by.” Zechariah 3:4, 5

The removal of the filthy garments represents the taking away of iniquity. The Lord says that it is He who provides the change of clothing, a royal robe, one that can be worn to a royal wedding.

“Then the Angel of the Lord admonished Joshua, saying, ‘Thus says the Lord of hosts: If you will walk in My ways, and if you will keep My command, then you shall also judge My house, and likewise have charge of My courts; I will give you places to walk among those who stand here.

“Hear, O Joshua, the high priest, you and your companions who sit before you, for they are a wondrous sign . . .” Verses 6–8, *first part*

“

*And behold, I am coming quickly, and My reward is with Me, to give to everyone according to his work.*

*Revelation 22:12*

As a young preacher, I assumed that God’s people would know what causes them to be clothed in filthy garments, but I’ve learned lately the necessity of going over the basics so that we will understand exactly what is involved when we talk about a biblical subject. So, this is the question: “What is it that causes God’s people to be clothed in filthy garments?”

A filthy garment is a polluted and defiled garment, and if you find yourself still clothed in them when probation closes, you will be lost.

“He who is unjust, let him be unjust still; he who is filthy, let him be filthy still; he who is righteous, let him be righteous still; he who is holy, let him be holy still. And behold, I am coming quickly, and My reward is with Me, to give to everyone according to his work.” Revelation 22:11, 12

The one who is filthy will remain filthy. But those who are saved will have washed their robes in the blood of the Lamb. “These are the ones who come out of the great tribulation, and washed their robes and made them white in the blood of the Lamb.” Revelation 7:14

Wearing filthy garments represents a sinful character. “And to her it was granted to be arrayed in fine linen, clean and bright, for the fine linen is the righteous acts of the saints.” Revelation 19:8. This is one of the clearest verses in all the Bible showing that our garments represent our character.

The Bible tells us of many ways by which our characters can be defiled. Here are just a few:

**1 The way we eat.** Leviticus 11 and Deuteronomy 14

These chapters tell us how to distinguish between clean and unclean foods, and instructs us “to consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth.” Leviticus 11:44

**2 Lewdness and immodesty.** Leviticus 18

This includes pornography, dress, music, what we read, television, movies, videos, the internet, and social media. “Do not defile yourselves with any of these things; for by all



these the nations are defiled, which I am casting out before you.” Verse 24

In particular, the entertainment industry has had a profound effect upon man’s character. In a single movie or television program, you can experience nudity, lewd and coarse language, and the actors are being dishonest simply by virtue of pretending to be someone they are not. The clothing that is worn excites the sexual senses and does not modestly cover the body. The lyrics of the popular music styles today encourage violence, disobedience, immodesty, disrespect, and often, outright blasphemy. These entertainers are put before our children as role models, someone to emulate to prove that they are successful and well-liked.

If we want to have our character perfected, if we want to reflect Christ’s character, then we must remove these influences from our life. It is time to go to the Lord, and with deep contrition of heart, pray, “Lord help me.” This is why historic Adventist preachers spend so much time preaching about how to overcome sin. If these influences remain in our lives, then it would do no good for the Lord to give us new raiment for we would just get it dirty again.

### 3 Sexual immorality/unrestrained passion. Exodus 32

“Your people whom you brought out of the land of Egypt have corrupted themselves.” Verse 7

The God-ordained restraint between a man and woman has been broken. There is an intended respect between the genders that should be maintained. In this world, there is a certain familiarity in touching and speaking between men and women that should be preserved only within the bonds of marriage between husband and wife. People today say, “Oh, that’s just the way I am. I don’t mean anything by it.” Or “That’s just the way it is in our culture. We’re friendly people.” But these activities can cause the minds of God’s people to be filled with lust, desire, and envy, resulting in filthy garments.

### 4 Dishonesty. Deuteronomy 25 and Leviticus 19

“You shall not have in your bag differing weights, a heavy and a light. You shall not have in your house differing measures, a large and a small. You shall have a perfect and just weight, a perfect and just measure.” Deuteronomy 25:13–15, *first part*

The Lord wants us to be strictly honest in all that we do.

“These six things the Lord hates, yes, seven are an abomination to Him: a proud look, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that are swift in running to evil, a false witness who speaks lies, and one who sows discord [strife] among brethren.” Proverbs 6:16–19. All these things will make our garments filthy.

Remember, “But there shall by no means enter it [heaven] anything that defiles, or causes an abomination ... .” Revelation 21:27, *first part*

### 5 Evil surmising/stirring up strife/gossip. 1 Timothy 6:3–5

In 1 Timothy, Paul talks about people who engage in evil conjecturing or evil suspicioning. Gossiping and carrying tales, even if they are true, is not an activity that a child of God should be involved in. Reputations are ruined, particularly if the tale isn’t true, souls are scarred and driven from the church—both the subject of the gossip as well as the one carrying the gossip.



## 6 The content of the heart and mind.

There are many scriptures that speak to this form of defilement. What is in our hearts directs our actions.

“You have heard that it was said to those of old, ‘You shall not murder, and whoever murders will be in danger of the judgment.’ But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment.”

Matthew 5:21, 22

God is not suggesting that it is okay for you to be angry at your brother if you have a good reason. Anger begins in the heart and mind of a man. God is telling us that being angry is so bad that it can cause us to desire evil things and make us filthy with sin.

“You have heard that it was said, ‘You shall love your neighbour, and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.” Verses 43, 44

Hatred grows in the heart and mind. When we allow it a place there, it can take control of our lives.

“You have heard that it was said to those of old, ‘You shall not commit adultery.’ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.” Verses 27, 28

There are people who believe that the consequences of thinking about doing something are not the same as actually doing it. So, if I dream of having relations with someone other than my spouse, but I don’t really do it, then I am not guilty of committing adultery. This is one of the devil’s lies. The truth is, lust is found in the heart and mind, and if we look upon another person with evil desire, then we are guilty of making our garments filthy.

“A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.” Luke 6:45

“

*The lyrics of the popular music styles today encourage violence, disobedience, immodesty, disrespect, and often, outright blasphemy.*

Because evil lives in my heart and mind, if I want to wear clean garments, then I must have my heart and mind cleansed and purified; only then can I be delivered from my filthy garments.

Friends, we must now get serious about changing from our filthy garments and putting on Christ’s robe of righteousness. Our very nature requires a complete overhaul. First, we must recognize our true condition. Then, we must go to the Source of all power, the One who is mighty to save.

The Lord says that if we will walk in His ways and keep His commandments, then we will one day govern His house and keep His courts. We will be men and women at whom people will wonder. The unsaved, those without the wedding garment, will see God’s people dressed in the spotless, clean wedding garments, their characters perfected, ready to spend eternity with Jesus.

“To the marriage supper of the Lamb will come many who have not on the wedding garment—the robe [Christ] purchased for them with His lifeblood. From lips that never make a mistake come the words, ‘Friend, how camest thou in hither not having a wedding garment?’ (Matthew 22:12). Those [thus] addressed are speechless. They know that words would be useless. The truth, with its sanctifying power, has not been brought into the soul, and the tongue that once spoke so readily of the truth is now silent. The words are then spoken, ‘Take them out of My presence. They are not worthy to taste of My supper’ (cf. Luke 14:24).” *The Upward Look*, 301

As the sinner is separated from God’s loyal children, Christ looks upon them with deep sorrow. From His quivering lips come the mournful words of regret, “I loved them. I gave My life for them. But they persisted in rejecting My pleadings, and continued in sin.”

Do you want your filthy garments to be removed? **LM**

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# *What Do We Mean by the Blueprint?*

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by W. D. Frazee

**G**od often uses illustrations to bring us a lesson, and in Amos 7:7, 8, we find a vivid and graphic one.

“Thus He shewed me: and, behold, the Lord stood upon a wall made by a plumbline, with a plumbline in His hand. And the Lord said unto me, ‘Amos, what seest thou?’ And I said, ‘A plumbline.’ Then said the Lord, ‘Behold, I will set a plumbline in the midst of My people Israel: I will not again pass by them anymore.’”

A plumbline is used to see whether a wall is straight or not, but there is an interesting thing about a plumbline: no matter what the person using it thinks, or whether they have something to gain or lose, the plumbline always points straight up and down. That is why it is used.



“

*No matter what someone may think, the plumbline (ten commandments) is always right.*

A builder friend of mine once told me about a church that was being built. A general contractor had been hired to oversee the project, but certain parts of the building's construction had been sourced out to various subcontractors. One of those contractors was responsible for the masonry work on the building.

One morning the general superintendent came to the job site. He thought one of the walls didn't look straight. When the foreman for the masons came, the superintendent expressed his concern about the wall. The foreman said, "Well, let's get the plumbline." They did, and sure enough, the wall was not true; it was out of line.

Now, the wall had already been built up to a certain point. Do you suppose they decided that the wall wasn't a whole lot out of alignment, and since it would take a lot of time and money to pull it down and do it right, they would just keep building on that wall even though it was out of line, but do it right on the other walls? Wouldn't it be strange to argue that if it had been built according to the blueprint in the first place, it would have been better, but now it is too late to go back and start over?

There is only one right thing for them to do—tear it down and start over again, using the plumbline more often and more carefully. In material things, nobody questions what to do in a case like this.

But, in our text above, God is talking about something infinitely more important. Another translation states it this way: "Amos, what do you see?" "A plumbline," I replied. The Eternal said, "With a plumbline I test My people."

The Seventh-day Adventist church is unique. It isn't some sect or a cult. It is a movement established by God with a God-given message, and its destiny is to allow God to use it to prepare a people to be ready for His soon coming. But there is a question to consider: God has waited a

long time, spiritually building this last-day movement. He has spent 6,000 years testing it. Unless His church is built according to the blueprint and is perfect according to its standard, what profit is it to keep building it?

Key to this message, and the foundation and central pillar of the advent movement, is the following text: "And he said unto me, unto two thousand and three hundred days; then shall the sanctuary be cleansed." Daniel 8:14. It is the event highlighted in this prophecy that has made us a people, and will keep us on our job.

There are three critical things about this text. One is that great period that began in 457 B.C. and reached down to the autumn of 1844. October 22, 1844, is the birthday of God's last-day people. It designates the beginning of the cleansing of the sanctuary in heaven, and the blotting out of the sins of God's people. God will never enter a false record in His heavenly bookkeeping. And when He says that He will cleanse the sanctuary in heaven, that includes an accompanying work of cleansing His church on earth. As the Investigative Judgment continues in the most holy place in the sanctuary above, as the lives of men are measured by His ten-commandment law—His plumbline—God wants us to be measuring our lives according to the plumbline to be certain that we are straight and true.

"For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10. We primarily think about the fourth commandment when we read this verse because the Sabbath is the seal of the law and the seal of God's work in the hearts of His people—the sign of a completed work in which all His people have all the law written in their hearts and revealed in their lives. But there are ten commandments and behind those ten are the two great commandments: love to God and love to fellow man—God's blueprint as well as His plumbline. In order to have a people in whose hearts and lives the ten commandments are fully revealed, God has given us a message of physical healing and restoration so that our blood streams may be pure and our brains thinking straight. That is why we





have health reform and medical missionary work in this movement.

In order that we might know what this law reveals, God gave us a set of lenses—the Old and New Testaments—which magnify the law. And because some of us down here in this last generation have such poor eyesight, He’s given us, along with His law and the Bible to magnify it, a great magnifying glass in the Spirit of Prophecy. The Spirit of Prophecy magnifies the Bible, the Bible magnifies the law and thus we can see the whole duty of man.

Why is this law so important? It is the revelation of God’s will, His character. He spoke it with His lips, He wrote it with His finger. It is the only part of the Bible given to us in these ways. In the Bible, we have this same Creator who writes His will on the tables of stone, speaking to us through the prophets and apostles, and telling us in simple language what He means by every precept of His law. Now in the word of God, we find the last-day promise that He will have a remnant church that keeps His law—the ten commandments—and have the testimony of Jesus—the Spirit of Prophecy.

If the Spirit of Prophecy is the testimony of Jesus, then who is speaking to us as we read books such as *The Ministry of Healing*, *Counsels on Diet and Foods*, *Counsels on Health*, and the *Testimonies*? Jesus is speaking. We often hear it said that the messages found in the Spirit of Prophecy are out of date. Isn’t it strange that we believe that the messages in a book given to us 2,000 years ago are still valid, but messages given by the same voice over a hundred years ago, are not? I don’t believe it, do you? I believe that the One who gives us light through the Bible has given us light in the Spirit of Prophecy, and both sources of light will help, guide, and bless us all the way to the end.

There are those who believe in the writings of Ellen G. White as found in *The Desire of Ages*, *Patriarchs and*



*Prophets, Steps to Christ, or Christ’s Object Lessons*, but they find it difficult to attach the same inspired authority to the details dealing with physiology, dietetics and nutrition, medical practice, and sanitariums and hospitals. So, the question we need to ask is, “What do we mean by the blueprint?”

I am not telling any secret when I say that we have good men in leadership who believe that there is good counsel in the writings of Ellen G. White. However, they also believe that at least some of what she wrote, while relevant to her time, is not relevant to our time. With all my heart I believe they are mistaken. I do not believe that we can treat some of the Spirit of Prophecy as guidance for a bygone age only, and jettison other guidance which we feel is outmoded or obsolete for this time in earth’s history. The truth is, friends, we have to make sure that we are right according to the plumbline.

The higher the wall, the more important it is for the continued use of the plumbline to keep the wall straight. And if in our ignorance or carelessness, in our desire to keep up with the Joneses, we have built different from the blueprint and contrary to the plumbline, then we

must repent and start over again in our individual work for God. God’s patience has endured for more than 6,000 years, and He continues to wait until He gets what He wants. No matter how high we build our walls, unless God accepts our work, what profit is it?

To the point of just exactly what we mean by the blueprint, I’d like us to read the following classic statement. It relates to the Bible, but is equally applicable to the inspired instruction which has been given to us through the Spirit of Prophecy. “It is one thing to treat the Bible as a book of good moral instruction, to be heeded so far as is consistent with the spirit of the times and our position in the world; it is another thing to regard it as it really is—the word of the living God, the word that is our life, the word that is to mold our actions, our words, and our thoughts. To hold God’s word as anything less than this is to reject it.” *Education*, 260

Are the writings of the Bible and of Ellen G. White the blueprint for our work, or are they merely some guiding principles to apply as we think best? This is the question, and on this issue will come a confrontation in this denomination that we have yet to meet.

In 1904, Mrs. White was given a vision of an iceberg. We understand that this vision came at the same time as an open attack against the Spirit of Prophecy by the people in Battle Creek. In vision, Mrs. White was told that she was to give the order to “Meet it!”

Our controversy in the world is over the Sabbath and keeping the ten commandments, but the great controversy within this movement in the coming days is over the Spirit of Prophecy. Books have been written with the intention of debunking the authority of Ellen G. White. Now is the time for those who believe in and hold fast to the Spirit of Prophecy to come out in the open and stand up for Jesus and His testimony.

Let me illustrate what I mean in this matter of implicit faith in Mrs. White’s writings. In *U.S. News and World Report*, there is occasionally a page on the latest in health and medicine. One article is titled, “Alcohol’s Link to Cancer.” This was reported to Congress, and it says, “Government research has shown that there is now evidence from science that the heavy use of alcohol brings an added risk of cancer.” That supports inspired writings. But now notice what it says as the article closes. “‘On the other hand,’ the doctor in charge said, ‘there is no evidence that moderate use of alcohol is harmful. In fact, according to the institute’s report, moderate drinkers, as a statistical group, live longer than abstainers or ex-drinkers.’”

My dear friends, I plead with your hearts, while it is all very well to gather scientific evidence in support of what the Bible and the Spirit of Prophecy say, we need to spend our time with major emphasis in studying the writings themselves and believing them whether science confirms them or not. We do not believe because we understand, we understand because we believe. “Through faith we understand.” Hebrews 11:3. And just as there is danger that some of our scientific men



*Why  
is this law  
so important? It  
is the revelation of  
God’s will and  
character.*

may lose their way while trying to correlate, using the scientific theories and so-called scientific data available in the scientific world today, the teachings of the Bible and the Spirit of Prophecy on Creation with science, we must beware that we do not evaluate what is given us in the Spirit of Prophecy according to what man has confirmed or not.

More than a hundred years ago, the writings of the Spirit of Prophecy were far in advance of the science of that time. Could it be that it is the same today? We know a lot of things today that people didn’t know then. If this light through the Spirit of Prophecy is our blueprint, let us be content to wait for the world to catch up.

Let me illustrate it in another way. Many years ago, when I was a student in the medical missionary work, the only people who did not use butter were those in the Seventh-day Adventist

Church who were fanatics zealously following the writings of Ellen G. White, and were looked upon by many as extremists. People didn’t talk much about cholesterol and atherosclerosis caused by a high animal fat diet in those days, but do not miss this point: Those fanatics determined to do just what the prophet said about abstaining from eating butter and the result was fewer heart attacks. There are a hundred other details in the Spirit of Prophecy that, if we searched them out and followed them, whether there is any scientific support for them or not, we would not only be showing our faith in God, but we would also reap benefits for doing what God says.

Following the blueprint means taking both the Bible and the Spirit of Prophecy at face value and accepting what we read and following their counsels whether we see any reason for it or not.

Let’s look at walking, for example. “Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. ... There is no exercise that can take the place of walking.” *The Retirement Years*, 133, 134. Walking is better for our health than all the medicine the doctors can prescribe. Hold the head erect and the shoulders back. The lungs are forced into healthy action, circulation is improved, and many muscles are brought into exercise by walking. Walking can be a safeguard against colds. It is also good to cultivate the habit of talking with Jesus while you walk.

Here is another item of specific counsel on what we mean by the blueprint. “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. ... The physician needs more than human wisdom and power that he may know how to minister to the many perplexing cases of disease of the mind and heart with which he is called to deal. If he is ignorant of the power of divine grace, he cannot help the afflicted one,



but will aggravate the difficulty.” *Counsels on Health*, 324, 325. What would this do to our practice of medicine if we really believed this statement? Will we dare to refer to an unconverted psychologist or psychiatrist?

The blueprint tells us that if the physician is ignorant of the power of divine grace, he cannot help, but will instead aggravate the difficulty. If my mind ever goes off the beam, let me go insane, raving mad, and die, rather than put me in the hands of some pagan, heathen psychiatrist who does not believe in God and freewill. I would rather die insane in the Lord than be under the influence of one of these worldly psychiatrists or psychologists. Most do not understand that what is called science in the field of psychiatry and psychology goes contrary to the counsels of the Bible and the Spirit of Prophecy.

“We may well distrust the ungodly physician. ... How terrible to trust our loved ones in the hands of an impure man, who may poison the morals and ruin the soul!” Ibid., 326. Let no medical ethics rob you of the convictions that come from this inspired blueprint.

“Our institutions are to be entirely under the supervision of God. They were established in sacrifice, and only in sacrifice can their work be successfully carried forward.” Ibid., 316

Oh, but we now know how to run the work without sacrifice. Peter tried to help Jesus learn how to run His program without the sacrifice of the cross (Matthew 16). Jesus’ response was, “Get thee behind me, Satan.” Verse 23

Shall I venture another specific example of the blueprint? “It is the purpose of God that a health institution should be organized and controlled exclusively by Seventh-day Adventists; and when unbelievers are brought in to occupy responsible positions, an influence is presiding there that will tell with great weight against the sanitarium.” *Counsels on Health*, 401. What does “exclusively” mean? Nobody but. Of course, this



*Walking is better for our health than all the medicine the doctors can prescribe. The science confirms the Spirit of Prophecy.*

counsel must be out of date. It was written over a hundred years ago.

God has given us a specific Seventh-day Adventist health message. We are not to be run-of-the-mill medical practitioners who happen to belong to the Seventh-day Adventist church. We have been given counsel to guide us in the way we are to do our work and run our institutions. Is that counsel still relevant? Yes, it is.

A full demonstration of God’s blueprint will soon be on full display. We are invited to have a part in that demonstration of all the counsel found in the Bible and given by Mrs. White, but God does not force anyone. He gives everyone an opportunity to be part of this last-day work. We must go to Him saying, “Dear Lord, I want the truth, the whole truth, and nothing but the truth. I will seek for it as silver, search for it as pure gold, and I’ll follow it.” There is no limit to what God can do when He has a people willing to go all the way with Him. We must say and believe as did Elijah on Mount Carmel: “If the Lord be God,

follow Him, but if it be the world, then follow it.” (1 Kings 18:21).

What is God’s blueprint? His holy law, the Bible, and the Spirit of Prophecy. “Believe in the Lord your God, so shall ye be established; believe His prophets, so shall ye prosper.” 2 Chronicles 20:20

[All scripture from the KJV] [LM](#)

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

# *Let Love Have Its Perfect Work*

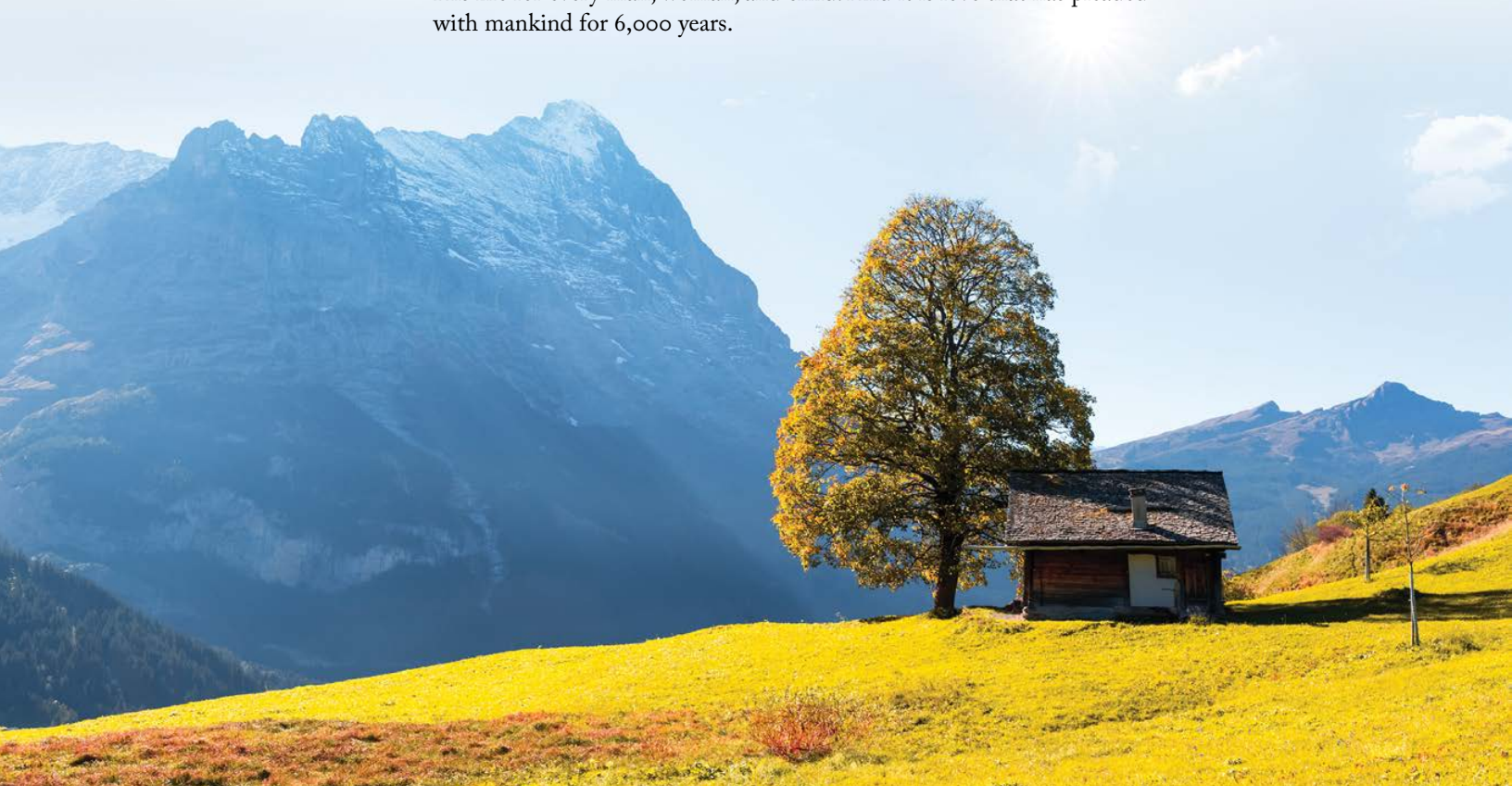
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by John J. Grosboll

**W**hat does it mean to love one another? When David said to Jonathan, “Your love to me was wonderful, surpassing the love of women,” (2 Samuel 1:26, *last part*), what did he mean? We often talk of love in many contexts, but rarely have a true understanding of it. The Bible talks a great deal about love.

“He who does not love does not know God, for God is love.” 1 John 4:8

This text establishes the foundation of true love: God is love. The whole world and everything in it, though tarnished by sin, shows forth the love of God. It was because of the love of God that the world, the entire universe, was created. It was love that walked and talked with Adam and Eve in the garden. It was love that put into effect a plan to restore man if he should turn away from God’s love. It was love that brought Jesus to this world as a babe. It was love that sustained Him under the crushing weight of the sin He bore for us and that separated Him from His Father. It was love that took Jesus to Calvary, and consequently, moved Him to give up His life for every man, woman, and child. And it is love that has pleaded with mankind for 6,000 years.





The love of God for man is a favorite subject of many a minister preaching from the pulpit. But what about our love for God? While we may not have a full understanding of God's love, we have but to open our eyes, breathe the air, hear the birds sing, or sit down to eat to be aware of it. God abundantly shows His love for us, even in a sinful world. How do we know and show that we love God? How do we increase our love for Him?

"Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails." 1 Corinthians 13:4-8, *first part*. The very foundation of Christ's character is love. Jesus was always kind and patient. He was not proud, nor was He selfish. Jesus did not seek to do evil, but rather He rejoiced in the truth.

Jesus could have decided not to endure the pain and suffering inflicted upon Him in the judgment halls of Caiaphas, Herod, and Pilate. He could have walked away from the pain and agony of the cross and returned to His Father. But He didn't. Why? Because love does not fail. The Father and His Son had a plan to save the world, to offer salvation to all who would accept it, and in this, love would not fail. What a rebuke to all of us! So the most important question we must ask ourselves is, "How can I be like Him?"

We often talk about keeping the commandments of God, and this is very important to our salvation, because perfect love will have perfect results—complete compliance with all of God's commandments. In Mark 10:17, a young rich ruler came to Jesus and asked a question. "Now as He was going out on the road, one came running, knelt before Him, and asked Him, 'Good Teacher, what shall I do that I may inherit eternal life?'" This is a question we should all



*Complaining  
is not the fruit  
of love.*

be asking the Lord. What must I do to enter the kingdom of heaven? Jesus responded with a list of criteria. The criteria he used to test this young man was specific. "You know the commandments: 'Do not commit adultery,' 'Do not murder,' 'Do not steal,' 'Do not bear false witness,' 'Do not defraud,' 'Honor your father and your mother.'" Verse 19. There are two very notable items in what Jesus said. First, He reminded the young man that he already knew what he must do. Second, He did not quote all the commandments of God, only those that dealt with love for mankind.

The young man was sure he had kept these commandments, but Jesus gave Him a further test in response to his statement. "And he answered and said to Him, 'Teacher, all these things I have kept from my youth,' Then Jesus, looking at him, loved him, and said to him, 'One thing you lack: Go your way, sell whatever you have and give to the poor, and you will have treasure in heaven; and come, take up the cross, and follow Me.'" Verses 20, 21. What did the rich young ruler lack? It was love. Remember 1 Corinthians 13 says that love "does not seek its own." If we have selfishness in our hearts, we do not have love. The young man went away from Jesus lost

because he loved himself more than his fellow man, and consequently, he did not love Jesus.

It is also recorded that Jesus was approached by a scribe who had been listening to Him and was impressed by His understanding of the things of God. He "asked Him, 'Which is the first commandment of all?' Jesus answered him, 'The first of all the commandments is: 'Hear, O Israel: the Lord our God, the Lord is one. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'" This is the first commandment. And the second, like it, is this: "You shall love your neighbor as yourself." There is no other commandment greater than these.'" Mark 12:30, 31 The greatest commandment is that we are to love Him with all our being. Yet, Jesus was not satisfied with the scribe's question and added, as a second commandment, that we are to love our neighbor as ourselves. Jesus made a point of saying "There is no other commandment greater than these." It is not enough to claim to love God with all our heart, soul, and mind; it is necessary to prove it by our love for our fellow man.

Jesus was pointing out in these two examples that it is impossible to love God without loving your neighbor. It is

through unconditional love that Jesus was born into the world to redeem mankind. God loved us, even in mankind's fallen state, with such a fervent love that He was willing to sacrifice His human existence to save us. Jesus said to His disciples, "Greater love has no one than this, than to lay down one's life for his friends." John 15:13. Who were Jesus' friends? The entire human race, every sinner on this planet, before He came, during His stay, and to the end of time. He loved them despite their fallen nature.

As an answer to the opening question, David loved Jonathan with a godly, brotherly love. He felt the kindness and caring Jonathan had for him, and he reciprocated that love. God wants us to reciprocate His love for us by showing our love for others. Jesus is impartial in His love for sinners. He does not care how bad a sinner we may be, He loves us all. He did not die for the righteous, but for the sinner. His love is unbounded. He loved and died for each one of us. He did not wait for us to become righteous before loving us. No, He sat with the sinners and talked with them and cared for them. There is no partiality with Him. People hated Jesus because of His unconditional love for all, calling Him all sorts of names, yet He did not back away from His love. Jesus does not condone our sins, yet His love is perfect, lacking nothing, while He works tirelessly to save every sinner.

In addressing this subject, Peter shows us a process whereby we can gain this perfect love that is required to enter heaven. "But

also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love." 2 Peter 1:5-7. First, we must have faith that God can create in us this perfect love. All the apostles talk about the faith that we must have in the Lord. That faith that "comes from hearing [reading], and hearing by the word of God." Romans 10:17

As we study God's word, He adds knowledge of what He says about love. That knowledge solidifies our understanding of the conditions of salvation. Then comes the harder area to conquer—self-control and perseverance. Perfect love will have our emotions under control. It will make us meek and lowly, humble. Perseverance in this humility molds our character, forming a godly character within us. But don't be fooled. Many today think they have reached this plateau of harmony, but it is hard to obtain. It takes much prayer and contrition. Godliness is not totally formed until we complete the next step in our search for perfect love. As Jesus pointed out to the rich young ruler—as He does also to us today—godliness is formed through brotherly kindness and love.

Because of our heritage, we are weighed down by the life that has molded us into what we are as we come to Christ. Thank God in heaven that He did not hold that against us. Paul writes, "Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord." Romans 12:10, 11. Jesus said to His disciples on the day before His crucifixion, "A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another." John 13:34, 35. If we cannot love one another within the church, with our faults and defects, how can we love our fellowman and work to bring them out of the world?

Jesus has called us to have love for each other in the church. As we examine self, we will find more flaws which will require prayer



*We cannot have love if we have selfishness.*



and repentance. Perfect love is the perfect reflection of Jesus. As Jesus is longsuffering with us, should we not be longsuffering with others? That is love according to 1 Corinthians 13, "Love suffers long and is kind." Oh, if we could see ourselves as Jesus sees us, we would be ashamed. But we should not fear, for love will cast out all fear of failure. If we have perfect love, all fear will be cast out. "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love." 1 John 4:18. When our love is tried and tested by God, we must remember that it is to bring us into complete harmony with His love for us, that our love for Him and others will be perfected.

"There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love." This is an important statement; for there are many who desire to love and serve God, and yet when affliction comes upon them, they do not discern the love of God in it, but the hand of the enemy. They mourn and murmur and complain; but this is not the fruit of love to God in the soul. If we have perfect love, we shall know that God is not seeking to injure us, but that in the midst of trials, and griefs, and pains, He is seeking to make us perfect, and to test the quality of our faith. When we cease to worry about the future, and begin to believe that God loves us, and means to do us good, we shall trust Him as a child trusts a loving parent. Then our troubles and torments will disappear, and our will will be swallowed up in the will of God." *The Youth's Instructor*, January 6, 1898

The apostle John explains our condition with God in the absence of love for others. Here are a few statements he makes concerning love. "He who says he is in the light, and hates his brother, is in darkness until now," "Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him," "If someone says, 'I love God,' and



*It  
was love  
that brought  
Jesus to this  
world as a  
babe.*

hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?" 1 John 2:9; 3:15; 4:20

Would you agree that if you hate or dislike someone, it is from a lack of love? We are told to hate sin but love the sinner, yet most of the time we seem to do the opposite. It is time to learn the lesson of perfect love; to love the sinner and cherish his or her soul as Jesus did.

"Jesus bears with the perversity of the children of men, and pities them in their wrong course. If He felt as some who claim to be His followers feel, He would be filled with continual disgust and hatred as He looks upon those who are abusing His mercy, despising His grace, refusing to obey His commandments, and trampling upon His authority. He has bought them soul and body, and though they give their allegiance to Satan, His bitterest enemy, He loves them still.

"No one can hate his brother, or even his enemy, without placing himself under condemnation. We ever receive from the hand of our Maker and Judge a reward in harmony with the nature of our conduct toward Him and His creatures. It is written: 'If ye forgive not

men their trespasses, neither will your Father forgive your trespasses.' Again we read: 'With the merciful thou wilt show thyself merciful; with an upright man thou wilt show thyself upright; with the pure thou wilt show thyself pure; and with the froward thou wilt show thyself froward.'" *The Youth's Instructor*, January 13, 1898

Jesus has given us the example of true love for His creation. He bears long with our iniquity. Should we not also bear long with others? Jesus does not care what their sins may be. He seeks to help them, and us, to overcome and be part of His kingdom. We must look to self and examine our own motives to see if, by our unloving attitudes, we are doing Satan's work.

None are perfected yet, but if we look closely at Jesus, see His loveliness, His kindness and gentleness, watch as He does not condemn but guides, He will perfect us in perfect love. Whether it be our neighbor next door, the homeless man on the street, our leaders in power, or our brethren in the church, our love should not waver for any of them.

Jesus loved the people (Jews), the church leaders (Pharisees) and the world leaders (Romans) who crucified Him. His statement on the cross relayed a message to us today. "Father, forgive them, for they do not know what they do." Luke 23:34. Should we do less than He?

If we are to go boldly to the throne of God for our salvation, we must, as Jesus taught us, learn perfect love for those in this world. Love does not condemn or look down on, speak evil of, or gossip about others, no matter who they might be. Love will change our thought patterns and soften our hearts to feel pity for all people. Let love have its perfect work, lacking nothing. **LM**

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# Christian Character

## Clues – KJV

### Across

- B22 The Comforter will \_\_\_\_\_ with you forever. .... John 14:16  
 C10 We are called to love our \_\_\_\_\_. .... Matthew 5:44  
 E9 Fathers \_\_\_\_\_ their families to do justice. .... Genesis 18:19  
 E20 Jesus' yoke is easy and His \_\_\_\_\_ is light. .... Matthew 11:30  
 F2 The world \_\_\_\_\_ receive the Spirit of Truth. .... John 14:17  
 G8 \_\_\_\_\_ are swift to shed blood. .... Romans 3:15  
 G14 The Lord is strong in the days of \_\_\_\_\_. .... Nahum 1:7  
 I2 Men \_\_\_\_\_ the offering of the Lord. .... 1 Samuel 2:17  
 I12 The children of God are \_\_\_\_\_. .... 1 John 3:10  
 J19 Eternal life is to know the \_\_\_\_\_ God. .... John 17:3  
 K7 Children who are provoked become \_\_\_\_\_. .... Colossians 3:21  
 M7 \_\_\_\_\_ cannot separate you from the love of God. .... Romans 8:38, 39  
 O8 We love \_\_\_\_\_ He first loved us. .... 1 John 4:9  
 Q16 Who is the Saviour of the body? .... Ephesians 5:23  
 R7 The grace of God brings \_\_\_\_\_. .... Titus 2:11  
 T2 A virtuous woman makes coverings of \_\_\_\_\_. .... Proverbs 31:22  
 T13 \_\_\_\_\_ endures to all generations. .... Psalm 100:5  
 T19 Be heirs of grace so your prayers are not \_\_\_\_\_. .... 1 Peter 3:7  
 V2 The ruler asked what \_\_\_\_\_ thing he could do to have eternal life. .... Matthew 19:16  
 V12 We are \_\_\_\_\_ together with Jesus. .... 2 Corinthians 6:1  
 X7 With their \_\_\_\_\_ they use deceit. .... Romans 3:13  
 X17 Jesus said, \_\_\_\_\_ of Me. .... Matthew 11:29

### Down

- A24 The Lord gave \_\_\_\_\_ for His church. .... Ephesians 5:25  
 B15 God's \_\_\_\_\_ mercies are over all His works. .... Psalm 145:9  
 D22 Fathers should not \_\_\_\_\_ their children. .... Ephesians 6:4  
 E6 Those who receive Christ, He gives \_\_\_\_\_ to be sons. .... John 1:12  
 E10 Children who \_\_\_\_\_ their parents are well pleasing to the Lord. .... Colossians 3:20  
 F19 The eagle \_\_\_\_\_ over her young. .... Deuteronomy 32:11  
 H2 Where would the virtuous woman's husband be known? .... Proverbs 31:23  
 I4 Which part of the heart is not to be corrupt? .... 1 Peter 3:4  
 I9 Pray for those who \_\_\_\_\_ use you. .... Matthew 5:44  
 L23 Priests offered \_\_\_\_\_. .... 1 Samuel 2:13  
 M17 He that \_\_\_\_\_ God's people does the same to Him. .... Zechariah 2:8  
 N21 The Lord's \_\_\_\_\_ is His people. .... Deuteronomy 32:9  
 N25 As many as are \_\_\_\_\_ in Christ, put on Christ. .... Galatians 3:27  
 O5 The type of conversation of wives. .... 1 Peter 3:2  
 Q11 Faith without works will not \_\_\_\_\_ you. .... James 2:14  
 Q13 Type of rare woman. .... Proverbs 31:10  
 R3 The redeemed are \_\_\_\_\_ of good works. .... Titus 2:14  
 V7 Wives submit to husbands as is \_\_\_\_\_ in the Lord. .... Colossians 3:18  
 V18 Cain rose against his brother Abel and \_\_\_\_\_ him. .... Genesis 4:8

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Answer Key:

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## *How to Gain Spiritual Strength*

**M**any are spiritually weak because they look at themselves instead of at Christ. Looking at themselves, and seeing only discouragement and unworthiness, they forget that God is waiting to make them agencies for the blessing of the world, and that angels are waiting to be collaborators with them.

Christ is the great storehouse from which on every occasion we may draw strength and happiness. Why, then, do we withdraw our eyes from His sufficiency to look on and bemoan our weakness? Why do we forget that He is ready to help us in every time of need? We dishonor Him by talking of our inefficiency. Instead of looking at ourselves, let us constantly behold Jesus, daily becoming more and more like Him, more and more able to talk of Him, better prepared to avail ourselves of His kindness and helpfulness, and to receive the blessings offered us. As we thus live in communion with Him, we grow strong in His strength, a help and a blessing to those around us.

Christ has made every provision for us to be strong. He has given us His Holy Spirit, whose office is to bring to our remembrance all the promises


that Christ has made, that we may have peace and a sweet sense of forgiveness. If we will but keep our eyes fixed on the Saviour, and trust in His power, we shall be filled with a sense of security; for the righteousness of Christ will become our righteousness.

If we would only do as the Lord desires us to, our hearts would become as sacred harps, every chord of which would sound forth praise and gratitude to the Redeemer sent by God to take away the sin of the world. With joy we would be able to say, "Therefore being justified by faith, we have peace with God through our Lord Jesus Christ; by whom also we have access by faith into the grace wherein we stand, and rejoice in hope of the glory of God. And not only so, but we glory in tribulations also; knowing that tribulation worketh patience; and patience, experience; and experience, hope; and hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Spirit which is given unto us."

When temptations assail you, as they surely will, when care and perplexity surround you, when, distressed and discouraged, you are almost ready to yield to despair, look, O look, to where with

the eye of faith you last saw the light; and the darkness that encompasseth you will be dispelled by the bright shining of His glory. When sin struggles for the mastery in your soul, and burdens the conscience, when unbelief clouds the mind, go to the Saviour. His grace is sufficient to subdue sin. He will pardon us, making us joyful in God.

Looking at self, we see only weakness, and we forget God's purpose for us. We forget that He placed on us so high a value that He gave Christ to die for us. O, after all that has been done for us, how can we disappoint Christ by failing to live the life that He has made it possible for us to live? Let us no longer talk of our inefficiency and lack of power. Forgetting the things that are behind, let us press forward in the heavenward way. Let us neglect no opportunity that, if improved, will make us more useful in God's service. Then like threads of gold, holiness will run through our lives, and the angels, beholding our consecration, will repeat the promise, "I will make a man more precious than fine gold; even a man than the golden wedge of Ophir." All heaven rejoices when weak, faulty human beings give themselves to Jesus, to live His life.

*The Review and Herald*, October 1, 1908 

# Parrot Preachers

Grandma Maria lived in a big house in Mayaguez, Puerto Rico. The house was always a bustle of activity. In the basement, Grandpa operated a furniture factory. Every day you could hear the sounds of saws, hammers, machines, spray painting guns, and workmen shouting above the noise as they made all the beds, dressers, cabinets, tables, and chairs. The smell of wood shavings and spray lacquer blended together with the heat and humidity of the tropics.

Upstairs, life was very busy too. Several of Grandma's children were now grownups and lived in the house. They had their children, which of course were Grandma's grandchildren. And then there were all the neighborhood children who would come and visit. The delicious smells from the kitchen were always an attraction for those who passed by the big house, and Grandma was always there to invite them in for a glass of water or a meal. Grandpa would often be seen loading the factory truck with furniture to be delivered to the various stores in town.

Grandma was the only Adventist Christian in the family. That was not easy. When family worship time came, she always invited the members of the household to join her for singing, Bible reading, and prayer. Sometimes there were those who would join her, but most of the time Grandma found herself alone on the back porch with God and her two parrots, Pepe and Suzie. How she enjoyed having family worship! She would sing songs and read the Bible aloud, and sometimes would even preach to her parrots when

there was no one else around for her to talk with.

Soon Pepe and Suzie began to learn to sing some of Grandma's favorite hymns. Her favorite hymn was Santo, Santo, Santo ... (Holy, Holy, Holy ...). Every time Grandma would start to sing that hymn, Pepe and Suzie would begin to sway back and forth with their necks stretched out, singing the song with all their might. Grandma also repeated certain words and phrases from sermons she had heard. Her parrots learned those too. It wasn't long before one or



the other of the parrots would shout, "Preparate pecador, que Cristo viene!" ("Prepare sinner, the Lord is coming!").

Pepe and Suzie were kept in a cage at the top of the steps that came up from the basement to Grandma's back porch. In Grandpa's basement furniture factory, there was a worker named Carlos, who was very lazy. Carlos would saw a board and then he would rest for a while. Every time Carlos' corner of the factory got quiet, Pepe and Suzie would call out his name, "Carlos!" Then they would add, "Travaja!" ("Get to work!") in a screechy voice. This would make Carlos very

upset. He got so upset that one evening, as he climbed the stairs from the factory, he opened the latch of the parrot cage and left it open.

Early the next morning, while it was still dark, one of Grandma's neighbors woke up to the sound of voices just outside her window. "Santo, Santo, Santo ..." ("Holy, Holy, Holy ..."). "Prepare sinner, the Lord is coming!" The neighbor lady ran to her window and peered out into the darkness. Again came the song and the warning cry, "Prepare sinner, the Lord is coming!" With that she hurried out to the street only to find others who were asking each other, "Did you hear what I heard?"

Grandma heard the commotion and joined the group. She happily announced that her parrots must be up in the trees.

Soon Pepe and Suzie were back in their cage, leaving Grandma to explain to her neighbors how it happened that her parrots learned to sing and preach! Some of Grandma's neighbors said they wished they knew more about the Bible, so Grandma offered to give them Bible studies. Several of them gave their hearts to Jesus and were baptized.

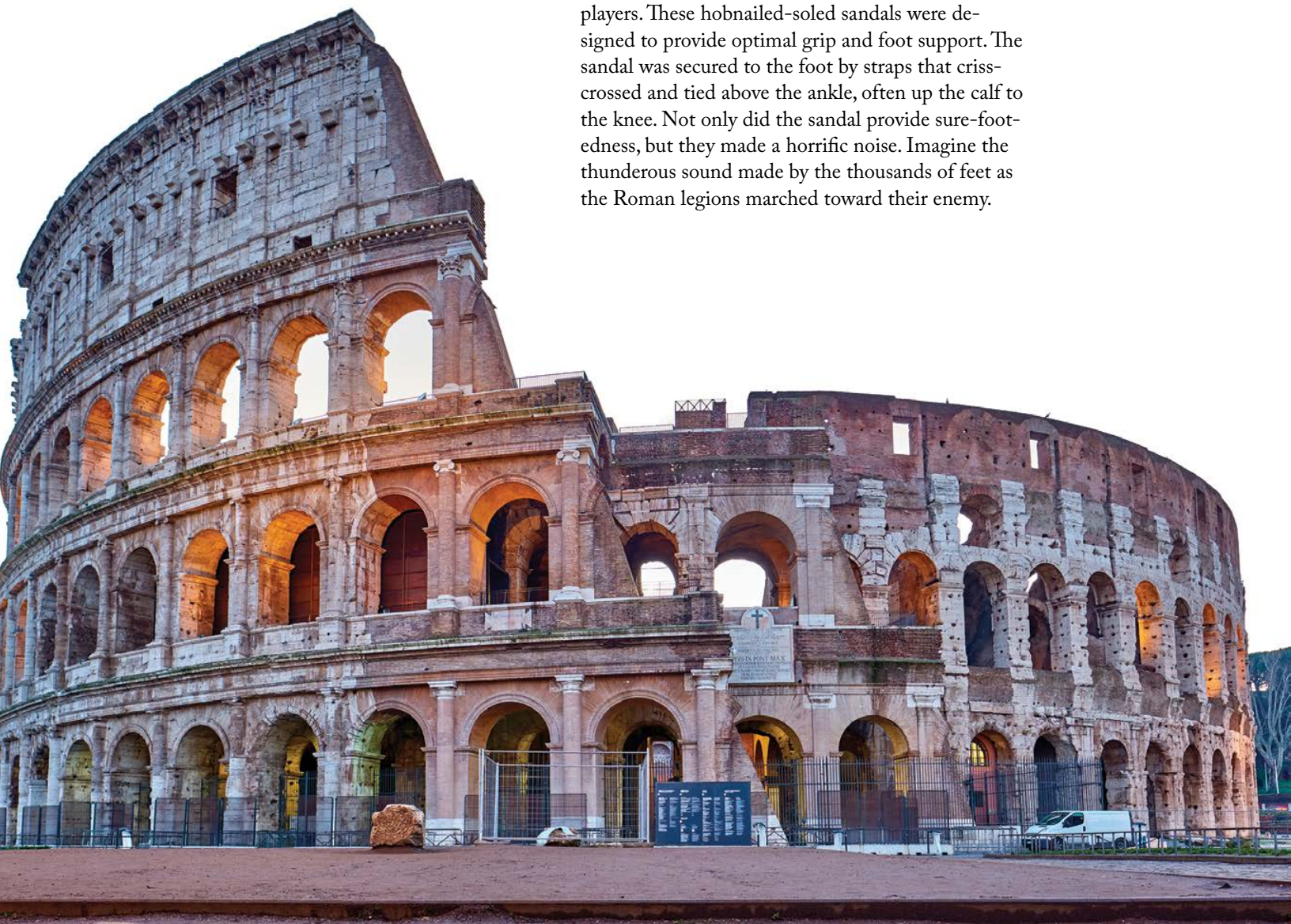
We all know that Pepe and Suzie were just repeating words and sounds they had heard Grandma say in family worship. They didn't really understand what it all meant. But we know about the love of Jesus from the Bible. Jesus is our friend, and we can tell others of His love. If Pepe and Suzie could witness for Jesus by just repeating sounds, how much more we could do by intelligently sharing our love for Jesus with others!

Adventist Family Ministries, Casper and Mary-Ellen Colon, 1993 



## *Stand Firm*

**T**he Caliga “was a heavy-duty, thick-soled openwork boot, with hobnailed soles” worn by low-ranking Roman soldiers and cavalrymen. They are similar to the cleats we see today on the athletic shoes worn by baseball and football players. These hobnailed-soled sandals were designed to provide optimal grip and foot support. The sandal was secured to the foot by straps that crisscrossed and tied above the ankle, often up the calf to the knee. Not only did the sandal provide sure-footedness, but they made a horrific noise. Imagine the thunderous sound made by the thousands of feet as the Roman legions marched toward their enemy.



*Lorica segmentata* was the most common armor of the Roman army. It consisted of metal plates that overlapped one another, using leather straps to secure it around the soldier's torso, covering the shoulders, chest, stomach, and back. A later form of armor the *Lorica hamata* or mail armor, was made using iron or bronze rings linked together, alternating closed washer-like rings with riveted rings. This made the armor very flexible, reliable, and strong. Mail armor was worn like a shirt and covered the torso from mid-back and down the front, often to the thighs. With proper maintenance, this armor could be used for several decades. Both of these types of armor were effective in repelling arrows and other sharp tools of war.

The *scutum* shield was used by soldiers of ancient Rome. A large, semi-cylindrical shield, rectangular in shape, with a hand-hold in the center, the shield surrounded the soldier, from approximately the shoulders to the knees (about 37"–42" tall).

The *Cassis* (combat helmet) was made of iron that covered the head, cheeks, and sometimes with a strip of iron fashioned to cover the nose.

In combat, Roman soldiers carried a long, double-edged sword (either a *Gladius* or *Spatha*), a *Pugio* dagger (a large, leaf-shaped dagger) and either a spear (*Hasta*) or javelin (*Pilum*).

Sources: [Wikipedia.org/wiki/Caligae](https://en.wikipedia.org/wiki/Caligae); [Wikipedia.org/wiki/Roman\\_military\\_personal\\_equipment](https://en.wikipedia.org/wiki/Roman_military_personal_equipment); [Wikipedia.org/wiki/Late\\_Roman\\_ridge\\_helmet](https://en.wikipedia.org/wiki/Late_Roman_ridge_helmet)

Standing firm in a fight, dressed in the armor that can save your life, can be the difference between winning and losing a battle.

It is the same in spiritual warfare.

"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and



having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God." Ephesians 6:13–17

"Our battle will not be with men, although it may appear so; we war 'not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against wicked spirits in high places.' ...

"To every soul will come the searching test, Shall I obey God rather than man? The decisive hour is even at hand. Satan is putting forth his utmost efforts in a last despairing struggle against Christ and His followers. In this closing scene, false teachers are employing every possible device to stimulate the hardened sinner in his rebellious daring, to confirm the questioning, the doubting, the unbelieving, and by misrepresentation and falsehood to deceive, if it were possible, the very elect.

"Who are prepared to stand firmly under the banner on which is inscribed, 'The commandments of God and the faith of Jesus?'" *The Signs of the Times*, February 22, 1901

"Do not fear to stand firm for the right under any and all circumstances. Do not think it uncourteous to meet with a decided 'No,' those who would suggest evil thoughts, or would urge you to any act which God would not approve.

"When sinners entice thee, consent thou not.' Do they sneeringly call you a coward, tell them that if it is cowardly to fear to do wrong, then you are a coward." Ibid., August 23, 1883

"God wants everyone to stand with the whole armor on, ready for the great review." *Manuscript Releases*, Vol. 20, 263

"We must put on every piece of the armor, and then stand firm. The Lord has honored us by choosing us as His soldiers. Let us fight bravely for Him, maintaining the right in every transaction. Rectitude in all things is essential to the welfare of the soul. As you strive for the victory over your own inclinations, He will help you by His Holy Spirit to be circumspect in every action, that you may give no occasion for the enemy to speak evil of the truth. Put on as your breastplate that divinely protected righteousness which it is the privilege of all to wear. This will protect your spiritual life." *The Youth's Instructor*, September 12, 1901 LM



## Tennessee Camp Meeting

with John Grosboll

**October 27 & 28, 2023**

**Friday: 7:00 pm,  
Sabbath: 9:15 am - 8:30 pm**

### CUMBERLAND MOUNTAIN STATE PARK

Recreation Center (next to swimming pool)  
24 Office Dr, Crossville, TN 38555  
Phone for Park: (931) 484-6138

### CAMPING, CABINS, MOTELS:

See your *In His Steps* newsletter for more information, or call the camp meeting hosts:

Danny & Paula Frisby  
(931) 863-8071 - home  
(865) 202-6079 - cell

### MEALS:

Provide your own breakfast. Bring food to share in a vegan fellowship meal on Sabbath following the church service. Bring extra for those coming from long distances! A light evening meal will be provided.

Children will be provided for during meetings.

## October Sermon of the Month

### Within the Veil

By John J. Grosboll

A veil keeps hidden those things which we are not supposed to see. When we lift the veil in an effort to see what we should not, it is sin.

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

**October 2023**

Dear Friend,

Our mission is to take the three angels' messages, found in Revelation 14:6-12, to every person in this world. Before Jesus returns to earth He will have a people who "keep the commandments of God and the faith of Jesus." Revelation 14:12

But when a person accepts the three angels' messages, and starts seriously preparing for the return of Jesus, he or she is often unable to persuade anyone else in the family to do so. So we find all over the world people who say, "I am the only Christian in my family," or "I am the only Christian in my family who has accepted God's last gospel invitation in Revelation 14."

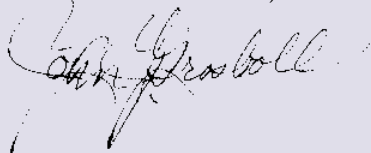
Every person in this situation wants to see his or her loved ones saved, but often the hardest people in the world to witness to are the people in one's own family. Jesus had this problem—the people in His own family did not believe that He was the Messiah! (See John 7:3-5.)

Here are a few example of how Jesus witnessed to His family.

1. He faithfully and cheerfully did His part in bearing the burdens of the household. None of His family could say that He did not do His part in earning a living for the family.
2. He was industrious and did His work with exactness—nobody could complain that His work was defective or lacking in any way.
3. He lived a disciplined life, not shirking care or responsibility.
4. In His labor, He was cheerful and tactful and brought the element of patience and spirituality into His home life.
5. While He was doing worldly business in His youth, He kept His eye single to the glory of God.
6. He developed the habit of singing spiritual songs at work, praising God.
7. He showed Himself capable of sympathizing with all.
8. He had around Him an atmosphere of hope and courage.
9. He lived to please, honor, and glorify His Father.
10. Because of the sympathy and tenderness that He manifested to all ages and classes of people, everyone was happier when He was present.

The Lord wants you and me to imitate the Christ-life in our families today.

Your brother in Christ,



John J. Grosboll



# *O the Deep, Deep Love*

*"Who is a God like You, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain His anger forever, because He delights in mercy. He will again have compassion on us; and will subdue our iniquities. You will cast all our sins into the depths of the sea."*

Micah 7:18, 19

It is said that *O the Deep, Deep Love of Jesus* was written by Samuel Trevor Francis as a personal testimony after nearly committing suicide as a teenager by jumping from London's Hungerford Bridge into the Thames River. While there is little evidence to corroborate the story, the hymn itself still stands as a reminder of God's sustaining, powerful, and immeasurable love.

Francis compares Jesus' love to the ocean, exemplifying the vastness, unchanging, and sacrificial nature of God's love for all humanity. The ocean is the largest thing on earth, its deepest point being deeper than the highest mountain on earth. Yet, God's love is deeper still. We can stand at any point on the coast, and see just a small fraction of it. The ocean is vast, but has its boundaries. God's love, however, is boundless and free.


We sing of the love of the Father who sent His Son as a sacrifice to redeem us, and who now is interceding on our behalf.

There are several tunes associated with Francis' words, but the most common is a minor melody in 4/4 time written by Bob Kauflin.

O the deep, deep love of Jesus,  
vast, unmeasured, boundless, free,  
rolling as a mighty ocean  
in its fullness over me.  
Underneath me, all around me  
is the current of Your love,  
leading onward, leading homeward  
to Your glorious rest above.

O the deep, deep love of Jesus.  
Spread His praise from shore to shore,  
how He came to pay our ransom  
through the saving cross He bore;  
How He watches o'er His loved ones,  
those He died to make His own;  
How for them He's interceding,  
pleading now before the throne.

O the deep, deep love of Jesus,  
far surpassing all the rest.  
It's an ocean full of blessing  
in the midst of every test.  
O the deep, deep love of Jesus,  
mighty Saviour, precious Friend.  
You will bring us home to glory,  
where Your love will never end.

Sources: [hymnary.org/text/o-the-deep-deep-love-of-jesus](http://hymnary.org/text/o-the-deep-deep-love-of-jesus); [Wikipedia.org/wiki/O\\_the\\_Deep\\_Deep\\_Love\\_of\\_Jesus](https://en.wikipedia.org/wiki/O_the_Deep_Deep_Love_of_Jesus) 



*from the*  
**Mission Fields**



*Mount Kenya at dawn. Kenya is a country of 57 million people. It is a Christian nation with a Muslim minority.*

## *New Headquarters in Kenya*

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by Pastor Domingo Nunez

In 2022, the new Steps to Life Ministry headquarters office building in Kenya was dedicated and opened. The Lord led us to purchase land and build the office in Keroka, a town with a population of 53,500. From this location, workers are now reaching out to preach the three angels' messages locally as well as in the surrounding towns as far away as Kisii, an hour's drive from Keroka, with a population of 112,000 people.





**Top left:** Moses Asimba with the members of the church in Kisii

**Top right:** Pastor Ivan Plummer, along with New York church members (women), visiting the new Steps to Life headquarters in Keroka with local workers (men)

**Bottom left:** Sabbath morning service in Ramacha

**Bottom right:** Moses Asimba compiling literature for distribution

By God's grace, the Steps to Life office headquarters is now fully furnished with the equipment needed—computers, printers, monitors, desks, chairs, tables—and other things that were needed for the opening day. Now, we are looking forward to obtaining the materials necessary to effectively operate the training programs for Bible workers, evangelists, and lay pastors. We have also begun production and printing of all the material to carry and distribute the three angels' messages.

Two of our staff—Moses Asimba in the town of Kisii, and Zachary Makwaro in the town of Keroka—work to spread the gospel story in their hometowns.

Moses works with the church established in the town of Kisii, who have been exposed to the gospel and accepted the three angels' messages. They are

working together as a church to continue spreading the gospel in Kisii and meet every Sabbath to worship.

Zachary Makwaro has been working in Keroka where he lives and meets regularly with the church established there. A small church group has been established in the town of Ramacha about 22 kilometers from the Keroka headquarters, where Elder Daniel Maragia assists Zachary as the church reaches out monthly to the community looking for people interested in the gospel and offering them the opportunity for Bible studies.

Pastor Ivan Plummer, who has churches in both New York and Jamaica, came to see the new headquarters along with four sisters in Christ from their church in New York. They were very excited and happy to see the work going on in Kenya, and encouraged the work-

ers to be faithful to continue spreading the gospel of Jesus Christ. We are very thankful for their visit, encouragement, and continuing prayers on behalf of the work and workers in Kenya.

Please remember the people of Kenya as Moses and Zachary and the three churches that they oversee work to spread the marvelous message of Jesus. Church membership is growing little by little. The leaders of these congregations completed their training so that they could take over the work and the challenges of leading the churches and evangelizing in Keroka and the outlying towns.

Please, we need your prayers and support, that by the grace of God, we can continue to spread the gospel in Kenya. To contribute to the work in Kenya, please mark your donation *Missions/Kenya*. [LM](#)



# *The Message of the Fungus*



**D**ecay is a part of nature that we don't like to think about. But it is an essential part as long as there is death. Have you ever thought how you would walk through the woods if the trees that had died never decayed? The trees would be piled up over your

head. Decay is a merciful provision of the great Creator to take care of the effects of death.

"Dust thou art, and unto dust shalt thou return" was part of the curse after sin entered the garden of Eden (Genesis 3:19). Nature demonstrates this fact. There are several agents which are used in this process of building rich loamy soil out of dead vegetation. We will look especially at the fungus. When trees die they would never decay were it not for fungi and bacteria that break down organic compounds and return them to air and soil.

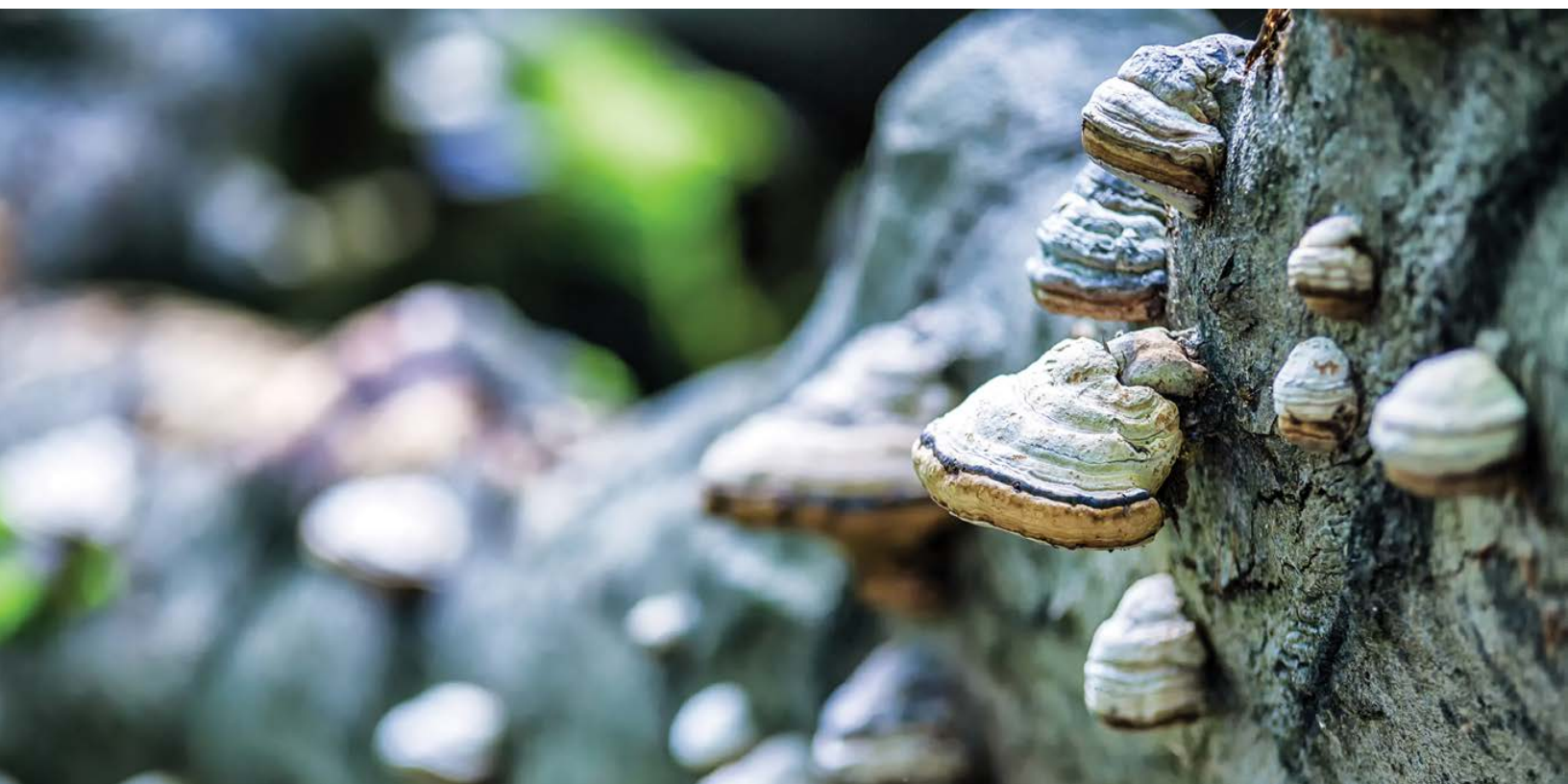
Let's take a walk and see some of these fungi. The dead logs are sprinkled with several kinds. Some are

shaped like sea shells. Others are cup-shaped. The colors are lovely. It is hard to remember they are part of the process of decay.

As I have observed these fungi from time to time, my mind has been impressed with this thought: The Creator could have made these formations ugly. But in His great love I can hear Him say, "Death and decay are so hard for My children to bear. I will make some lovely fungus to work on these dead trees. As they see that, they will think of My love and know that I will soften life's hard experiences for them."

I can serve a Creator like that, can't you?

*The Journal of Health and Healing*, Vol. 7, No. 4, ©1982, 17 [LM](#)



Q:

*What does it  
mean to be  
a peculiar  
people?*



A:

The dictionary gives us two definitions of the word *peculiar* when used as an adjective. The first use refers to something that is strange or odd. But the second use refers to something particular or special. It is this definition that is used in the context of the biblical description of God's people.

"But you are a chosen generation, a royal priesthood, a holy nation, His own special [peculiar] people . . ." 1 Peter 2:9

"For you are a holy people to the Lord your God, and the Lord has chosen you to be a people for Himself, a special [peculiar] treasure above all the peoples . . ." Deuteronomy 14:2

"Who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special [peculiar] people . . ." Titus 2:14

"That which more especially distinguishes God's people from the popular religious bodies is not their profession alone, but their exemplary character and their principles of unselfish love. The

powerful and purifying influence of the Spirit of God upon the heart, carried out in words and works, separates them from the world, and designates them as God's peculiar people. The character and disposition of Christ's followers will be like the Master. He is the pattern, the holy and perfect example given for Christians to imitate. . . ." *That I May Know Him*, 317

"The Lord hath set apart him that is godly for Himself, and this consecration to God and separation from the world is plainly declared and positively enjoined in both the Old and New Testaments. There is a wall of separation which the Lord Himself has established between the things of the world and the things He has chosen out of the world and sanctified unto Himself. The calling and the character of God's people are peculiar. . . and these peculiarities distinguish them from all people." *The Review and Herald*, July 5, 1875

"God's people are to be distinguished as a people who serve Him

fully, wholeheartedly, taking no honor to themselves, and remembering that by a most solemn covenant they have bound themselves to serve the Lord, and Him only." *Our High Calling*, 345

"I saw that God was purifying unto Himself a peculiar people. He will have a clean and a holy people, a people in whom He can delight." *Manuscript Releases*, Vol. 6, 221

"The religion of Christ does not consist in merely having our names written on the church book; they must be written in the Lamb's book of life. Examine again the text [Titus 2:11-14]. From this it will be seen that there is a decided difference between the followers of Christ and the world. They are a peculiar people; Jesus came to make them thus. . .

"Let us open the door of our hearts, that Jesus may come in and that sin may go out. Let us forsake the evil and choose the good . . ." *The Review and Herald*, March 16, 1886 LM



## *Hats off to Fat*

Vibrant health, not just the absence of disease or injury, is something that everyone desires. Good health is one of the greatest blessings we can have and something we can work toward as we cooperate with God in choosing a healthy lifestyle. One area that greatly impacts our health is our diet. There are seven broad, needful categories to be considered when it comes to good nutrition, if we hope to experience vibrant health. These categories are carbohydrates, protein, fat, vitamins, minerals, fiber, and water. Let's focus on the category of fat.

In nutrition, biology, and chemistry, a fat usually means any ester of fatty acids, or a mixture of such compounds, most commonly those that occur in living beings or in food.

Fat fills your fat cells. It is important in giving cells structure and insulates the body to help keep you warm. It is also used in making hormones. It is a

major fuel source for your body and is the main source of stored body energy. Fat provides 9 calories per gram (Cal/gm) versus protein and carbohydrates which provide 4 Cal/gm. It is necessary for the absorption of vitamins A, D, E, and certain antioxidants. Omega 3 fats are important for optimum nerve, brain, and heart function. They also give your body essential fatty acids (needed by the body, but cannot be made by the body) called linoleic and linolenic acids. Fat is also needed to keep your skin and hair healthy.

Fats come from both animal and plant sources. There are two broad categories of fats: saturated fat and unsaturated fat. Saturated fats, often called the "bad fats," are tightly packed and usually solid at room temperature. The most common sources of saturated fats are meats and dairy. There are only two plant sources that contain high amounts of saturated fats: coconut oil and palm oil.

Saturated fats can also be found in many fast, processed, and baked foods. Diets high in saturated fat products can result in many health issues. Low Density Lipoprotein cholesterol (LDL) has a reputation for being the "bad cholesterol" and that would be true if you have too much LDL in the blood from a diet high in saturated fat. LDL can form plaque in the arteries and increase the risk of cardiovascular disease and stroke. Triglycerides, fat cells that circulate in the bloodstream and are stored in the body's fat cells, can also be elevated by a high saturated fat diet, and increase the risk of diseases of the heart and blood vessels.

Unsaturated fats are loosely packed and usually liquid at room temperature. Vegetable oils and nuts, seeds, olives, and avocados have mostly unsaturated fats. There are two types of unsaturated fats: monounsaturated and polyunsaturated.



Replacing saturated fats in the diet with plant foods high in monounsaturated fats, particularly extra virgin olive oil and tree nuts, may benefit heart health. Your body needs polyunsaturated fats to function. Polyunsaturated fats help with muscle movement and blood clotting. Omega-3 and 6 fatty acids make up the polyunsaturated fats. Diets high in these fatty acids have many health benefits and can be obtained from a plant-based diet.

Vegetarian sources of omega-3 fatty acids include seeds (especially flax seeds), nuts, and certain oils. However, there is controversy among health professionals over the use of such oils as corn, soybean, and safflower oil. Diets high in Omega-3 fatty acids can lower levels of triglycerides in the blood as well as the risk of heart and blood vessel diseases.

Sources of omega-6 fatty acids include corn, cottonseed, peanut, soybean, and sunflower oils. Diets high in omega-6 fatty acids can lower LDL and triglycerides, raise High Density Lipoprotein (HDL), or “good cholesterol,” and help obtain better blood sugar control.

Another benefit of eating more unsaturated fat and less saturated fat is that this can aid in brain health. The MIND diet was developed after “more than 20 years of research into what foods help lower the risk for cognitive (mental or brain function) decline. ... The brain-healthy eating plan emphasizes whole plant-based foods while limiting added sugars and foods high in saturated fats. ...

“The MIND diet is rich in nutrients that work together to support your brain health. Examples of these brain-healthy nutrients include:

- Flavonoids
- Folate
- Lutein-zeaxanthin
- Vitamin E”

Studies have found that people who follow the MIND diet have a lower risk

of Alzheimer’s disease. The MIND diet advocates eating more of 10 certain foods and less of five others. Among the good ones are healthy-fat foods like nuts and olive oil, while the less helpful ones are butter, pastries, and fried and fast foods that contain high amounts of saturated

fat. The association between healthy fats and healthier brains may be related to inflammation. Diets high in saturated fats appear to raise inflammation, while eating unsaturated fats can dampen the inflammatory response.

A third category of fats, trans fats, are artificially produced, unhealthy fats that form when vegetable oil goes through a process called hydrogenation. Trans fats are a type of fat that raises LDL and lowers HDL. There are very small amounts of naturally-occurring trans fat in meats and dairy from grazing animals, such as cows, sheep, and goats. But most trans fats are in plant oils that have been chemically changed by hydrogenation. Numerous studies have found that consumption of trans fats increases the risk of coronary artery disease and overall cardiovascular disease. Other concerning health issues with diets of moderate amounts of trans fat are Alzheimer’s, type 2 diabetes, obesity, infertility in women, and possibly certain forms of cancer.

The benefits and risks of various amounts and types of dietary fats have been the object of much study, and are still controversial topics, except for trans fats, which are almost universally considered unhealthy fats.

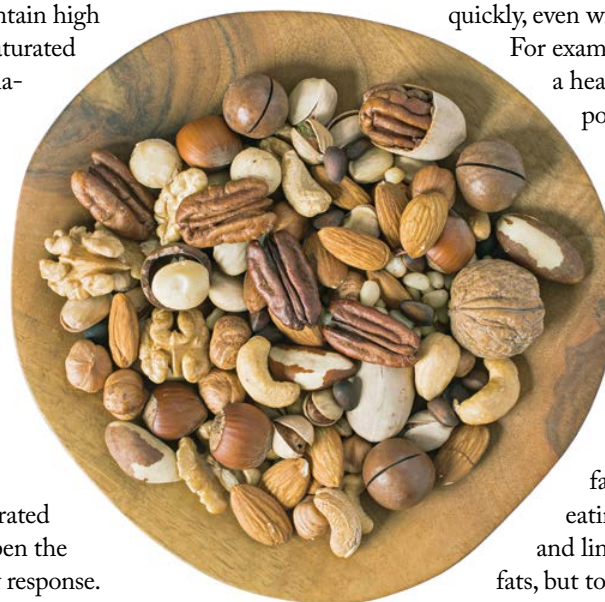
A healthy diet is a balance between taking in enough calories and nutrients for your age, sex, environment, and level of activity. One thing to consider is that each gram of fat has 9 calories. That’s true for all fats. So, calories can add up quickly, even with healthy fats.

For example, walnuts are a health food high in polyunsaturated fats, but just a dozen walnut halves contain about 160 calories—more calories than in one large apple. The key message about fats is to focus on eating healthy fats and limiting unhealthy fats, but to also remember

that consuming high levels of calories—regardless of the source—can lead to weight gain. Even healthy fats should be consumed in moderation.

Eating a vegan diet, choosing the right types of fats, and enjoying both in moderation is the best way to have vibrant health. Here’s to healthy fat!

Sources: [medlineplus.gov/ency/patientinstructions/](https://medlineplus.gov/ency/patientinstructions/); [thehealthfeet.com/nutrition-supplements/mind-diet-preserves-brain-health/](https://thehealthfeet.com/nutrition-supplements/mind-diet-preserves-brain-health/); [foodnetwork.com/healthy/articles/importance-of-healthy-fats/8-healthy-fats-you-should-be-eating/](https://foodnetwork.com/healthy/articles/importance-of-healthy-fats/8-healthy-fats-you-should-be-eating/); [foodnetwork.com/healthy/articles/importance-of-healthy-fats/why-are-healthy-fats-important/](https://foodnetwork.com/healthy/articles/importance-of-healthy-fats/why-are-healthy-fats-important/); [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550/](https://mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550/); [heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats/](https://heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats/); [health.harvard.edu/staying-healthy/knowledge-the-facts-about-fats/](https://health.harvard.edu/staying-healthy/knowledge-the-facts-about-fats/); [wellandgood.com/how-much-fat-per-day/](https://wellandgood.com/how-much-fat-per-day/); [wellandgood.com/plant-based-saturated-fat/](https://wellandgood.com/plant-based-saturated-fat/); [wikipedia.org/wiki/Fat/](https://wikipedia.org/wiki/Fat/); [healthline.com/health/food-nutrition/saturated-and-unsaturated-fat](https://healthline.com/health/food-nutrition/saturated-and-unsaturated-fat) **LM**



# *Likeness is not Sameness*

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by John J. Grosboll

**T**he book of Romans, written by Paul—the greatest theologian of the apostles—is the most systematic and complete explanation of how a person is saved. In it, Paul begins building a case for the salvation of man in the very first chapter, point by point, each chapter tightly connected to the chapter before it.





Romans 6 is about the beginning of the Christian life, when a person is baptized, laying the foundation for Romans 7, which lays the foundation for Romans 8. It is essential, when studying Romans, to study chapters 6, 7, and 8 together as they are very tightly connected. Do not let chapter or verse divisions rob you of the flow of the text as the author meant for it to be studied.

Romans 8:3 is a pivotal text, connecting everything before and after it. “For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh.” If a person takes a surface reading of this verse, it is actually possible to use the text to commit a fatal error regarding the righteousness of Christ that robs Him of His glory and His divinity and, I believe, unintentionally, ascribing to His humanity a carnal nature. Friends, Jesus did not have a carnal nature.

As we have studied previously in Scripture, the term *sinful flesh* refers to the sinful or carnal nature. You will recall that Paul says in verse 7 that this sinful flesh, the one that Adam entailed upon all of his posterity when he sinned in the garden of Eden, cannot keep God’s law.

“Because the carnal mind [flesh] is enmity against God; for it is not subject to the law of God, nor indeed can be.”

The word *likeness* can mean more than one thing. For example, you can be referring to a physical, mental, or spiritual likeness, or a likeness of disposition. Those are very different things. There are many Adventists who think that the word *likeness* in this verse means *sameness* because of the root word *Homos*. They say that Jesus came in sinful flesh, but the scripture does not say that; it says that He came in the likeness of sinful flesh. They teach that likeness means sameness quoting all kinds of statements. Searching for over 40 years, I have not found a single Spirit of Prophecy ref-



erence in which Mrs. White says that Jesus came in sinful flesh.

We must understand the root word. The Greek Lexicon gives us the meaning of the Greek words that are a takeoff or modification of the root word *Homos*. They are: *homou*, *homoios*, *homoioo*, and *homoioima*.

*Homou* means “in the same place, or together,” as in people living in the same house. “For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.” 2 Corinthians 5:1. The following statement will help to explain when Paul writes about this earthly house, this tent. “There is not one in a thousand, married or unmarried, who realizes the importance of purity of habits, in preserving cleanliness of the body and purity of thought. Sickness and disease is the sure consequence of disobedience to nature’s laws, and neglect of the laws of life and health. It is the house in which we live that we need to preserve, that it may do honor to God, who has redeemed us. We need to know how to preserve the living machinery, that our soul, body, and spirit may be consecrated to His service.” *The*

*Kress Collection*, 45. Notice, Mrs. White is talking about maintaining cleanliness of body and then about the house in which we live, our physical body.

“Every mother should see that her children understand their own bodies, and how to care for them. ... We are God’s workmanship, and His word declares that we are ‘fearfully and wonderfully made.’ He has prepared this living habitation for the mind; it is ‘curiously wrought,’ a temple which the Lord Himself has fitted up for the indwelling of His Holy Spirit.” *Fundamentals of Christian Education*, 425, 426. Inspiration uses several different phrases—tabernacle, temple, house, living machinery, and living habitation—to represent the body.

If the body represents the house in which we live, then the mind represents the man, the person, the character, the mind that lives in the house. The root word for *likeness* means the same in the sense of the same place, living together in one house; the man and his mind living together in his body.

*Homoios* is the first modification of the root word *Homos*. It means “similar in appearance, resembling, having a like form or appearance.” The word *similar*



“  
Had Christ come  
in His divine form,  
humanity could not have  
endured the sight. The glory  
would have been too  
overwhelming.”

in English means “two things that resemble each other but are not exactly alike or identical.” Things perfectly similar in their nature must be of the same essence, or homogeneous, but generally we understand the word *similar* to denote a likeness that

is not perfect. The word *similar* does not generally mean exactly the same. For

example, we say a person looks like his brother or his father.

They have a similar physical nature, such as in features or form, but they are not perfectly identical.

“Had Christ come in His divine form, humanity could not have endured the sight. The contrast would have been too painful, the glory too overwhelming. Humanity could not have endured the presence of one of the pure, bright angels from glory; therefore Christ took not on Him the nature of angels; He came in the likeness of men.” *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1131

Likeness can also refer to a similarity in character. For example, “Your imagination was not given you to be allowed to run riot and have its own way without any effort at restraint or discipline. If the thoughts are wrong the feelings will be wrong, and the thoughts and feelings combined make up the moral character.” *Testimonies*, Vol. 5, 310

Moral character is the combination of thoughts and feelings, but notice, Mrs. White links the word *imagination* with the thoughts as playing a key role in the moral character. When the Scriptures talk about character, very often they use the word *imagination*. “The Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually.” Genesis 6:5. This describes man’s character. The imagination produces thoughts and thoughts combined with feelings produce character. “And the Lord said, ‘Because they have forsaken My law which I set before them, and have not obeyed My voice, nor

walked according to it, but they have walked according to the dictates [imagination] of their own hearts and after the Baals, which their fathers taught them,’ therefore thus says the Lord of hosts, the God of Israel: ‘Behold, I will feed them, this people, with wormwood, and give them water of gall to drink.’” Jeremiah 9:13–15

“The natural, selfish mind, as it exists in its carnal state, acts without reference to God, and is evil, and only evil, continually.” *The Signs of the Times*, June 22, 1888. The natural, selfish mind is evil, and only evil. The imagination of the heart is only evil because when man sinned, he forsook God’s law of love, and became carnal, embracing Satan’s law of selfishness.

A dictionary definition of the English word *character*, not the Greek word *kharaktēr* which is very similar in meaning, is “the peculiar qualities impressed by nature or habit on a person which distinguish him from others.” These constitute real character, and the qualities which he is supposed to possess constitute his estimated character or reputation. Hence, we say, a character is not formed when the person has not acquired stable and distinctive qualities. There is probably not a single Adventist who would knowingly say that Jesus possessed the same character as fallen humanity possesses. But there are many who are deceived regarding the qualities impressed on His human nature, and unwittingly or unknowingly say that He did have the same character. If that were true, then He would have a carnal mind.

The Greek word *homoioo* is a second modification of the root word *Homos* which means “to assimilate or compare” or “to set or bring things together in fact or in contemplation and to examine the relations they bear to each other with a view to ascertain their agreement or disagreement.” For example, to compare two pieces of cloth or two tables or two coins, to compare reasons and arguments, to compare pleasure with pain. In the definition of the word used as a verb *to compare* there are two parts. In the first part, things are brought together in fact or in mind. In the second part, the purpose is to determine their agreement or their disagree-

ment. To assimilate means to “bring to a likeness, that is, to cause to resemble or to convert into a like substance.”

Something that is assimilated is made to resemble something else. To resemble means “to have the likeness, to bear the similitude of something, either in form, figure, or qualities.” One man may resemble another in features and he may resemble a third person in temperament or deportment. Can you see that these are two completely different things? If you resemble someone else in features, the resemblance is of a physical nature, the definition of *nature* when it refers to the human race in general, a physical manifestation of God’s creation. But if you resemble someone in temper, you resemble that person in disposition of mind, especially regarding passions or affections, which means to resemble that person in character.

The third modification of *Homos* is the Greek word *homoionoma* meaning “likeness.” The word likeness can mean the following:

1. Resemblance in form or similitude.  
These two look alike. Or the reproduction of a painting that looks like the original.
2. Resemblance in form or external appearance such as the expression “guard against an enemy in the likeness of a friend,” or “a wolf in sheep’s clothing.”
3. Resemblance of another as a copy or a counterpart.
4. Resemblance in an image, picture, or statue, a person or a thing.

Paul uses the word *homoionoma* in Romans 8:3 and in Philippians 2:5–8, which is one of the most sublime and profound scriptures in all the New Testament. “Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a servant, and coming in the likeness of men. And being found



*Jesus  
clothed His  
divinity with  
humanity.*

in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.” Paul uses several words that help us to clarify and pinpoint exactly what he is meaning when he uses the word *likeness*—for example, the word *form*.

Figuratively using the word *form*, Paul is speaking in relation to human nature. Paul said that Jesus took the form, the shape, the physical nature of a servant and was made in the likeness, or in the form, of men. Then he says that He took the fashion of a man. The Greek word translated *fashion* can mean to “make into a particular or the required form.” Mrs. White, referencing Philippians 2:6, 7, *last part*, and most of verse 8, explains what they mean. “He clothed His divinity with humanity. He was all the while as God.” *The Review and Herald*, September 4, 1900

When Jesus appeared in human flesh, He was God. The gospels record in several places that people fell down and worshiped Him and He accepted that worship. It would be blasphemy for any human being to accept worship, but though He was a human being, Jesus

was also God. Therefore it was right that He accepted their worship. “He was all the while as God, but He did not appear as God. He veiled the demonstrations of Deity, which had commanded the homage, and called forth the admiration of the universe of God. He was God while upon earth, but he divested Himself of the form of God, and in its stead took the form and fashion of a man.” *Ibid*. He divested Himself of the form of God and took the physical form and external condition of man.

“Jesus was the commander of heaven, one equal with God, and yet He condescended to lay aside His kingly crown, his royal robe, and clothed His divinity with humanity. The incarnation of Christ in human flesh is a mystery. He could have come to earth as One with a remarkable appearance, unlike the sons of men. His countenance could have shone with glory, and His form could have been of remarkable grace. He could have presented such an appearance as to charm the beholder; but this was not according to the plan devised in the courts of God.” *The Signs of the Times*, July 30, 1896

## Definition of Character

/noun/

*the peculiar qualities  
impressed by nature or  
habit on a person which  
distinguish him from  
others*

“He was to bear the characteristics of the human family, and the Jewish race.” Ibid. The woman at the well recognized Him immediately as a Jew. “In all respects the Son of God was to wear the same features as did other human beings. He was not to have such beauty of person as would make Him singular among men.” Ibid.

People were not going to be attracted to Christ because of some physical superiority or beauty that He had more than other people. “He was to manifest no wonderful charms by which to attract attention to Himself.” Ibid. So Inspiration clearly teaches that the word *likeness* in relation to the humanity of Christ is referring to His physical nature.

“It would have been an almost infinite humiliation for the Son of God to take man’s nature, even when Adam stood in his innocence in Eden. But Jesus accepted humanity when the race had been weakened by four thousand years of sin.” *The Desire of Ages*, 49. This statement is, of all in the Spirit of Prophecy, used by Adventist ministers to prove that the likeness of sinful flesh means the same sinful flesh.

Mrs. White describes Adam as being twice as tall as men now living upon the earth and Eve as coming up to just above Adam’s shoulder in height. Looking at a man proportionate to his height, in this case 12 feet, scientists have estimated that Adam likely weighed about 2,500 pounds, and Eve weighed about 1,700 pounds. The fastest man alive today can only run approximately 28 miles per hour over 100 meters. But given the volume of his lungs and the capacity of his heart, it is believed that Adam could run 70 miles per hour. Adam was innocent and his complexion was “ruddy, glowing with the rich tint of health. Eve was ... very beautiful.” *Last Day Events*, 292

It would have been an almost infinite humiliation if Christ had taken Adam’s human nature when fresh from His creative hand. But no, He took instead man’s nature after 4,000 years of degradation and sin.

As a man, Jesus couldn’t run 70 miles per hour and as a Jew, He was not even six feet tall. Instead, “Like every child of Adam He accepted the results of the working of the great law of heredity. What these results were is shown in the history of His earthly ancestors. He came with such a heredity to share our sorrows and temptations, and to give us the example of a sinless life.” *The Desire of Ages*, 49

I cannot comprehend or imagine why the King of glory, the One who not only created the universe and upheld it by the word of His power, who determines the eternal destiny of every creature of the universe, chose to come to this world and accept human nature, and chose to become a human being weakened by 4,000 years of sin. It is the second most incomprehensible mystery, after the cross. He came with such a heredity to share our sorrows and temptations. Don’t ever feel that Jesus cannot understand exactly what your sorrow or temptation is.

Friends, Mrs. White is clear that the Son of God took man’s nature. In relation to humanity, there are two different meanings of the word *nature*—one referring to the race in general and the other to an individual of the race. Nature in reference to the race in general is referring to the physical aspect of man’s being. Nature in reference to an individual is referring to the disposition or condition of his mind and therefore his character.

When God’s prophet said Jesus took man’s nature, his humanity, she is speaking of the race in general. Therefore, we have been discussing His physical nature and not the disposition of His mind or His character.

There is, however, much more evidence that we need to examine from the Spirit of Prophecy, comparing each inspired statement with another to be sure that we do not twist the scriptures or Inspiration regarding Christ’s coming to be in the likeness of sinful flesh. **LM**

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## *Wait Upon the Lord*

“They that wait upon the Lord  
Shall renew their strength.”

They who firmly trust shall see  
Their hopes fulfilled at length.

To the weak, He giveth power;  
To the weary, rest;  
Those most lacking in themselves  
May be of Him most blest.

When the strength of youth shall fail,  
He increaseth might;  
Where was once no power to walk,  
Shall be the eagle’s flight.

Trust in Him, then, trust in Him,  
Waiting patiently!  
For His word shall never fail  
Till all accomplished be.

Isaiah 40:29–31

*Through the Waters*, Pearl Waggoner Howard, 24

October 29 – November 4, 2023

## God's Love (continued)

### Key Text

"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." Romans 8:38, 39

**Study Help:** *The Acts of the Apostles*, 546–556

### Introduction

"Neither life nor death, height nor depth, can separate us from the love of God which is in Christ Jesus; not because we hold Him so firmly, but because He holds us so fast. If our salvation depended on our own efforts, we could not be saved; but it depends on the One who is behind all the promises." *The Acts of the Apostles*, 553

## Sunday

### 1 THE LORD IS GOOD

- 1.a. What else is written about God's character?  
Psalm 100:5; Lamentations 3:25; Nahum 1:7

**Note:** "Ministers and all the church, let this be our language, from hearts that respond to the great goodness and love of God to us as a people and to us individually, 'Let Israel hope in the Lord from henceforth and forever.'" *Testimonies to Ministers and Gospel Workers*, 15

- 1.b. How should we respond to His wonderful love?  
1 John 4:19

**Note:** "Supreme love for God and unselfish love for one another—this is the best gift that our heavenly Father can bestow. This love is not an impulse, but a divine principle, a permanent power. ... It modifies the character, governs the impulses, controls the passions, and ennobles the affections." *The Acts of the Apostles*, 551

## Monday

### 2 ONLY GOD IS GOOD

- 2.a. When the young ruler came to Jesus calling Him "Good Master," how did Christ answer him?  
Matthew 19:16, 17

**Note:** "The ruler had addressed Christ merely as an honored rabbi, not discerning in Him the Son of God. The Saviour said, 'Why callest thou Me good? There is none good but one, that is, God.' On what ground do you call Me good? God is the one good. If you recognize Me as such, you must receive Me as His Son and representative." *Christ's Object Lessons*, 390, 391

- 2.b. What is written about humanity when separated from God? Romans 3:10–18

**Note:** "In the parable of the lost sheep, Christ teaches that salvation does not come through our seeking after God but through God's seeking after us. ... We do not repent in order that God may love us, but He reveals to us His love in order that we may repent." *Christ's Object Lessons*, 189

"Many are deceived concerning the condition of their hearts. They do not realize that the natural heart is deceitful above all things, and desperately wicked. They wrap themselves about with their own righteousness, and are satisfied in reaching their own human standard of character; but how fatally they fail when they do not reach the divine standard, and of themselves they cannot meet the requirements of God.

"We may measure ourselves by ourselves, we may compare ourselves among ourselves, we may say we do as well as this one or that one, but the question to which the judgment will call

for an answer is, Do we meet the claims of high heaven? Do we reach the divine standard? Are our hearts in harmony with the God of heaven?

“The human family have all transgressed the law of God, and as transgressors of the law, man is hopelessly ruined; for he is the enemy of God, without strength to do any good thing. ‘The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be’ (Romans 8:7). Looking into the moral mirror—God’s holy law—man sees himself a sinner, and is convicted of his state of evil, his hopeless doom under the just penalty of the law. But he has not been left in a state of hopeless distress in which sin has plunged him; for it was to save the transgressor from ruin that He who was equal with God offered up His life on Calvary.” *Selected Messages*, Book 1, 320, 321

## Tuesday

### 3 GOD LOVES ALL HIS CREATURES

3.a. According to the Bible, how many people are included in God’s love? John 3:16

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**Note:** “Christ by His human relationship to men drew them close to God. He clothed His divine nature with the garb of humanity, and demonstrated before the heavenly universe, before the unfallen worlds, how much God loves the children of men.

“The gift of God to man is beyond all computation. Nothing was withheld. God would not permit it to be said that He could have done more or revealed to humanity a greater measure of love. In the gift of Christ He gave all heaven.” *Sons and Daughters of God*, 11

3.b. What did Christ declare about God’s love, and what should this cause us to pause and consider? Matthew 5:44, 45

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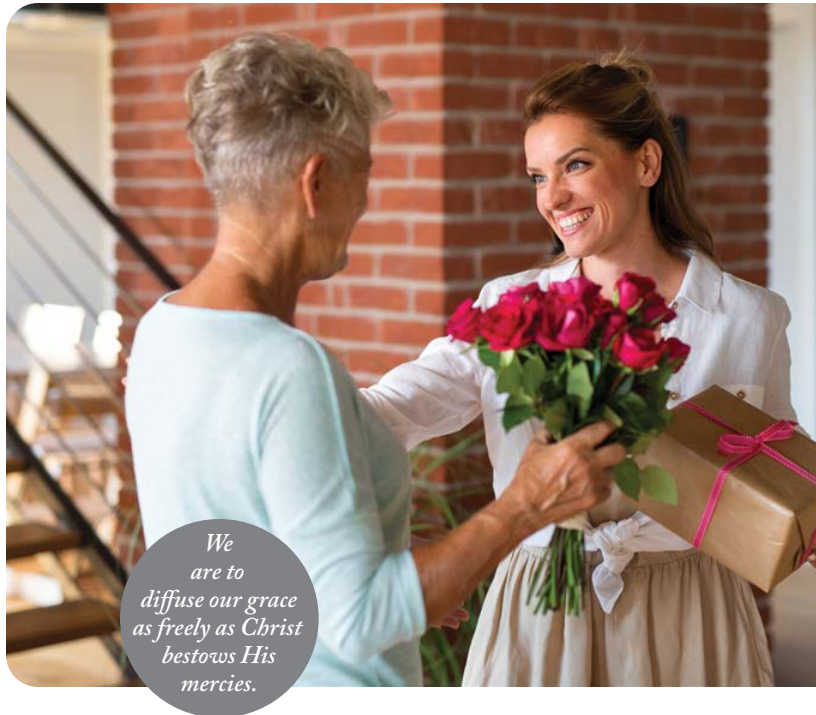


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**Note:** “There is a narrowness in human comprehension that is dishonoring to God. Let not him who claims Christ as his Saviour entertain the thought that God’s mercies are confined



to him and to the few in whom he is interested. The love and mercy of God are for everyone. Let us gather up the divine tokens of His favor, and return praise and thanksgiving to Him for His goodness, which is bestowed upon us, not to be hoarded, but to be passed along to others. ... God expects everyone who enjoys His grace to diffuse this grace as freely as Christ bestows His mercies. As the sun shines upon the just and the unjust, so the Sun of Righteousness reflects light to the whole world.

“God’s blessings, sunshine and showers, heat and cold, and every natural blessing, are given to the world. Exclusiveness is not to be maintained by any people. ‘I am the light of the world.’ (John 8:12), Christ said. Light is a blessing, a universal blessing, which pours forth its treasures on a world unthankful, unholy, demoralized. The Lord Jesus came to demolish every wall of exclusion, to throw open every wall in the temple where God presides, that every ear may hear, that every eye may see, that every thirsty soul may drink of the water of life freely.” *Our High Calling*, 245

## Wednesday

### 4 GOD LOVES HIS CHURCH

4.a. With what words does God express His love for His people? Deuteronomy 32:9, 10; Zechariah 2:8

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**Note:** “The Lord has a people, a chosen people, His church, to be His own, His own fortress, which He holds in a sin-stricken, revolted world.

“The church is the property of God, and God constantly remembers her as she stands in the world, subject to the temptations of Satan. ... He forgets not His representative people who are striving to uphold His downtrodden law. ...

“The church, soon to enter upon her most severe conflict, will be the object most dear to God upon earth.” *In Heavenly Places*, 284

**4.b. On what condition will God acknowledge a people as His true church? Exodus 19:5, 6; Revelation 14:12; Titus 2:11–14**

**Note:** “The Lord Jesus will always have a chosen people to serve Him. When the Jewish people rejected Christ, the Prince of life, He took from them the kingdom of God and gave it unto the Gentiles. God will continue to work on this principle with every branch of His work. When a church proves unfaithful to the word of the Lord, whatever their position may be, however high and sacred their calling, the Lord can no longer work with them. Others are then chosen to bear important responsibilities. But if these in turn do not purify their lives from every wrong action, if they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict and humble them and, unless they repent, will remove them from their place and make them a reproach.” *The Upward Look*, 131

**4.c. How can we, as sinners, be sure that we love the Lord and His truth? Matthew 11:28–30; 2 Corinthians 6:1, 2**

**Note:** “The carnal mind finds no pleasure in contemplating the word of God, but he who is renewed in the spirit of his mind, sees new charms in the living oracles; for divine beauty and celestial light seem to shine in every passage. That which was to the carnal mind a desolate wilderness, to the spiritual mind becomes a land of living streams. That which to the unrenowned heart appeared a barren waste, to the converted soul becomes the garden of God, covered with fragrant buds and blooming flowers.” *Christian Education*, 79, 80

## Thursday

### 5 GOD LOVES HIS CHILDREN

**5.a. How can we become God’s children? John 1:12, 13; 3:3, 5; Galatians 3:26–29; 1 John 3:10**

**Note:** “God loves His obedient children. He has a kingdom prepared, not for disloyal subjects, but for His children whom He has tested and tried in a world marred and corrupted by sin. As obedient children, we have the privilege of relationship with God. ‘If children,’ He says, ‘then heirs’ to an immortal inheritance. ... Christ and His people are one.” *The Seventh-day Adventist Bible Commentary*, Vol. 6, 1077

**5.b. What is the evidence that we love God and are His children? John 14:14–17**

**Note:** “There is a great work to be done by every son and daughter of God. Jesus says, ‘If ye love Me, keep My commandments. And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever’ (John 14:15, 16). In His prayer for His disciples, He says that He not only prayed for those in His immediate presence, but ‘for them also which shall believe on Me through their word’ (John 17:20). Again He said, ‘Ye have heard how I said unto you, I go away, and come again unto you. If ye loved Me, ye would rejoice, because I said, I go unto the Father: for My Father is greater than I’ (John 14:28). Thus we see that Christ has prayed for His people, and made them abundant promises to ensure success to them as His collaborators. He said, ‘Greater works than these [those He did] shall he do; because I go unto My Father’ (John 14:12).” *Selected Messages*, Book 1, 263, 264

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What is the best gift we receive from God?
- 2 What did Christ mean when He said that “only God is good”?
- 3 What classes of people are the object of God’s love?
- 4 Why does God love His church so much?
- 5 What privileges are to be enjoyed by God’s church?

November 5 – 11, 2023

# God's Love in the Family

## Key Text

"Husbands, love your wives, just as Christ also loved the church and gave Himself for her." Ephesians 5:25

**Study Help:** *Child Guidance*, 482–485

## Introduction

"Christian homes, established and conducted in accordance with God's plan, are a wonderful help in forming Christian character. ... Parents and children should unite in offering loving service to Him who alone can keep human love pure and noble." *The Adventist Home*, 19

## Sunday

### 1 THE HUSBAND—A HOUSE-BAND

1.a. How does the Bible depict the Christian home?  
Psalm 128:1–6

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1.b. Describe the position and duty of the husband.  
Ephesians 5:25–31; Colossians 3:19; 1 Peter 3:7

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**Note:** "The husband should manifest great interest in his family. Especially should he be very tender of the feelings of a feeble wife. He can shut the door against much disease. Kind, cheerful, and encouraging words will prove more effective than the most healing medicines. These will bring courage to the heart of the desponding and discouraged, and the happiness and sunshine brought into the family by kind acts and encouraging words will repay the effort tenfold. The husband should remember that much of the burden of training his children rests upon the mother, that she has much to do with

molding their minds. This should call into exercise his tenderest feelings, and with care should he lighten her burdens. He should encourage her to lean upon his large affections, and direct her mind to heaven, where there is strength and peace, and a final rest for the weary. He should not come to his home with a clouded brow, but should with his presence bring sunlight into the family, and should encourage his wife to look up and believe in God. Unitedly they can claim the promises of God and bring His rich blessing into the family." *Testimonies*, Vol. 1, 306, 307

## Monday

### 2 WINSOME WIVES

2.a. How could many wives be inspired to higher ground by contemplating the sacredness of their trust?  
Ephesians 5:22–24; Colossians 3:18; 1 Peter 3:1–6

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**Note:** "There is often a great failure on the part of the wife. She does not put forth strong efforts to control her own spirit and make home happy. There is often fretfulness and unnecessary complaining on her part. The husband comes home from his labor weary and perplexed, and meets a clouded brow instead of cheerful, encouraging words. He is but human, and his affections become weaned from his wife, he loses the love of his home, his pathway is darkened, and his courage destroyed. He yields his self-respect and that dignity which God requires him to maintain. The husband is the head of the family, as Christ is the head of the Church; and any course which the wife may pursue to lessen his influence and lead him to come down from that dignified, responsible position is displeasing to God. It is the duty of the wife to yield her wishes and will to her husband. Both should be yielding, but the word of God gives preference to the judgment of the husband. And it will not detract from the dignity of the wife to yield to him whom she has chosen to be her counselor, adviser, and protector." *Testimonies*, Vol. 1, 307, 308

2.b. Why is the work of the wife and mother so important? Proverbs 31:10–31

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**Note:** “The most elevated work for woman is the molding of the character of her children after the divine pattern. ... If Christian mothers had always done their work with fidelity, there would not now be so many church trials on account of disorderly members. Mothers are forming the characters which compose the church of God. When I see a church in trial, its members self-willed, heady, high-minded, self-sufficient, not subject to the voice of the church, I am led to fear that their mothers were unfaithful in their early training.” *The Health Reformer*, April 1, 1880

## Tuesday

### 3 THE DUTY OF BOTH PARENTS

3.a. What should parents take into serious consideration? Ephesians 6:4; Colossians 3:21

**Note:** “Great care should be exercised by parents lest they treat their children in such a way as to provoke obstinacy, disobedience, and rebellion. Parents often stir up the worst passions of the human heart, because of their lack of self-control. They correct them in a spirit of anger, and rather confirm them in their evil ways and defiant spirit, than influence them in the way of right. By their own arbitrary spirit they thrust their children under Satanic influences, instead of rescuing them from the snares of Satan by gentleness and love. How sad it is that many parents who profess to be Christians are not converted! Christ does not abide in their hearts by faith. While professing to be followers of Jesus, they disgust their children, and by their violent, unforgiving temper, make them averse to all religion. It is little wonder that the children become cold and rebellious toward their parents.” *The Review and Herald*, November 15, 1892

3.b. Describe the educational method of Abraham. Genesis 18:19

**Note:** “That which gave power to Abraham’s teaching was the influence of his own life. His great household consisted of more than a thousand souls, many of them heads of families,

and not a few but newly converted from heathenism. Such a household required a firm hand at the helm. No weak, vacillating methods would suffice.” *Education*, 187

3.c. What was the weak legacy of Eli which is a warning to us? 1 Samuel 2:12–17, 22–25

**Note:** “The neglect of Eli is brought plainly before every father and mother in the land. As the result of his unsanctified affection or his unwillingness to do a disagreeable duty, he reaped a harvest of iniquity in his perverse sons. Both the parent who permitted the wickedness and the children who practiced it, were guilty before God, and He would accept no sacrifice or offering for their transgression. There are many lessons in the Bible calculated to impress fathers and mothers with the sin of neglecting their duty to their children; and yet how silent are the voices of the teachers in Israel on these important subjects! Parents allow the defects in their children to pass uncorrected, until the curse of God rests upon both their children and themselves. Like Eli, they do not show decision in repressing the first appearance of evil.” *The Signs of the Times*, April 8, 1886

## Wednesday

### 4 THE DUTY OF CHILDREN

4.a. What does the fifth commandment say? Exodus 20:12

**Note:** “Parents are entitled to a degree of love and respect which is due to no other person. God Himself, who has placed upon them a responsibility for the souls committed to their charge, has ordained that during the earlier years of life, parents shall stand in the place of God to their children. And he who rejects the rightful authority of his parents is rejecting the authority of God. The fifth commandment requires children not only to yield respect, submission, and obedience to their parents, but also to give them love and tenderness, to lighten their cares, to guard their reputation, and to succor and comfort them in old age. It also enjoins respect for ministers and rulers and for all others to whom God has delegated authority.” *Patriarchs and Prophets*, 308



**4.b. How does the apostle Paul stress the importance of the fifth commandment? Ephesians 6:1-3; Colossians 3:20**

**Note:** “This, says the apostle, ‘is the first commandment with promise.’ Ephesians 6:2. To Israel, expecting soon to enter Canaan, it was a pledge to the obedient, of long life in that good land; but it has a wider meaning, including all the Israel of God, and promising eternal life upon the earth when it shall be freed from the curse of sin.” *Patriarchs and Prophets*, 308

“Children who dishonor and disobey their parents, and disregard their advice and instructions, can have no part in the earth made new. The purified new earth will be no place for the rebellious, the disobedient, the ungrateful, son or daughter. Unless such learn obedience and submission here, they will never learn it; the peace of the ransomed will not be marred by disobedient, unruly, unsubmitive children. No commandment breaker can inherit the kingdom of heaven. Will all the youth please read the fifth commandment of the law spoken by Jehovah from Sinai and engraven with His own finger upon tables of stone? ‘Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.’” *Testimonies*, Vol. 1, 497, 498

**4.c. Why is this commandment especially important to remember in the last days, as we seek to stand together with our children as overcomers? 2 Timothy 3:1, 2**

## Thursday

### 5 THE EXAMPLE OF ISAAC

**5.a. How did Isaac respond to his father when told he was to be a sacrifice for God? Genesis 22:9-12**

**Note:** “It was with terror and amazement that Isaac learned his fate, but he offered no resistance. He could have escaped his doom, had he chosen to do so; the grief-stricken old man, exhausted with the struggle of those three terrible days, could not have opposed the will of the vigorous youth. But Isaac had been trained from childhood to ready, trusting obedience, and as the purpose of God was opened before him, he yielded a willing submission. He was a sharer in Abraham’s faith, and he felt that he was honored in being called to give his life as an offering to God. He tenderly seeks to lighten the father’s grief, and encourages his nerveless hands to bind the cords that confine him to the altar.” *Patriarchs and Prophets*, 152

**5.b. In what other matter did Isaac show submission to his father? Genesis 24:1-4**

**Note:** “In ancient times, marriage engagements were generally made by the parents, and this was the custom among those who worshiped God. None were required to marry those whom they could not love; but in the bestowal of their affections the youth were guided by the judgment of their experienced, God-fearing parents. It was regarded as a dishonor to parents, and even a crime, to pursue a course contrary to this.

“Isaac, trusting to his father’s wisdom and affection, was satisfied to commit the matter to him, believing also that God Himself would direct in the choice made.” *Patriarchs and Prophets*, 171

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 How does the Bible describe a Christian home?
- 2 Summarize Proverbs 31:10-31.
- 3 How should parents behave toward their children?
- 4 Explain the difference in the methods of education adopted by Abraham and Eli.
- 5 What is included in the fifth commandment?

November 12 – 18, 2023

# God's Love in the Church

## Key Text

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another." John 13:34, 35

**Study Help:** *The Acts of the Apostles*, 9–16

## Introduction

"Christ had bidden the first disciples love one another as He had loved them. Thus they were to bear testimony to the world that Christ was formed within, the hope of glory." *The Acts of the Apostles*, 547

## Sunday

### 1 WALKING IN THE LIGHT

1.a. What does John say about the condition on which we can have fellowship with one another? 1 John 1:7

**Note:** "Heaven is watching to see how those occupying positions of influence fulfill their stewardship. The demands upon them as stewards are measured by the extent of their influence. In their treatment of their fellowmen, they should be as fathers—just, tender, true. They should be Christlike in character, uniting with their brethren in the closest bonds of unity and fellowship." *Gospel Workers*, 495

"Some had been bringing in false tests, and had made their own ideas and notions a criterion, magnifying matters of little importance into tests of Christian fellowship, and binding heavy burdens upon others. Thus a spirit of criticism, fault-finding, and dissension had come in, which had been a great injury to the church. And the impression was given to unbelievers that Sabbath-keeping Adventists were a set of fanatics and extremists, and that their peculiar faith rendered them unkind, uncourteous, and really unchristian in character. Thus the course of a few extremists prevented the influence of the truth from reaching the people." *Evangelism*, 215

1.b. What is the evidence that we are walking in the light? 1 John 2:9–11

## Monday

### 2 LOVE NOT THE WORLD

2.a. What happens when we try to love God and the world at the same time? James 4:4; Matthew 6:24

**Note:** "It is not safe for Christians to choose the society of those who have no connection with God, and whose course is displeasing to Him. Yet how many professed Christians venture upon the forbidden ground. Many invite to their homes relatives who are vain, trifling, and ungodly; and often the example and influence of these irreligious visitors produce lasting impressions upon the minds of the children in the household. The influence thus exerted is similar to that which resulted from the association of the Hebrews with the godless Canaanites.

"God holds the parents accountable for disregarding His command to separate themselves and their families from these unholy influences. While we must live in the world, we are not to be of the world. We are forbidden to conform to its practices and fashions. The friendship of the ungodly is more dangerous than their enmity. It misleads and destroys thousands who might, by proper and holy example, be led to become children of God. The minds of the young are thus made familiar with irreligion, vanity, ungodliness, pride, and immorality; and the heart not shielded by divine grace, gradually becomes corrupted. Almost imperceptibly, the youth learn to love the tainted atmosphere surrounding the ungodly. Evil angels gather about them, and they lose their relish for that which is pure, refined, and ennobling." *The Seventh-day Adventist Bible Commentary*, Vol. 2, 1001

2.b. What is the result of loving the world? 1 John 2:15–17

**Note:** “As the lovers of the world make religion subservient to the world, God requires His worshipers to subordinate the world to religion. The things of the world, that perish with the using, are not to be made the first consideration; these are not the golden currency of heaven. God has not stamped upon them His image and superscription.” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 949

## Tuesday

### 3 CHILDREN OF ONE OR THE OTHER

3.a. How does John define our sonship? 1 John 3:10, 11

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**Note:** “‘A new commandment I give unto you,’ Christ said, ‘That ye love one another; as I have loved you, that ye also love one another.’ John 13:34. What a wonderful statement; but, oh, how poorly practiced! In the church of God today, brotherly love is sadly lacking. Many who profess to love the Saviour do not love one another. Unbelievers are watching to see if the faith of professed Christians is exerting a sanctifying influence upon their lives; and they are quick to discern the defects in character, the inconsistencies in action. Let Christians not make it possible for the enemy to point to them and say, Behold how these people, standing under the banner of Christ, hate one another. Christians are all members of one family, all children of the same heavenly Father, with the same blessed hope of immortality. Very close and tender should be the tie that binds them together.

“Divine love makes its most touching appeals to the heart when it calls upon us to manifest the same tender compassion that Christ manifested. That man only who has unselfish love for his brother has true love for God. The true Christian will not willingly permit the soul in peril and need to go unwarned, uncared for. He will not hold himself aloof from the erring, leaving them to plunge farther into unhappiness and discouragement or to fall on Satan’s battleground.

“Those who have never experienced the tender, winning love of Christ cannot lead others to the fountain of life. His love in the heart is a constraining power, which leads men to reveal Him in the conversation, in the tender, pitiful spirit, in the uplifting of the lives of those with whom they associate. Christian workers who succeed in their efforts must know Christ; and in order to know Him, they must know His love. In heaven, their fitness as workers is measured by their ability to love as Christ loved and to work as He worked.” *The Acts of the Apostles*, 550, 551



3.b. What is seen by making a comparison between Cain and Abel? 1 John 3:12; Genesis 4:8–10

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**Note:** “In all ages, the wicked have hated those who were better than themselves. Abel’s life of obedience and unswerving faith was to Cain a perpetual reproof. ‘Everyone that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproofed.’ John 3:20. The brighter the heavenly light that is reflected from the character of God’s faithful servants, the more clearly the sins of the ungodly are revealed, and the more determined will be their efforts to destroy those who disturb their peace.” *Patriarchs and Prophets*, 74

## Wednesday

### 4 FROM DEATH UNTO LIFE

4.a. What is the evidence that we have changed direction in life? 1 John 3:14–16

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**Note:** “Supreme love for God and unselfish love for one another—this is the best gift that our heavenly Father can bestow. This love is not an impulse, but a divine principle, a permanent power. The unconsecrated heart cannot originate or produce it. Only in the heart where Jesus reigns is it found. ‘We love Him, because He first loved us.’ In the heart renewed by divine grace, love is the ruling principle of action. It modifies the character, governs the impulses, controls the passions, and ennobles the affections. This love, cherished in the soul, sweetens the life and sheds a refining influence on all around.” *The Acts of the Apostles*, 551

**4.b. What actions does the true Christian love to produce? 1 John 3:17, 18; James 2:14–17**

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**Note:** “Oh, how important it is that faithfulness in little things characterize our lives, that true integrity mark all our course of action, and that we ever bear in mind that angels of God are taking cognizance of every act! That which we mete to others shall be meted to us again. A fearfulness should ever attend you lest you should deal unjustly, selfishly. By sickness and adversity the Lord will remove from us much more than we obtain by grinding the face of the poor. A just God truly estimates all our motives and actions.” *Testimonies*, Vol. 2, 158

“You may believe all the truth; yet if its principles are not carried out in your lives, your profession will not save you. Satan believes and trembles. He works. He knows his time is short, and he has come down in great power to do his evil works according to his faith. But God’s professed people do not support their faith by their works. They believe in the shortness of time, yet grasp just as eagerly after this world’s goods as though the world were to stand a thousand years as it now is. Selfishness marks the course of many. ...

“Divest yourselves of selfishness and make thorough work for eternity. Redeem the past and do not represent the holy truth you profess where you now live as you have where you have lived hitherto. Let your light so shine that others by seeing your good works may be led to glorify our Father in heaven. Stand upon the elevated platform of eternal truth. Regulate all your business transactions in this life in strict accordance with the word of God.” *Ibid.*, 161

## Thursday

### 5 CONDITIONS FOR ANSWERED PRAYERS

**5.a. What are the two basic conditions for receiving answers to prayers? 1 John 3:22–24**

**Note:** “To pray in Christ’s name means much. It means that we are to accept His character, manifest His spirit, and work His works. The Saviour’s promise is given on condition. ‘If ye love Me,’ He says, ‘keep My commandments.’ He saves men, not in sin, but from sin; and those who love Him will show their love by obedience.

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

**5.b. When and how can we have confidence that our prayers will be answered? 1 John 5:14, 15**

**Note:** “We have sinned against Him [God], and are undeserving of His favor; yet He Himself has put into our lips that most wonderful of pleas, ‘Do not abhor us, for Thy name’s sake; do not disgrace the throne of Thy glory; remember, break not Thy covenant with us.’ Jeremiah 14:21. When we come to Him confessing our unworthiness and sin, He has pledged Himself to give heed to our cry. The honor of His throne is staked for the fulfillment of His word unto us.” *Christ’s Object Lessons*, 148

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 What is necessary in order to have fellowship with our brethren?
- 2 Why is it not possible to love God and the world at the same time?
- 3 What is the evidence that we are God’s children?
- 4 What is the result of Christian love?
- 5 What are the conditions for receiving answers to our prayers?

November 19 – 25, 2023

# God's Love in the Church (continued)

## Key Text

"Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God." 1 John 4:7

**Study Help:** *The Desire of Ages*, 662–680

## Introduction

"Whatsoever is done out of pure love, be it ever so little or contemptible in the sight of men, is wholly fruitful; for God regards more with how much love one worketh, than the amount he doeth. Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly origin, which lives and flourishes only where Christ reigns." *Gospel Workers* (1892), 312

## Sunday

### 1 LIFE ETERNAL DEFINED

1.a. In His intercessory prayer, how did Christ define life eternal? John 17:3

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**Note:** "It is only by knowing Christ that we can know God. ... To know Christ savingly is to be vitalized by spiritual knowledge, to practice His words. Without this, all else is valueless." *The Signs of the Times*, January 27, 1898

1.b. What evidences will show that we know God?  
1 John 4:7, 8

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**Note:** "Pure love is simple in its operations, and is distinct from any other principle of action. The love of influence and the desire for the esteem of others may produce a well-ordered life and, frequently a blameless conversation. Self-respect may lead us to avoid the appearance of evil. A selfish heart may perform generous actions, acknowledge the present truth, and express humility and affection in an outward manner, yet the motives may be deceptive and impure; the actions that flow

from such a heart may be destitute of the savor of life and the fruits of true holiness, being destitute of the principles of pure love. Love should be cherished and cultivated; for its influence is divine." *Testimonies*, Vol. 2, 136

## Monday

### 2 LOVE MANIFESTED

2.a. What should the manifestation of God's love cause us to consider? 1 John 4:9, 10

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**Note:** "The love of our heavenly Father in the gift of His only begotten Son to the world, is enough to inspire every soul, to melt every hard, loveless heart into contrition and tenderness; and yet shall heavenly intelligences see in those for whom Christ died, insensibility to His love, hardness of heart, and no response of gratitude and affection to the Giver of all good things? Shall affairs of minor importance absorb the whole power of the being, and the love of God meet no return?" *Christian Education*, 96

2.b. How does the law of God go hand in hand with true love? Matthew 22:35–40; Romans 13:10

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**Note:** "We have full faith in the scripture that says, 'God is love' (1 John 4:8); and yet many have shamefully perverted this word, and have fallen into dangerous error because of a false interpretation of its meaning. God's holy law is the only standard by which we can estimate divine affection. If we do not accept the law of God as our standard, we set up a standard of our own. God has given us precious promises of His love, but we are not to ascribe to Jehovah a tenderness that will lead Him to pass over guilt and wink at iniquity." *Selected Messages*, Book 1, 311

2.c. Since God has manifested such a great love for us, how should we act toward our neighbors? 1 John 4:11. How will the world see that God dwells in us? Verse 12

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## 2.d. What must we realize as we seek to develop this love in our heart? Jeremiah 17:9

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**Note:** “God considers more with how much love we work, than the amount we do. Love is a heavenly attribute. The natural heart cannot originate it. This heavenly plant only flourishes where Christ reigns supreme. Where love exists, there is power and truth in the life. Love does good and nothing but good. Those who have love bear fruit unto holiness, and in the end everlasting life.” *The Youth’s Instructor*, January 13, 1898

## Tuesday

### 3 LOVE WITHOUT FEAR

#### 3.a. What are the main characteristics of perfect love? 1 John 4:17, 18

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**Note:** “There are many who desire to love and serve God, and yet when affliction comes upon them, they do not discern the love of God in it, but the hand of the enemy. They mourn and murmur and complain; but this is not the fruit of love to God in the soul. If we have perfect love, we shall know that God is not seeking to injure us, but that in the midst of trials, and griefs, and pains, he is seeking to make us perfect, and to test the quality of our faith. When we cease to worry about the future, and begin to believe that God loves us, and means to do us good, we shall trust Him as a child trusts a loving parent. Then our troubles and torments will disappear, and our will will be swallowed up in the will of God.” *The Youth’s Instructor*, January 6, 1898

#### 3.b. How should we deal with those who fall in sin? Matthew 18:14–17

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**Note:** “In dealing with erring church members, God’s people are carefully to follow the instruction given by the Saviour in the eighteenth chapter of Matthew.

“Human beings are Christ’s property, purchased by Him at an infinite price, bound to Him by the love that He and His Father have manifested for them. How careful, then, we should be in our dealing with one another! Men have no right to surmise evil in regard to their fellow men. Church members have no right to follow their own impulses and inclinations in dealing with fellow members who have erred. They should not even express their prejudices regarding the erring, for thus they place in other minds the leaven of evil. Reports unfavorable to a brother or sister in the church are communicated from one to another of the church members. Mistakes are made and injustice is done because of an unwillingness on the part of someone to follow the directions given by the Lord Jesus.” *Testimonies*, Vol. 7, 260

“Divine love makes its most touching appeals to the heart when it calls upon us to manifest the same tender compassion that Christ manifested. That man only who has unselfish love for his brother has true love for God. The true Christian will not willingly permit the soul in peril and need to go unwarned, uncared for. He will not hold himself aloof from the erring, leaving them to plunge farther into unhappiness and discouragement or to fall on Satan’s battleground.” *The Acts of the Apostles*, 550

## Wednesday

### 4 TWO DEBTORS

#### 4.a. How did Christ answer Peter’s question about forgiveness? Matthew 18:21, 22

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**Note:** “The rabbis limited the exercise of forgiveness to three offenses. Peter, carrying out, as he supposed, the teaching of Christ, thought to extend it to seven, the number signifying perfection. But Christ taught that we are never to become weary of forgiving.” *Christ’s Object Lessons*, 243

#### 4.b. What parable did Christ present to clarify the issue of forgiveness? Matthew 18:23–34



**Note:** “The pardon granted by this king represents a divine forgiveness of all sin. Christ is represented by the king, who, moved with compassion, forgave the debt of his servant. Man was under the condemnation of the broken law. He could not save himself, and for this reason Christ came to this world, clothed His divinity with humanity, and gave His life, the just for the unjust. He gave Himself for our sins, and to every soul He freely offers the blood-bought pardon. ‘With the Lord there is mercy, and with Him is plenteous redemption.’ Psalm 130:7.” *Christ’s Object Lessons*, 244, 245

4.c. Since we have received pardon from the Lord, how should we deal with our fellow sinners? Matthew 18:32, 33

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**Note:** “In the parable, when the debtor pleaded for delay, with the promise, ‘Have patience with me, and I will pay thee all,’ the sentence was revoked. The whole debt was canceled. And he was soon given an opportunity to follow the example of the master who had forgiven him. Going out, he met a fellow servant who owed him a small sum. He had been forgiven ten thousand talents; the debtor owed him a hundred pence. But he who had been so mercifully treated, dealt with his fellow laborer in an altogether different manner. His debtor made an appeal similar to that which he himself had made to the king, but without a similar result. He who had so recently been forgiven was not tenderhearted and pitiful. The mercy shown him he did not exercise in dealing with his fellowservant. He heeded not the request to be patient. The small sum owed to him was all that the ungrateful servant would keep in mind. He demanded all that he thought his due, and carried into effect a sentence similar to that which had been so graciously revoked for him.” *Christ’s Object Lessons*, 245

## Thursday

### 5 OVERCOMING INGRATITUDE

5.a. What admonition is given us when we are tempted to act like the forgiven debtor who was unforgiving? Colossians 3:13

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**Note:** “There are many who hope by their own works to merit God’s favor. They do not realize their helplessness. They do not accept the grace of God as a free gift, but are trying to build themselves up in self-righteousness. Their own hearts are not broken and humbled on account of sin, and they are exacting and unforgiving toward others. Their own sins against God, compared with their brother’s sins against them, are as ten thousand talents to one hundred pence—nearly one million to one; yet they dare to be unforgiving.” *Christ’s Object Lessons*, 245–247

5.b. If we are unforgiving, how will God deal with us? Matthew 18:35; 6:14, 15

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**Note:** “Jesus teaches that we can receive forgiveness from God only as we forgive others. It is the love of God that draws us unto Him, and that love cannot touch our hearts without creating love for our brethren.

“After completing the Lord’s Prayer, Jesus added: ‘If ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses.’ He who is unforgiving cuts off the very channel through which alone he can receive mercy from God. We should not think that unless those who have injured us confess the wrong we are justified in withholding from them our forgiveness. It is their part, no doubt, to humble their hearts by repentance and confession; but we are to have a spirit of compassion toward those who have trespassed against us, whether or not they confess their faults. However sorely they may have wounded us, we are not to cherish our grievances and sympathize with ourselves over our injuries; but as we hope to be pardoned for our offenses against God we are to pardon all who have done evil to us.” *Thoughts from the Mount of Blessing*, 113, 114

## Friday

### PERSONAL REVIEW QUESTIONS

- 1 How does Christ define life eternal?
  - 2 What is the main evidence that we know God?
  - 3 When we love God, how do we deal with the erring ones?
  - 4 Explain the parable of the two debtors.
  - 5 Can we forgive without being forgiven?
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# Red Lentils

**R**ed lentils, also known as masoor dal, are a type of legume that is native to the Middle East and Southeast Asia. Small, round, and reddish-orange in color, red lentils have a smooth, creamy texture when cooked and are the quickest and easiest to prepare among lentil varieties, which is why they are the perfect ingredient for traditional Indian stews, dal, curries, and thick creamy soups.

Considered to be a superfood, red lentils are a powerhouse of essential nutrients. One of the main nutritional benefits of red lentils is their high

protein content. One cup of cooked red lentils contains approximately 18 grams of protein, making them an excellent source of this essential nutrient. In addition to their high protein content, red lentils are also a good source of fiber. One cup of cooked red lentils contains about 16 grams of fiber. They are also low in fat, with just 1 gram of fat per cup of cooked lentils.

A ½-cup serving is an excellent source of folate and manganese, and a great

source of thiamin, iron, phosphorus, potassium, copper, and B vitamins. Masoor dal is high in antioxidants, which is known to boost the immune system and protect the body from diseases and infections.

Look no further for a simple, nutritious, and delicious way to improve your diet.

Sources: [supernutritious.net/what-is-the-nutritional-value-of-red-lentils-and-is-red-lentils-healthy-for-you](https://supernutritious.net/what-is-the-nutritional-value-of-red-lentils-and-is-red-lentils-healthy-for-you); [foodtolive.com/healthy-blog/red-lentils-benefits-nutrition-and-uses](https://foodtolive.com/healthy-blog/red-lentils-benefits-nutrition-and-uses) **LM**



Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



## SPICED LENTIL SOUP

### Ingredients

1 ½ Tbs. olive oil, or water  
2 cups onion, diced  
5 garlic cloves, minced  
2 tsp. ground turmeric  
1 ½ tsp. ground cumin  
¼ tsp. ground cardamom  
1 14-oz. can diced tomatoes  
1 14-oz. can full fat coconut milk  
¾ cup red lentils, rinsed and drained  
3 ½ cups vegetable broth, or water and vegetable bouillon  
½ tsp. salt, or to taste  
red pepper flakes, to taste (optional)  
1 5-oz. package baby spinach  
2 tsp. fresh lime juice

### Process

In a large pot, add oil or water, onion, and garlic. Sauté over medium heat for about 5 minutes until the onion softens. Stir in turmeric, cumin, and cardamom, cooking for 1 minute until fragrant. Add tomatoes, coconut milk, lentils, broth, and salt. Add red pepper flakes, if desired. Bring to slow boil, then reduce heat to medium and simmer uncovered for about 20 minutes or until lentils are tender. Stir in spinach until wilted. Add lime juice. Serve.







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Lentils are an excellent  
source of:

- *Protein*
- *Folate*
- *Fiber*
- *Iron*
- *Potassium*
- *Manganese*

*[www.hsph.harvard.edu/  
nutritionsource/food-features/  
lentils/](http://www.hsph.harvard.edu/nutritionsource/food-features/lentils/)*

