

HISTORIC

LANDMARKS

OF ADVENTISM

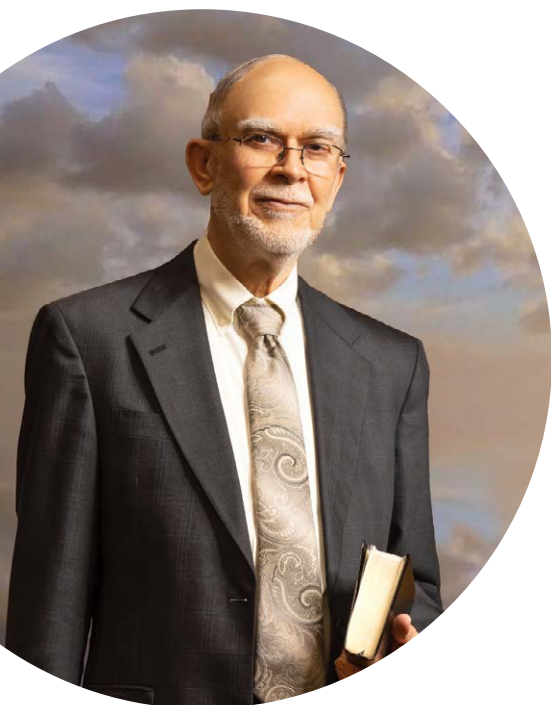
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From the Editor

John J. Grosboll

Blessings

And I will bless you and you shall be a blessing and in you all the families of the earth shall be blessed (Genesis 12:2, 3).

We cannot be a blessing until we are first blessed ourselves. God first said, “I will bless you” before Abram could be a blessing to all the families of the earth. How does God bless us? Through the angels:

“Christ virtually says, On the bank of the Jordan the heavens were opened, and the Spirit descended like a dove upon Me. That scene was but a token that I am the Son of God. If you believe on Me as such, your faith shall be quickened. You shall see that the heavens are opened, and are never to be closed. I have opened them to you. The angels of God are ascending, bearing the prayers of the needy and distressed to the Father above, and descending, bringing blessing and hope, courage, help, and life, to the children of men.

“The angels of God are ever passing from earth to heaven, and from heaven to earth. The miracles of Christ for the afflicted and suffering were wrought by the power of God through the ministration of the angels. And it is through Christ, by the ministration of His

heavenly messengers, that every blessing comes from God to us. In taking upon Himself humanity, our Saviour unites His interests with those of the fallen sons and daughters of Adam, while through His divinity He grasps the throne of God. And thus Christ is the medium of communication of men with God, and of God with men.” *The Desire of Ages*, 142

Once we are blessed, then we are to bless others.

“Our confession of His faithfulness is heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgments to the praise of the glory of His grace, when supported by a Christ-like life, have an irresistible power that works for the salvation of souls.” *Ibid.*, 347 **LM**

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OF ADVENTISM

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

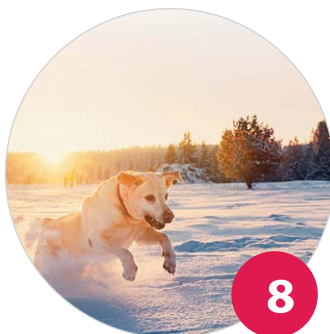
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All Bible texts, unless appearing in quoted references or otherwise identified, are from the New King James Version.



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Saved by Grace

by John J. Grosboll

"My grace is sufficient for you, for My strength is made perfect in weakness."

2 Corinthians 12:9

The subject of salvation by grace is very special to me. I have preached many times on the subject, and it was the subject of the first sermon I preached after the deaths of my brother Marshall and his family. I hope to continue preaching about it in this world as long as the Lord gives me the breath to do so, and then, after Jesus comes, I want to go all over the universe and tell everyone about the grace that Jesus manifested to save us.



Why We Need Grace

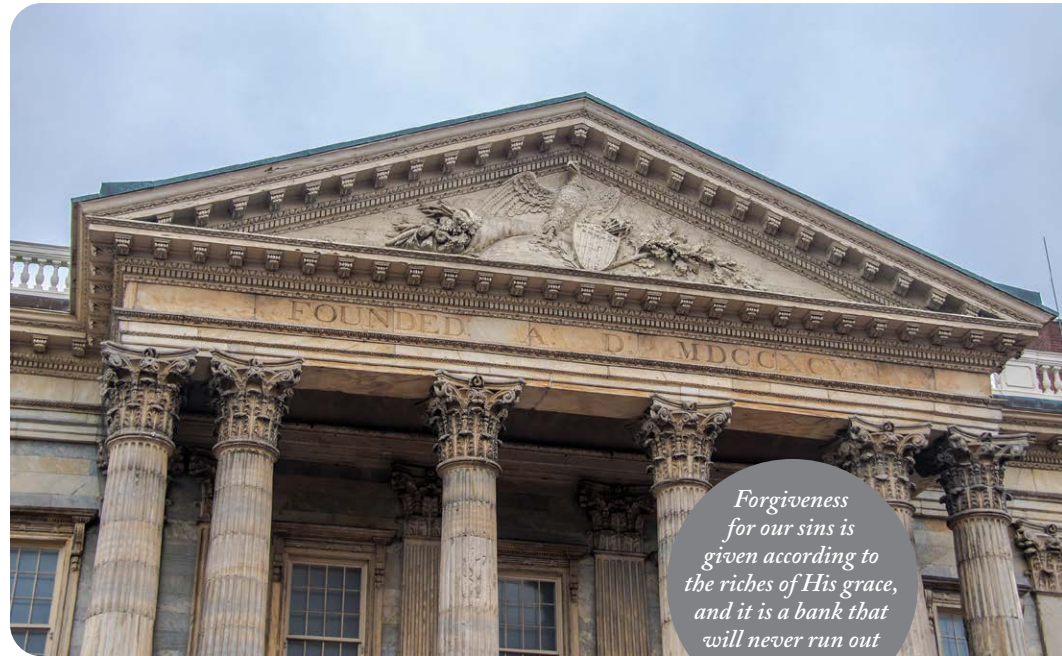
Grace is especially necessary for people who are in the middle of difficult trials, or are suffering because of bereavement, sickness, sorrow, or some other kind of distress. Paul had a problem—he called it a thorn in the flesh—and “Concerning this thing I pleaded with the Lord three times that it might depart from me.” Sometimes when we are in trouble, we think that the Lord should just make that trouble go away. But God’s method is not always to take the trouble away. His answer to us might be the same as it was to Paul, “My grace is sufficient for you, for My strength is made perfect in weakness.” 2 Corinthians 12:9, *first part*. Instead of making the trouble go away, God provides what is necessary for us to make our way through it.

Was Paul bitter because of the Lord’s response? Not at all. Listen to his praise of God’s will: “Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.” Verses 9, *last part*, 10

Consider this: your heart is broken, your body in pain, your mind overwhelmed, and you think that you cannot bear any more; you recognize your weakness, but instead of asking the Lord to remove all the troubles, you simply turn everything over to Him, and trust that in His strength you will be made strong to bear the burdens of this life. Imagine the peace! Imagine the security of knowing that He is always with you, and that whatever you need, His grace will supply it.

“We do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” Hebrews 4:15, 16

God made Adam and Eve physically and mentally perfect for each other as husband and wife. Their temperaments



*Forgiveness
for our sins is
given according to
the riches of His grace,
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will never run out
of currency.*

were perfectly matched each with the other, so they did not need grace. This was the only perfect marriage ever in this world, because when sin came in, that perfect marriage was immediately destroyed. They were still married, but as soon as they sinned, they began to find fault with each other.

Eve blamed the serpent, Adam blamed Eve, and then they both blamed God. After all, He had made the serpent that deceived Eve, and He also had made Eve, the one for whom Adam’s love was so great that he had chosen her fate over obedience to God.

Listen to what they said: “The woman whom You gave to be with me, she gave me of the tree, and I ate.” Genesis 3:12. “The serpent deceived me, and I ate.” Verse 13, *last part*. Both justified their actions by blaming each other, a snake, and God.

From the time man was removed from the garden, he has indulged the spirit of self-justification and blaming others, and that is why we need grace. “The spirit of self-justification originated in the father of lies; it was indulged by our first parents as soon as they

yielded to the influence of Satan, and has been exhibited by all the sons and daughters of Adam. Instead of humbly confessing their sins, they try to shield themselves by casting the blame upon others, upon circumstances, upon God—making even His blessing an occasion of murmuring against Him.” *Patriarch and Prophets*, 58

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestinated us to the adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved. ... That in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth—in Him. In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works

all things according to the counsel of His will.” Ephesians 1:3–6, 10, 11

The Effects of Grace

“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.” Verse 7

Forgiveness is one of the most wonderful words in the English language. It is wonderful because we all have committed so many sins for which we need to be forgiven. Without forgiveness, a man is lost. I am so glad that when I go to the throne of grace, God never says, “Well, sorry, I’m all out of grace today, come back next month.”

Paul says that forgiveness for our sins is given according to the riches of His grace, and it is a bank that will never run out of currency. So, the first aspect of grace is that, when it comes into the human heart and life, guilt is gone. How wonderful! To men and women who have committed all manner of sin, God is saying that it doesn’t matter what they have done, or how bad they have been, if they come to the throne of grace, there is forgiveness.

The devil’s plan will lead man to blame someone else and justify his actions; grace leads you to forgive one another. Now here is how you can tell if you have received the spirit of grace in your heart. “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” Matthew 6:14, 15

When the human race followed the way of sin, God loved them so much that He made a way, through the blood of His Son, so that forgiveness would be available for all their sins. When we receive the spirit of grace in our hearts, rather than condemning our fellow man, we will forgive him.

Christ exhibited this grace while nailed to the cross. “Father, forgive them, for they do

not know what they do.” Luke 23:34. They hammered the nails through His hands and feet, they had been and continued mocking and cursing Him, they pressed a crown of thorns deep into the flesh of His head, and still His only response was “Father, forgive them.” This is grace.

A love so strong that no matter how horrible a person may be, Jesus would have died just for him. He then was willing to forgive him and give him a heart filled with grace so that he might show the love of God by forgiving others. When the spirit of grace is able to break through the barriers of the cold, human heart, it will change the character. Forgiveness is the first effect of grace.

“For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age.” Titus 2:11, 12. If you have received the grace of God in your life, you will deny the ungodly things of this world and live a righteous and godly life. This is the second effect of grace on the human heart.

Some years ago, when I was teaching at Southwestern Adventist College, I was walking home. A car stopped and the driver asked, “Do you want a ride?” I said, “Yes, I’ll take a ride.”

I got into the car and looked at him, but I didn’t recognize him at all. He was smoking, so I thought he was just a local resident of the Cleburne, Texas, area.

He looked at me and said, “You are John Grosboll, aren’t you?”

I looked at him and said, “Yes. Who are you?”

He said, “I went to school with you at Champion Academy.”

I thought, Who is this? In the course of the conversation, I discovered that he had turned away from the gospel and he told me he had no interest in hearing anything I had to say about it, so I didn’t talk much, I just listened to what he said.

“I believe that you can do whatever you want to do and then, when Jesus comes, all in a flash, everything’s going to change.”

Paul is very clear about what it means to receive grace. If you have received grace, you

“

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

Hebrews 4:15

will be living a righteous and godly life right now, not waiting for some miraculous change in the future.

Somehow the devil has convinced people to think that they can live like the devil in this world, and still be miraculously saved right at the end. But, friends, the gospel holds no such assurance for that kind of salvation. None whatsoever. There is not one text in the Bible to support it.

The Source of Grace

We have seen two effects of grace on the human heart, but what is the source of this marvelous grace? “And of His fullness we have all received, and grace for grace. For the law was given through Moses, but grace and truth came through Jesus Christ.” John 1:16, 17. Jesus is the source of grace, and to receive grace in your life, you need to spend time with Jesus.

“It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we shall be more deeply imbued with His Spirit. If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross.” *The Desire of Ages*, 83

The word of God is a living book. From it we can learn how to strengthen our faith, to understand grace, and to clearly see that Jesus Christ is the source of grace. And this grace that Jesus offers changes people’s lives.

Friends, I know that there are worldly things that often cause minor emergencies that can interfere with our plans to start the day with devotion and Bible study. But if we want the grace of God to come into our lives, we must do our very best to make these the top priorities



in our day, not only for ourselves, but for our family members as well.

The Cost of Grace

Grace is the most expensive thing in the world, and you will never be anything more than a superficial Christian unless you realize the cost of grace. “And I will pour on the house of David and on the inhabitants of Jerusalem the Spirit of grace and supplication; then they will look on Me whom they pierced. Yes, they will mourn for Him as one mourns for his only son, and grieve for Him as one grieves for a firstborn. In that day there shall be a great mourning in Jerusalem.” Zechariah 12:10, 11, *first part*

Notice, these people are receiving grace from the Lord, but what affect is it having on them? They are mourning because they recognize that their sinfulness has killed the Son of God. To have grace in your life, God’s Son had to die for you.

God’s Grace is Sufficient

I was about 20 and already preaching when I was asked to preach in a small church on the eastern slope in Colorado.

The rest of my family went up into the mountains for the weekend, and after church and a potluck lunch, I drove the good part of two hours to join them. My family had attended church in that area, and a visiting minister from out of state had come to spend Sabbath afternoon with them. After I arrived, we all headed out for a hike in the mountains.

We first drove as far as you could go, and then at the end of the road, we left the car and started walking up the trail. It was an engaging time as we took in the trees and flowers all along the trail, and we soon fell into conversation. As I said, I was still young and hadn’t studied nearly as much Spirit of Prophecy or even the Bible as I have today. In preparation for my sermon for that morning, I had read some statements that really got me thinking. For instance:

“No tears are shed that God does not notice.” *Steps to Christ*, 86

“Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father’s heart.” *The Desire of Ages*, 356

“

*But if you do not forgive
men their trespasses, neither
will your Father forgive
your trespasses.*

Matthew 6:15

“He knows our difficulties, He understands our distresses. Not a sigh is heard, nor a throb of anguish felt, but the pang vibrates in the heart of Christ.” *The Signs of the Times*, August 1, 1900

With these statements in mind, I said to this minister, “It must be terrible to be God if that’s the case because if He sees everything, and if it hurts Him all the time, He would be hurting constantly all the time.” He nodded and said, “Yes. One of the greatest statements that Ellen White ever wrote is on this subject.” And this is what he shared.

“Those who think of the result of hastening or hindering the gospel think of it in relation to themselves and to the world. Few think of its relation to God. Few give thought to the suffering that sin has caused our Creator. All heaven suffered in Christ’s agony, but that suffering did not begin or end with His manifestation in humanity. The cross is a revelation to our dull senses of the pain that, from its very inception, sin has brought to the heart of God. Every departure from the right, every deed of cruelty, every failure of humanity to reach His ideal, brings grief to Him. When there came upon Israel the calamities that were the sure result of separation from God—subjugation by their enemies, cruelty, and death—it is said that ‘His soul was grieved for the misery of Israel.’ ‘In their affliction, He was afflicted: ... and He bare them, and carried them all the days of old.’” *Education*, 263

We will never understand what it means to be a Christian if we do not understand the cost of grace. It gives us hope and security for the future. Grace is expensive.

A Terrible Price

Many years ago, when the United States was still a young nation, a young man left his wife and son and headed to California to strike it rich in the Cali-

fornia gold rush. He wanted to get rich and build a beautiful home for his family. But as often happens, it took longer than he expected.

However, he was ultimately successful, and the time came when he sent for his wife and son to come to him. In those days, you traveled by stagecoach. The terrain was rough and dangerous. A study of United States history will show that many people died in their efforts to reach California and Oregon.

Not wanting his wife and son to be in a dangerous situation, and because he could afford to do it, the man chose to have them come in what he felt would be the safest way, by ship. This was before the Panama Canal had been built, so ships sailed from New York, around the tip of South America, and sailed north up the California coast to San Francisco.

The mother and son boarded the ship and sailed for California. But on the way there, as they were sailing around the tip of South America, they encountered a violent storm, so violent that the ship was wrecked.

They tried to save everyone, but there wasn’t enough room in the lifeboats. The mother looked over the railing and saw that there was only one seat left. She quickly picked up her son and put him in the lifeboat. As the boy looked up into his mother’s face for the last time, she said to him, “Son, when you get to California, tell your father that your mother died for you.”

Friends, just as this young mother sacrificed her life to save her son, so Jesus sacrificed His life to save you and me. Grace is expensive, but Jesus’ love for His children has made it possible for you to have a heart filled with grace, to be forgiven, and made righteous. Don’t let His sacrifice for you be in vain. [LM](#)

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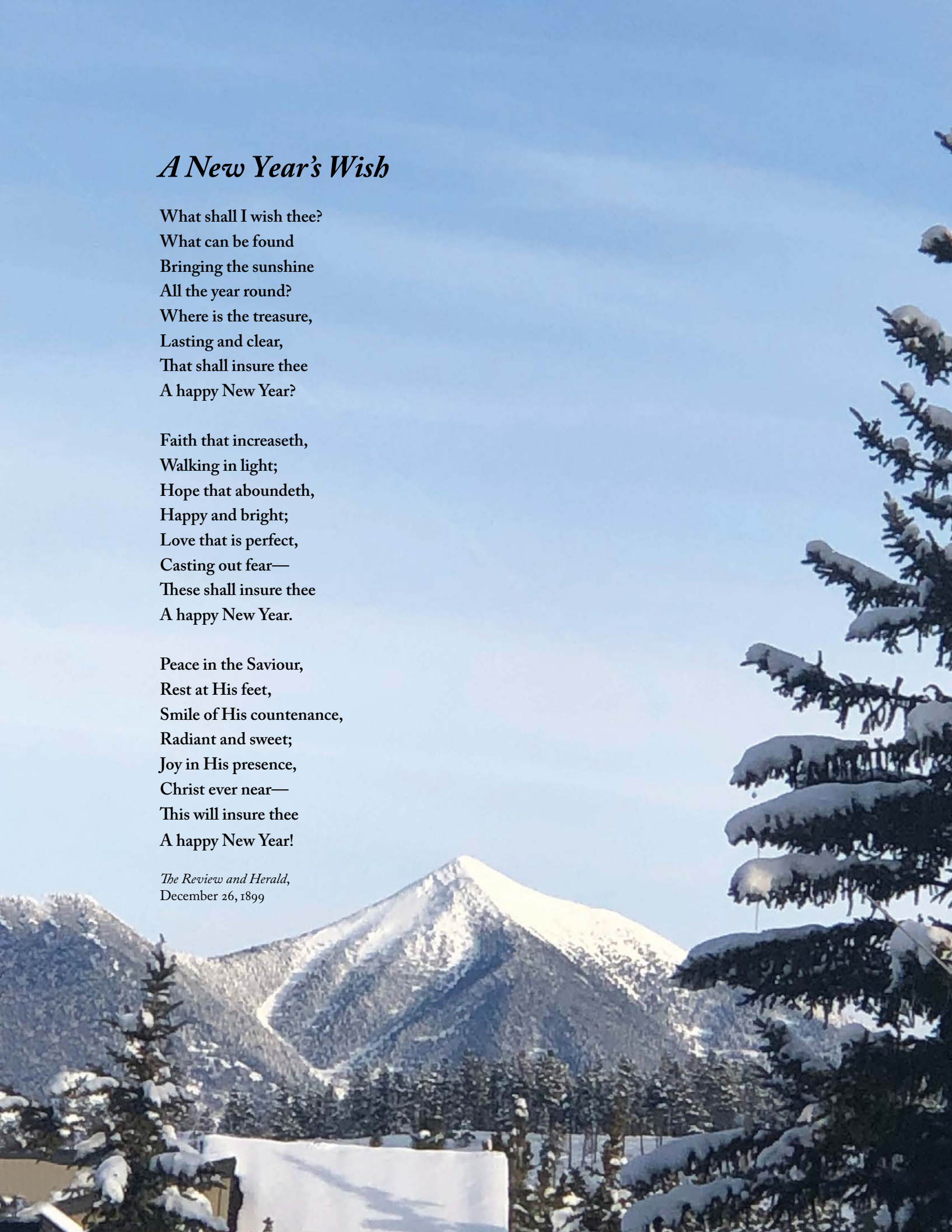
A New Year's Wish

What shall I wish thee?
What can be found
Bringing the sunshine
All the year round?
Where is the treasure,
Lasting and clear,
That shall insure thee
A happy New Year?

Faith that increaseth,
Walking in light;
Hope that aboundeth,
Happy and bright;
Love that is perfect,
Casting out fear—
These shall insure thee
A happy New Year.

Peace in the Saviour,
Rest at His feet,
Smile of His countenance,
Radiant and sweet;
Joy in His presence,
Christ ever near—
This will insure thee
A happy New Year!

The Review and Herald,
December 26, 1899



A Declaration of War

by Jerry Dillon

In all my 43 years on this earth, of all the experiences I have had—every line of work, every effort for success, every hardship, every good idea poorly executed, every blessing taken for granted—there has been no trial as great as following in the shadow of Christ. To follow after such a man as He, the Bread of heaven, is to go against one's very own nature. It is to look into a mirror and choose to willfully go to war with one's self. It is written that we are to love our neighbors as ourselves, but if we are to fully surrender our lives to Christ, we must hate the very flesh that we selfishly protect and serve. We must willfully choose to deprive ourselves of the very things our bodies and minds crave.



This is the great race—a declaration of war—that Paul wrote about in 2 Timothy 4:7, “I have fought the good fight, I have finished the race, I have kept the faith.” Are you going through that glorious contest right now? Are you running the race? Are you guarding the faith? Are you fighting the good fight? Do each of you covet that crown of righteousness which the Lord, the righteous Judge, will give on that day to all who love His appearing?

If any of us are to have any hope of entering the rest promised to us, we must learn to overcome. We must learn to lean completely and fully on the strength and faith of our Saviour, Jesus Christ. We cannot afford, especially in the times in which we are now living, to be like Peter upon the roaring waves of the Sea of Galilee.

Following the occasion of the feeding of the five thousand, Jesus instructed His disciples to board a ship and cross the Sea of Galilee while He remained behind to send away the multitude and to pray. A windstorm arose on the sea during the voyage, and the small ship was tossed among the waves. To add to their distress, the disciples were confronted with what they thought was a spirit, and they cried out in fear. What they saw was Jesus walking on the water. Although the Saviour announced that it was He, that they need not fear, some on the ship were skeptical. Peter challenged, “Lord, if it is You, command me to come to You on the water.” And Jesus responded, “Come.” Matthew 14:28, 29

Peter left the boat and, like Jesus, walked on the water. But when Peter looked away from his Master to the buffeting winds around him, his faith wavered, and he began to sink helplessly into the water.

This is one of the most profound illustrations in the Bible about how we all must approach every minute of every day, every trial, every tribulation, every season of blessing or hardship—by beholding the goodness of Christ.



Though met with storms, defeat, fear, temptation, failure, when our hearts grapple with the darkness of surmounting hopelessness, Jesus bids us to come to Him. Above all else, our eyes must diligently and faithfully remain on Him, and our feet be placed in His footsteps.

I want to share a true story that made national news back in 2013. Larry Swilling and his wife, Jimmie Sue lived in Anderson, South Carolina. Jimmie Sue was born with only one kidney, creating a serious problem when that kidney began to fail. Doctors told them that Jimmie Sue’s only hope would be a kidney transplant, but 96,000 other Americans were already on the wait list.

Of course, Larry would have gladly offered one of his kidneys, but unfortunately, he was not a match. After 57 years of marriage, he was not about to give up. He created a large cardboard sign to wear over his shoulders with the words “NEED KIDNEY 4 WIFE,” along with a phone number. He then began to walk the streets of Anderson, South Carolina, pleading for someone to donate a kidney to save the love of his life. On some days, for an entire year, the then 77-year-old Larry walked as many as 15 miles in

the sweltering heat—with bad knees, after completing a full day of work!

Eventually, a local news station ran his incredible story. More than 2,000 phone calls came in, and about 100 people went through testing to see if they were a match. Finally, a retired Navy lieutenant, Commander Kelly Weaverling, age 41, was found to be a match. The successful operation took place on September 11, 2013, and both parties fully recovered. Most people would not even give their pocket change to panhandlers, but Kelly was willing to give one of her vital organs to save a stranger—all because Larry would not quit asking.

Source: www.cbsnews.com/news/after-taking-to-the-streets-sc-man-finds-kidney-for-wife

The Bible says that if you ask persistently, you will receive. “I say to you, though he will not rise and give to him because he is his friend, yet because of his persistence he will rise and give him as many as he needs. So, I say to you, ask, and it will be given to you.” Luke 11:8, 9, *first part*

One of the hardest and near impossible feats for a prideful heart to accomplish is a total and complete surrender to humbleness. Pride does not seek assistance. It does not relinquish recognition, nor does it subscribe to admitting failure. But in order for there to be a renewing of Spirit, in order for there to be rebirth, our cups must be emptied so that the Lord can pour into us a newness of life. There is no hope for any of us if we do not ask the Lord for assistance, if we do not ask for His victory over sin and the strength to overcome the snares of the fowler through the power of the Holy Spirit. We must allow ourselves to become broken vessels made afresh, restored, and ready for new wine.

“Solomon was never so rich or so wise or so truly great as when he confessed, ‘I am but a little child: I know not how to go out or come in.’” *Prophets and Kings*, 30

“
So I say to you: Ask
and it will be given to
you; seek and you will find;
knock and the door will be
opened to you.

Luke 11:9

“‘Keep thy heart with all diligence,’ is the counsel of the wise man; ‘for out of it are the issues of life.’ As man ‘thinketh in his heart, so is he.’ The heart must be renewed by divine grace, or it will be in vain to seek for purity of life. He who attempts to build up a noble, virtuous character independent of the grace of Christ, is building his house upon the shifting sand. In the fierce storms of temptation, it will surely be overthrown.

David’s prayer should be the petition of every soul: ‘Create in me a clean heart, O God; and renew a right spirit within me.’ And having become partakers of the heavenly gift, we are to go on unto perfection, being ‘kept by the power of God, through faith.’”

Messages to Young People, 285

“Yet we have a work to do to resist temptation. Those who would not fall a prey to Satan’s devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind should not be left to wander at random upon every subject that the adversary of souls may suggest. ‘Girding up the loins of your mind,’ says the apostle Peter, ‘Be sober, ... not fashioning yourselves according to your former lusts in ... your ignorance: but like as He which hath called you is holy, so be ye yourselves also holy in all manner of living.’ Says Paul, ‘Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.’ This will require earnest prayer and unceasing watchfulness. We must be aided by the abiding influence of the Holy Spirit, which will attract the mind upward, and habituate it to dwell on pure and holy things. And we must give diligent study to the word of God. ‘Wherewithal shall a young man cleanse his way? By taking heed thereto according to Thy word.’ ‘Thy word,’ says the Psalmist, ‘have I hid in mine heart,

that I might not sin against Thee.’” *Patriarchs and Prophets*, 460

“Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father. Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life.

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him.

“When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us.

“Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, ‘in all points tempted like as we are;’ but as the sinless One His nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.” *Steps to Christ*, 93, 94

Are you spending your time in fervent prayer and supplication? Do you take time out of your day to seek the Lord? Do you pour out your heart to Him with all sincerity, an intimate honesty, and desperate need? Do

you give Him everything, holding nothing back, but laying every dirty, ugly, and wretched rag before His throne, seeking spiritual cleansing and righteousness?

“Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God’s heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence.

“The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven’s storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation.

“There are certain conditions upon which we may expect that God will hear and answer our prayers. One of the



God
speaks to
us through
nature.

first of these is that we feel our need of help from Him. He has promised, ‘I will pour water upon him that is thirsty, and floods upon the dry ground.’ Isaiah 44:3. Those who hunger and thirst after righteousness, who long after God, may be sure that they will be filled. The heart must be open to the Spirit’s influence, or God’s blessing cannot be received.” Ibid., 94, 95

In 1526, while on the second of three expeditions to conquer Peru, explorer Francisco Pizarro heard that his weary crew wished to take a relief ship from Peru back to Panama. He unsheathed his sword, drew a line in the sand, and said, “Comrades, on that side are toil, hunger, desertion, and death. On this side, ease and pleasure. There lies Peru with its riches; here Panama with its poverty. Choose each man what best becomes a brave Castilian. For my part I go to Peru.”

With these words, he crossed the line and was followed by thirteen shipmates. They went on to discover the vast riches of the remarkable Inca Empire. By remaining vigilant to the end, even in the face of adversity, Christians will also find their rich reward at the end of time.

“Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.” James 1:12

“He who overcomes shall inherit all things, and I will be his God and he shall be My son.” Revelation 21:7

It should be our greatest hope that we will endure all temptations and find ourselves approved, and able to receive a crown of life. I trust that this is the hope of each one of us today.

Let us daily pray and ask God to give us strength and make us a people after His own heart so that we may not be found wanting on the day of His judgment. So that we may say on that glorious day, as Paul did, “I have fought the good fight, I have finished the race. I have kept the faith.” [LM](#)

***Jerry Dillon** and his family stepped out in faith and moved to Wichita from Washington State. He and his wife Sunny joined the staff at Steps to Life in November, 2021. Jerry is a Bible Worker, studying to become a minister, and is the Ministry’s Director of Audio & Video. He may be contacted by email at: digitalmedia@stepstolife.org.*



The Biggest Lie

by Judy Rebarcek

Smoking is not bad for you. Cigarettes are good for your health (cigarette manufacturers said cigarettes were no more addictive than Twinkies or tea even after studies proved the link between smoking and cancer).¹

We only want to provide defensive weapons to Cuba (said the Soviet Union, but they really intended to plant nuclear missiles on the island).³

The Piltdown Man is the evolutionary missing link (Decades later it was proven to be an orangutan jaw grafted onto a human skull).²

Saddam Hussein had weapons of mass destruction (a lie that launched the Iraq War costing \$2.4 trillion, and thousands of American and hundreds of thousands of Iraqi lives).¹

There is no famine or actual starvation, nor is there likely to be (Known as the 1932 Holodomor, Stalin's effort to wipe out private farms in Ukraine resulting in the starvation deaths of three to four million people).¹

You can keep your insurance and your doctor (Misleading statement regarding the Affordable Care Act).⁶

The Fox Sisters and mysterious knockings (In 1848, three teenage sisters perpetrated a hoax which resulted in the creation of modern-day spiritualism).⁷

I cannot tell a lie (a story made up by George Washington's biographer).³

Nobody intends to build a wall (said Walter Ulbricht, former leader of East Germany, two months before they built the Berlin Wall).³

If you swallow a watermelon seed, a plant will grow inside you (There's not enough oxygen in the gastrointestinal tract for it to germinate, and science says it's impossible).⁴

The Jews are the enemy of all classes of German society (propaganda that led to the deaths of more than 6,000,000 Jews).²

Anna Anderson was Anastasia Romanov (DNA testing has proven that Anastasia was killed with her family in 1918).³

If you swallow chewing gum, it will stay in your stomach for months, even years, and cause stomach problems (gum moves through the digestive system just like any other food).⁴

The Earth is flat (a belief put forth by the Catholic monk Cosmas and propagated by the Catholic Church. First Copernicus and then Galileo challenged the belief stating that the earth is round—it is actually an oblate spheroid, not exactly round. Galileo was branded a heretic and sent to the Inquisition, but was later cleared).⁵

“
No matter how big the lie is—or more precisely, because it is so big—people will believe it if you repeat it enough.”

The theory of the “big lie” states that no matter how big the lie is—or more precisely, because it is so big—people will believe it if you repeat it enough. This is extremely prevalent today in the media, politics, education, religion, pretty much every facet of life.

Throughout the history of man there has been one lie after another that too often has resulted in division, suffering, oppression, and death.

But there is one lie—the biggest lie of all—that alone has brought so much devastation to individual lives, to nations, and to nature.

“Thou shall not surely die.”

Satan’s lie to Eve was one of misrepresentation. “You won’t die.” And because once she’d eaten from the fruit and didn’t drop dead on the spot, she chose to believe that Satan must be telling the truth and that God had lied. And that is the biggest tragedy of this lie—unbelief in God and, ultimately, disobedience—a tragedy that has affected the entire world and everything that is in it.

But when God told Adam and Eve not to eat the fruit of the tree or they would die, He meant something else entirely. Physical death would come as a consequence of sin and their disobedience, but the greater issue was how man would be changed. He would no longer be perfect, pure, and innocent, and his nature became selfish, corrupt, and desperately wicked. This new nature would be the driving force that would cause almost all of mankind, throughout all this world’s history, to not only die here, but to die for all eternity.

Satan intended that man would sin and then eat of the tree of life, thereby becoming immortal sinners. But God prevented this by casting Adam and Eve out of Eden and setting angels to guard the entrance to the garden and the way to the tree of life.

“I am bidden to warn all who make untruthful statements that they are serving him who has been a liar from the beginning. Let us be on our guard against untruthfulness, which grows upon him who practices it. I

say to all, Make truth your girdle. Be true to your faith. Put away all prevarication and exaggeration. Never make a false statement. For the sake of your own soul and the souls of others, be true in your utterances. Never speak or act a lie. Truth alone will bear to be repeated. A firm adherence to truth is essential to the formation of Christian character. ‘Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness.’

“He who utters untruths sells his soul in a cheap market. His falsehoods may seem to serve in emergencies. He may make business advancement because he gains by falsehood what he could not gain by fair dealing. But he finally reaches the place where he can trust no one. Himself a falsifier, he has no confidence in the word of others.” *Manuscript Releases*, Vol. 20, 31

Man thinks of lies in degrees and argues that there can be acceptable justification to lie.

We may chuckle at the scenario when the wife asks her husband if her dress flatters her figure and his response is that she looks beautiful, when in fact, the dress does not compliment her at all. He might feel that if he tells her the truth, her feelings would be hurt, and it is admirable that a husband does not wish to hurt his wife. But how do you think she will feel if she goes out in the dress, and a friend tells her it’s not her best look? She will realize that her husband lied to her, causing her to question if there is real trust in their relationship, and then she is hurt just the same and perhaps even more.

Someone might argue that in this world where sin causes so many bad things to happen, that maybe it’s okay in some situations to lie—to save a life, or to steal to help their own or another’s circumstances, to spare a hurt, to provide hope to a dying patient, to obtain a better position, to get a better job, to hide a past indiscretion, to rule the world.

The thing about lying—or violating any of God’s law—is that it becomes easier, once we’ve done it, to find a justifiable reason to do it again and again and ... you see where it leads; because that’s our nature. True love, for both God and our fellow man, will, with

tenderness and compassion, always tell the truth, because to do otherwise carries eternal consequences for others as well as for ourselves. God does not intend for us to break His law to do something that seems right.

“Never speak a lie.” *Medical Ministry*, 38

“Let us never, by a word or act, or by silence, testify to a lie. If all, under every circumstance, would speak the truth when the truth ought to be spoken, what a different world this would be.” *Manuscript Releases*, Vol. 20, 30

“He [Jesus] teaches that the exact truth should be the law of speech.” *Sons and Daughters of God*, 64

“Never was there a time when truth and righteousness should be so highly exalted by those who are in God’s service as the present.” *The Paulson Collection of Ellen G. White Letters*, 256

“When a falsehood is uttered, the heavenly angels turn away in sorrow, grieved that Christ’s heritage should so dishonor Him. One falsehood spoken prepares the way for another. The Lord desires all to adhere strictly to the truth, to be straightforward in every transaction. Never tell a lie, because thus you hurt your own soul, and disgrace yourself in your own eyes.” *The Review and Herald*, January 12, 1911

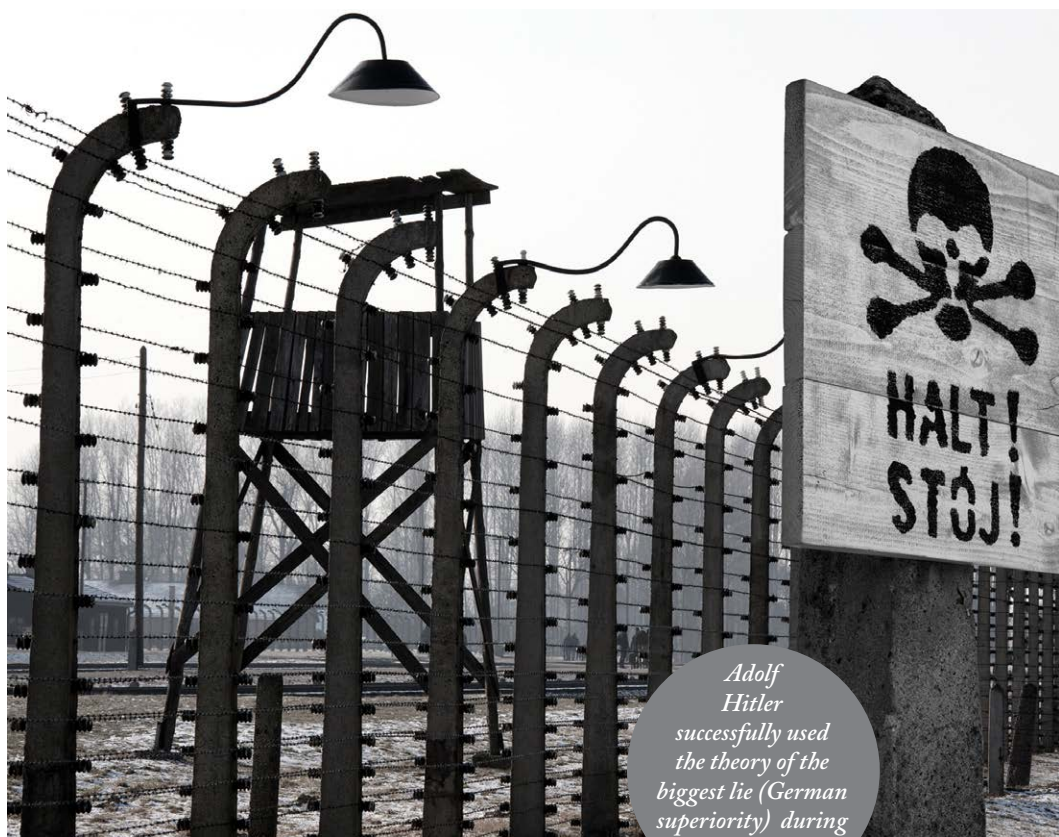
“Truthfulness and integrity are attributes of God, and he who possesses these qualities possesses a power that is invincible.

“Never prevaricate; never tell an untruth in precept or in example. ... Be straight and undeviating. Even a slight prevarication should not be allowed.

“The Saviour has a deep contempt for all deception. ...

“Lying lips are an abomination to Him. He declares that into the holy city ‘there shall in no wise enter ... anything that defileth, neither whatsoever worketh abomination, or maketh a lie.’” *My Life Today*, 331

I do not find, in either Scripture or the Spirit of Prophecy, that we are given



Adolf Hitler successfully used the theory of the biggest lie (German superiority) during World War II.

the instruction “Do not lie, except” We are safe only as we hold fast to the belief that it is better to keep, in all respects, the law of God, no matter the circumstances.

“God requires us to be faithful in the smallest details of life—to guard our words, our spirit, and our actions. To do this, we need to acquire perfect self-control, and this will demand of us constant, ceaseless watchfulness. ...

“... Study the Guide Book, and with a serious mind seek to know its requirements, and to do them—should they make practical its injunctions—what a transformation would there be in the conduct and conversation! ... Every relation in life, every position of responsibility, every affection and habit, every emotion of the mind, is to be brought to the great standard of righteousness, the commandments of God, which are exceeding broad. We must have sim-

plicity of heart that we may understand, and willingness of mind to practice, all the teachings of God’s word.” *Sons and Daughters of God*, 285

Sources:

¹ saturdayeveningpost.com/2018/05/8-history-destructive-lies

² history.howstuffworks.com/history-vs-myth/10-biggest-lies-in-history

³ factinate.com/things/45-true-facts-biggest-lies-history

⁴ theimpactnews.com/tilt/2021/03/10-biggest-lies-in-history

⁵ solarmythology.com/galileo/flatearth

⁶ politifact.com/obama-like-health-care-keep

⁷ history.com/news/ghost-hoax-spiritualism-fox-sisters LM

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The City of Refuge

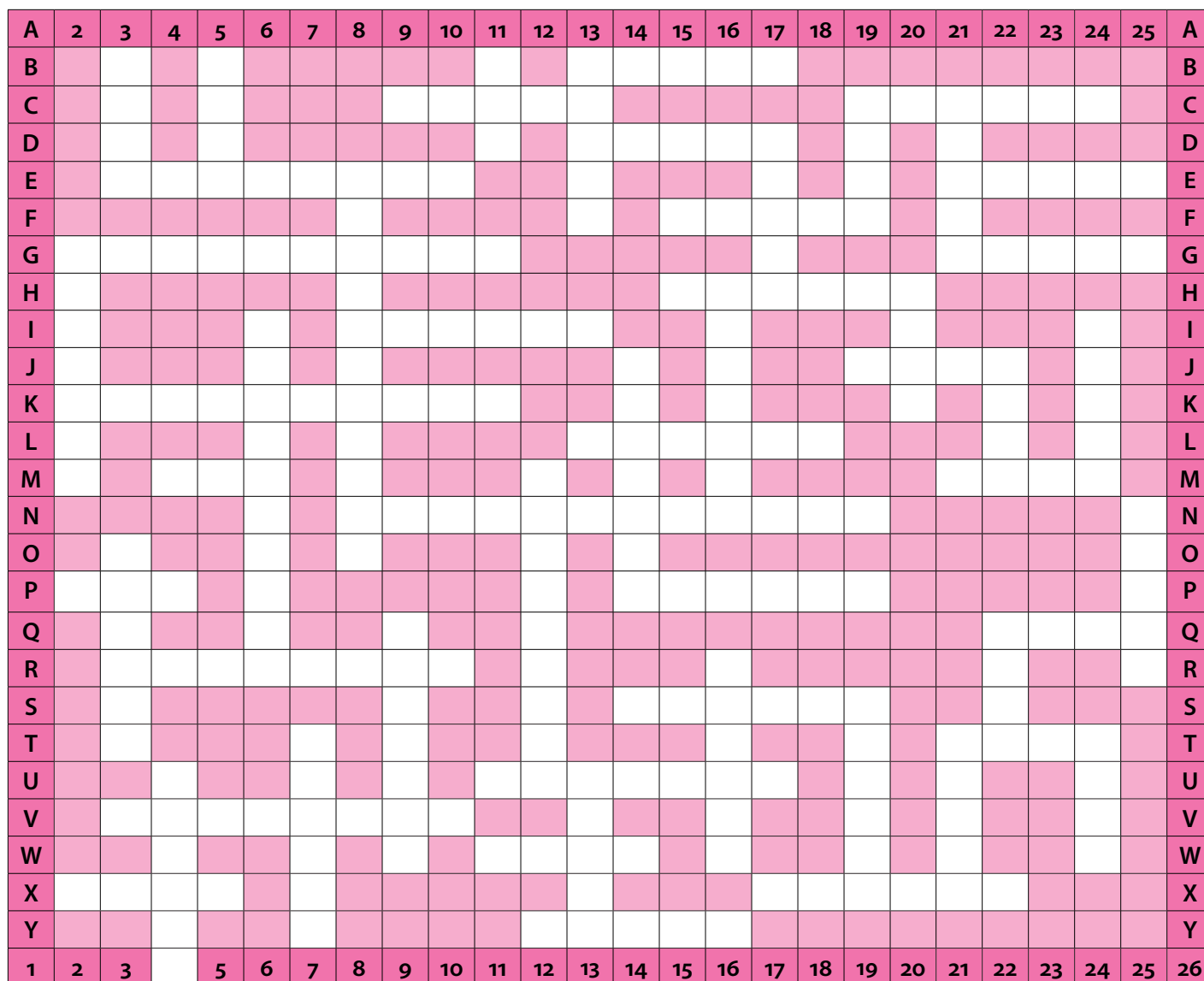
Clues – KJV

Across

- B13 Aaron's rod was kept for a Numbers 17:10
 C9 goes before destruction. Proverbs 16:18
 C19 Six days of the week are for Exodus 20:9
 D13 One item kept inside the ark of the covenant. Hebrews 9:4
 E3 The high and lofty One inhabits Isaiah 57:15
 E21 tempted Jesus for 40 days. Mark 1:13
 F15 is considered outrageous. Proverbs 27:4
 G2 Moses asked Korah if he sought the also. Numbers 16:8-10
 G21 The multitude sought to Jesus and be healed. Luke 6:19
 H15 Pride produces 1 Timothy 6:4
 I8 for the kingdom of heaven is at hand. Matthew 3:2
 J19 The Pharisees sought to Jesus. John 8:40
 K2 The Lord saw the of His people in Egypt. Exodus 3:7
 L13 What is man required to preach? 1 Corinthians 9:16
 M4 to those who go in the way of Cain. Jude 11
 M21 To is better than sacrifice. 1 Samuel 15:22
 N8 What should be without covetousness? Hebrews 13:5
 P2 The Lord shall send the of thy strength from Zion. Psalm 110:2
 P14 spoke against Moses. Numbers 12:1
 Q22 Jesus and His disciples went to the of Judaea. John 3:22
 R3 The children of Israel against Moses. Numbers 16:41
 S14 The truth will be turned into 2 Timothy 4:4
 T21 The promised land is full of Numbers 16:14
 U11 Korah was told to put in his censer. Numbers 16:6, 7
 V3 Those who consider themselves rich are often Revelation 3:17
 W11 A is right in his own eyes. Proverbs 12:15
 X2 Moses was above all other men. Numbers 12:3
 X17 Elders who rule well should be counted 1 Timothy 5:17
 Y12 David's heart smote him after cutting Saul's 1 Samuel 24:5

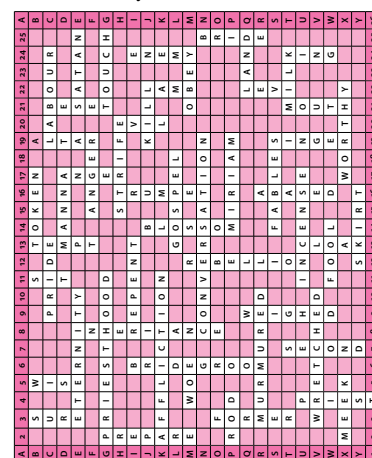
Down

- B3 The anchor of our soul is both and steadfast. Hebrews 6:19
 B5 The do not compare themselves with others. 2 Corinthians 10:12
 B11 The Lord said to at my right side. Psalm 110:1
 B13 We are told not to Christ. 1 Corinthians 10:9
 B19 Be reconciled before bringing gifts to the Matthew 5:24
 C21 Lay aside the sins that easily us. Hebrews 12:1
 D17 God gave them a king in Hosea 13:11
 E8 The Lord will not forsake His Psalm 94:14
 G2 to meet your God. Amos 4:12
 H16 Cry aloud and lift your voice like a Isaiah 58:1
 H20 Fear the Lord and depart from Proverbs 3:7
 I6 He who has the bride is called the John 3:29
 I24 The last that shall be destroyed is death. 1 Corinthians 15:26
 J14 The man whom God chose, his rod would Numbers 17:5



- J22 Jesus is described as the _____ of God. John 1:29
 Mr2 _____ is as the sin of witchcraft. 1 Samuel 15:23
 N25 The Spirit and the _____ say, Come! Revelation 22:17
 O3 Jacob is the _____ of all things. Jeremiah 51:19
 Q9 "Tekel: Thou art _____ in the balances, and art found wanting." Daniel 5:27
 Q22 Korah was a descendant of _____. Numbers 16:1
 R16 All who exult themselves will be _____. Luke 14:11
 S19 Heman was a _____. 1 Chronicles 6:33
 T7 The Holiest of all is after the _____ veil. Hebrews 9:3
 T21 The _____ of the earth swallowed the rebellious. Numbers 16:32
 T24 The people wanted a _____ to judge them. 1 Samuel 8:5
 U4 We have a high _____ set on the right hand of God. Hebrews 8:1
 U13 Knowing truth removes the _____ for sins. John 15:22

Answer Key:





Meeting Trials

Our trials are often such that they seem almost unbearable, and indeed without help from God we could not bear them. Unless we rely upon Him, we shall sink under the burden of responsibility that brings only sadness and grief. But if we make Christ our dependence, we shall not sink under trial. When all seems dark and unexplainable, we are to trust in His love; we must repeat the words of Christ, “What I do thou knowest not now; but thou shalt know hereafter.” ...

There is no release in this warfare; the battle is life-long, and must be carried forward with determination and energy proportionate to the value of the object to be attained, which is eternal life. Immense interests are here involved. We are made partakers of Christ’s sacrifice here in this life, and if we hold the beginning of our confidence steadfast unto the end, we are assured that we shall be partakers of all the benefits of the future, immortal life. ...

Trials will certainly come, but we have a living Saviour, an Intercessor, One who will help us in every time of need. ... Eternal interests are here involved. Maintain to the last your Christian integrity. You cannot afford to become discouraged, and cast away your confidence; the Lord Jesus is your only hope. Make sure work for eternity. You must not murmur or complain; neglect no means of grace; encourage your

soul to believe and trust in God. “Take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand.”

Satan is ever seeking to destroy; he is casting his hellish shadow between our souls and the light of the Sun of righteousness. When you talk doubts, and distrust your Heavenly Father’s love, Satan comes in, and deepens the impression, and that which was only a shadow is made the blackness of despair. Your only hope is to cease talking darkness. In dwelling on the dark side, you cast away your confidence in God, and this is just what Satan wants you to do. He wants to sift you as wheat; but Jesus is making intercession for you. His love is broad and deep. Perhaps you will say, “How do you know He loves me?” I look where you may look, to the cross of Calvary. The blood shed upon the cross cleanseth from all sin. When tempted to go in the dark cave of doubt and despair, sing:

“Arise, my soul, arise,
Shake off thy guilt fears;
The bleeding Sacrifice
In my behalf appears;
Before the throne my Surety stands;
My name is written on His hands.” ...

Do not stay away from Jesus, for He loves you. You may say, “He will not hear

my prayers; I am a sinner.” But Christ says, “I am not come to call the righteous, but sinners to repentance.” Then you are not to wait, but come now, and believe that He will receive you. “God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.”

But you cannot enjoy His blessing without any action on your part. Salvation is a gift offered to you free; on no other condition can you obtain it, than as a free gift. But cooperation on your part is essential for your salvation. ... The Holy Spirit works in us by bringing to mind, vividly and often, the precious truths concerning God’s saving operations in the plan of redemption. We would forget the truths of God, which we neglect to obey, and for us His rich promises would lose their efficiency, were it not for the Holy Spirit working upon our hearts; He takes of the things of God, and presents them anew to our minds.

To make God’s grace our own, we must do our allotted part; we must believe Christ, we must show the grace of Christ in our lives, bearing fruit to the glory of God. Do not please Satan by carrying a sad, mournful countenance. When the furnace fire kindles about your soul, is the time to fight the good fight of faith, to reveal your confidence, your trust in Jesus. *The Review and Herald*, August 25, 1891 [LM](#)

We Are Not Alone

It was October, 1938. The big question burned even then, almost 100 years ago, “Are we alone in the universe?” In those days, families would gather around the radio in the evening after supper to listen to *The Mercury Theatre on the Air* program—and others like it—that included an evening of music and news reports.

Orson Welles, a Hollywood actor and director, had adapted H. G. Wells’ novel *The War of the Worlds* to be broadcast on October 30, where he and other actors would perform the adaptation in a live radio broadcast.

The episode began with a clear introduction that what they were about to hear was based on a work of science fiction. The episode then proceeded to its regular programing of live music. The music was occasionally interrupted by news bulletins. These bulletins were fairly forgettable until a report came through that an unknown object had fallen from the sky on a farm in Grovers Mill, New Jersey. From there the live production escalated as it was reported that creatures were emerging from what was then being called an alien spacecraft. Then reports came in of more invaders in Manhattan, New York, saying that citizens were fleeing from the alien war machines as they released poisonous clouds of smoke. The production was so realistic that many in the listening audience, all across America, believed it to be a real “Martian invasion” in spite of the repeated notices throughout the production that it was fiction.

Source: [Wikipedia.org/wiki/The-War-of-the-Worlds-\(1938-radio-drama\)](https://en.wikipedia.org/wiki/The_War_of_the_Worlds_(1938_radio_drama))

As Christians, we can with confidence answer the question “Are we alone in the universe?” The Bible tells us that we are not alone, that there are other inhabited worlds out there, but they are not Martians as described or made up in man’s fiction.

These other worlds and those who inhabit them are of God’s creation and though they do not visit our world, they are spectators in the great controversy between God and Satan.

But more than knowing that there are other inhabited worlds, we also know that we are never alone because our gracious, heavenly Father is ever with us.

“We are never alone. Whether we choose Him or not, we have a Companion. Remember that wherever you are, whatever you do, God is there.” *The Ministry of Healing*, 490

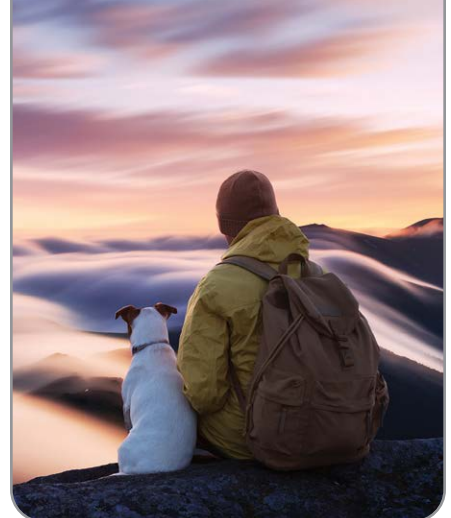
“Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; if I make my bed in hell, behold, You are there. If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me.” Psalm 139:7–10

“We can never find a solitude where God is not.” *The Signs of the Times*, July 14, 1881

“Never feel that Christ is far away. He is always near. His loving presence surrounds you.” *The Faith I Live By*, 62

“Even if we are compelled to stand apparently alone, we are not alone, for Christ is with us to encourage and strengthen and bless us. He is acquainted with every desire of your heart, with every purpose of your soul. He says, ‘I will not leave you comfortless: I will come to you’ (John 14:18). Let us believe that God will do just as He has promised.” *That I May Know Him*, 203

Thank you, Father, that we can rest in the knowledge that You are but a breath or prayer away. With humbled and grateful hearts, we praise You as we are bound to Your side once again, with “ties that can never be broken.” [LM](#)



Master, the Tempest Is Raging

“Now when He got into a boat, His disciples followed Him. And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep. Then His disciples came to Him and awoke Him, saying, ‘Lord, save us! We are perishing!’ But He said to them, ‘Why are you fearful, O you of little faith?’ Then He arose and rebuked the winds and the sea, and there was a great calm.”

Matthew 8:23–26

You won’t find it in the new Seventh-day Adventist Church Hymnal, but in the old hymnal it is hymn 677. *Master, the Tempest Is Raging* (also titled *Peace, be Still*) is a song about looking beyond ourselves and our own feeble efforts and putting our faith in the One who made the sea and the wind and who is our Refuge in a time of storm, a Comfort in a time of distress, an Empathizer in a time of loss.

Mary Ann Baker was an American composer and singer born on September 16, 1832. She was very active in her Baptist congregation and well-known for her temperance songs.

She was asked by Dr. H. R. Palmer to compose several songs to go with a series of presentations, in particular, the Bible verses telling how Jesus calmed the tempest.

It hadn’t been long since she had lost both her parents and brother to tuberculosis, and frustrated by the circumstances surrounding her brother’s death, it seems that *Master, the Tempest Is Raging*, was born out of that frustration. I’ll let her tell the story, as she related it to Ira D. Sankey.

“A very dear and only brother, a young man of rare loveliness and promise of character, had been laid in the grave, a victim of the same disease that had already taken father and mother. His death occurred under peculiarly distressing circumstances.

“He was more than a thousand miles away from home, seeking in the balmy air of the sunny South the healing that our colder climate could not give. Suddenly he grew worse. The writer [Mary Ann] was ill and could not go to him.

“For two weeks the long lines of telegraph wires carried back and forth messages between the dying brother and his waiting sisters, ere the word came which told us that our beloved brother was no longer a dweller on the earth.

“Although we mourned not as those without hope, and although I had believed on Christ in early childhood and had always desired to give the Master a consecrated and obedient life, I became wickedly rebellious at this dispensation of divine providence. I said in my heart that God did not care for me or mine. But the Master’s own voice stilled the tempest in my unsanctified heart, and brought it to the calm of a deeper faith and a more perfect trust.”

Dr. Palmer set the words to music, and it has enjoyed appeal among religious schools and churches.

“During the weeks when we kept watch by the bedside of our greatly beloved President Garfield, it was republished as especially appropriate to the time, and was sung at some of the many funeral services held throughout the United States.”

During the 20th century, the hymn gained lasting popularity.

“Suddenly a flash of lightning pierces the darkness, and they see Jesus lying asleep, undisturbed by the tumult. In amazement and despair they exclaim, ‘Master, carest Thou not that we perish?’ ... As the lightning’s glare reveals Him, they see the peace of heaven in His face; they read in His glance self-forgetful, tender love, and, their hearts turning to Him, cry, ‘Lord, save us: we perish.’

“Never did a soul utter that cry unheeded. As the disciples grasp their oars to make a last effort, Jesus rises. He stands in the midst of His disciples, while the tempest rages. ... He lifts His hand, so often employed in deeds of mercy, and says to the angry sea, ‘Peace, be still.’ ... As Jesus rested by faith in the Father’s care, so we are to rest in the care of our Saviour.” *Lift Him Up*, 57

Master, the tempest is raging!
The billows are tossing high!
The sky is o'ershadowed with blackness,
No shelter or help is nigh;
Carest Thou not that we perish?
How canst Thou lie asleep,
When each moment so madly is threatening
A grave in the angry deep?

Master, with anguish of spirit
I bow in my grief today;
The depths of my sad heart are troubled
Oh, waken and save, I pray!
Torrents of sin and of anguish
Sweep o'er my sinking soul;
And I perish! I perish! dear Master
Oh, hasten, and take control.

Master, the terror is over,
The elements sweetly rest;
Earth's sun in the calm lake is mirrored,
And heaven's within my breast;
Linger, O blessed Redeemer!
Leave me alone no more;
And with joy I shall make the blest harbor,
And rest on the blissful shore.

Refrain

The winds and the waves shall obey Thy will,
Peace, be still!

Whether the wrath of the storm tossed sea,
Or demons or men, or whatever it be
No waters can swallow the ship where lies
The Master of ocean, and earth, and skies;
They all shall sweetly obey Thy will,
Peace, be still! Peace, be still!
They all shall sweetly obey Thy will,
Peace, peace, be still! **LM**



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From the Desk of Pastor John J. Grosboll

December 2023

Dear Friend,

A salesman's job is to make sales. If he is paid by commission for what he sells, he cannot make a sustainable living unless he makes a sufficient number of sales.

Many people look at the Christian church and see its evangelistic work as a job, much like that of a salesman. Preachers often share this mentality, believing that the mark of success for a minister is how fast a church grows and how many people have been baptized.

But when Jesus sent the disciples out on their first evangelistic journey, He gave them the following instruction:

"You will be brought before governors and kings for My sake, as a testimony to them and to the Gentiles." Matthew 10:18

"Therefore whoever confesses Me before men, him will I also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven. Verses 32, 33

And just before He departed from this world, on the night that He was betrayed, He instructed His disciples again about their future mission:

"And you also will bear witness, because you have been with Me from the beginning." John 15:27

The Christian's primary job is not to be a salesman of the gospel or for Jesus Christ, but to reveal, in their own lives, His character to the world. How do we confess Christ to the world?

"As you confess Me before men, so I will confess you before God and the holy angels. You are to be My witnesses upon earth, channels through which My grace can flow for the healing of the world. So I will be your representative in heaven. The Father beholds not your faulty character, but He sees you as clothed in My perfection. I am the medium through which heaven's blessings shall come to you. And everyone who confesses Me by sharing My sacrifice for the lost shall be confessed as a sharer in the glory and joy of the redeemed."

"He who would confess Christ must have Christ abiding in him. He cannot communicate that which he has not received. ... Men may deny Christ by evil-speaking, by foolish talking, by words that are untruthful or unkind. ... And 'whosoever shall deny Me before men,' He says, 'him will I also deny before My Father which is in heaven.'" *The Desire of Ages*, 357

Your brother in witnessing,

Pastor John J. Grosboll



Dishonesty is Sin

Mr. Barnes was a very wealthy man who lived in the early days in the United States. It was one of his chief pleasures to walk through the countryside near his home, and as he walked he often noticed a particularly fine herd of cattle. One day he stopped to visit the rancher who owned the cattle and purchased a cow from him with the agreement that the cow would be delivered to his estate the following day.

The next day as Mr. Barnes was out for his morning walk he saw a young boy trying his hardest to lead the cow over to Mr. Barnes' field. The boy, who did not know Mr. Barnes, called to him. "Please sir, would you come and help me with this cow? She is so stubborn!"

Mr. Barnes went over to help. As they walked along together, he asked the boy, "How much do you expect to get for delivering the cow?"

"I ... I don't know," the boy stammered, "but I think I'll get something because the people who are buying the cow live in that house, and those people are very kind to everyone."

By now the stubborn cow was walking along nicely, so Mr. Barnes excused him-

self and took a path through a wooded area that led to his back door. As soon as he got into the house he gave one of his trusted workers a fifty-dollar bill and told him to give it to the boy who was delivering the cow. After the cow had been left at the estate and the boy was returning to the ranch, Mr. Barnes went out again and met the boy on the road.

"Well, how much did you get?" asked Mr. Barnes.

"Five dollars," answered the boy.

"Only five dollars? You must have gotten more than that," said Mr. Barnes.

"No," answered the boy, "that's what I was given, and that was plenty, don't you think?"

"No," said Mr. Barnes. "I'm surprised it wasn't more. I know Mr. Barnes well, and I believe that if you come back with me, you'll get more than five dollars."

The boy agreed, and they walked back to the house together. When they went in Mr. Barnes called his hired workers and asked the boy to tell him who it was who had given him the five dollars.

"It was him," he said, pointing to one of the workers.


When the man realized his dishonesty had been discovered, he admitted it and

tried to excuse himself. But Mr. Barnes interrupted the man's excuses and demanded that he give the fifty dollars to the boy immediately. And he said to the man, "Your dishonesty has cost you your job and your good name. I hope you soon learn that dishonesty is not only very foolish but a terrible sin as well." And he fired him on the spot.

Just as the sin of that dishonest man was revealed, God will also one day reveal every sin, hidden or exposed, and judge every sinner for his or her sins. "For there is nothing covered, that shall not be revealed; neither hid, that shall not be known." Luke 12:2

But God has made a way of escape from the judgment for your sins. He will forgive you if you will come to Him now and confess that you are a sinner and accept the cleansing He freely offers you through the death of His beloved Son on Calvary's cross. "The blood of Jesus Christ His Son cleanseth us from all sin." 1 John 1:7

Are your sins forgiven? or do you still face the punishment for them?

Source: WholesomeWords.org from *Messages of God's Love* published by Bible Truth Publishers. 

from the
Mission Fields

2023 *Missionary Projects*

*completed and dedicated for
service in the Lord's work*



Africa

by Domingo Nunez



Kenya: *Steps to Life office.*



Zambia: *Office building in the capital city will be completed in 2023.*



Nigeria – Central: *A new church building.*



Nigeria – East: *A new church building.*



Ghana: *Steps to Life will have a new office building, which is expected to be completed during the first quarter of 2024. This illustration is an architectural rendering of the future office.*



The Americas



Guerrero, Mexico: *Copala Church*



Guerrero, Mexico: *Tecuanapa Church*



Guadalajara, Mexico: *Office, church, and media center.*



Fortaleza, Brazil: *Church congregation.*



Panama: *Free Seventh-day Adventist headquarters in Chiriqui. We have three congregations in Panama.*



Bolivia: *Headquarters of Free Seventh-day Adventists for Colombia, Chile, Argentina, Paraguay, Uruguay, and Peru.*



Bolivia: *Churches – La Paz, Cochabamba, San Luis, Blooming, Buena Vista, Cuatro de Noviembre, San Julian, Satellite, Cotoca, and Cuatro de Agosto.*

The Black and Yellow Garden Spider

The *Argiope aurantia* (black and yellow garden spider) has distinctive yellow and black markings on the abdomen with a mostly white head and chest. Males range in size from 0.20–0.35 inches and females range from 0.75–1.10 inches and can be up to 2 inches across. They are found throughout the continental United States, Canada, Mexico, and Central America.

The spider eats flies, bees, and other flying insects that are caught in the web the female spins. The web can be as much as two feet across. When threatened, she will shake the web like a trampoline as a warning to not come near. If the warning is not heeded, she may bite. Her bite is harmless, much like a bee sting, however, if you are allergic, you should seek medical attention.

These spiders have amazingly efficient, even miraculous, chemical factories within their little bodies. They are capable of making up to seven different types of webbing and they have an inboard chemical plant that produces chemicals necessary for their survival.

The web is circular shaped made of sticky strands that are suspended on non-sticky spokes, which she uses to run along the web without getting stuck. The sticky webbing serves to catch an unsuspecting meal. It has a distinctive and conspicuous dense white zigzag structure in the middle called the stabilimentum. Because of this, they are often called zipper spiders. However, the exact function of the stabilimentum is unknown. Some speculate that since the web is very big, it might alert birds so they don't fly through it.

When a bug is caught, the spider emits sheets of webbing to encircle the bug. Somehow it knows when to use sheets versus the fine strands of webbing that make up the web structure. All

spiders are carnivores and prey primarily on insects, and will eat anything that doesn't tear itself loose from the web. These garden spiders know that they have a potential meal when they feel vibrations in their web.

This garden spider mates in late summer or early fall. The male builds a small web near or inside the female's web. He courts her by plucking strands on her web. Spider mating doesn't always turn out so well for the male of the species, so when he approaches her, he comes prepared with a safety drop line at the ready, just in case she does not see him as the spider mate of her dreams and attacks him. However, once he is assured of her acceptance, he uses the two palpal bulbs on his pedipalps (located in front of his front legs) to transfer sperm to her. Once he has delivered both bulbs, he dies; and sometimes, she eats him.

The female lays her eggs at night on a sheet of silky material of her making, then covers them with another layer of silk, and finally a protective brownish silk which she then forms into a round, brown cocoon, like a ball with an upturned neck. This ball is about an inch in diameter. When depositing the eggs in the sac, she dusts each egg with a fine powder to keep them from sticking together. This is one of the chemicals made in the chemical factory within her body. That may not seem like much work, but considering that each female produces one to four sacs with as many as 1,000 eggs inside each, that would be quite a job.

The egg sac, or shell, normally stays intact all through the winter with the

baby spiders emerging in the spring. As these spiderlings begin to grow inside this shell, they soon must exit it or die. At just the right time a fluid, called moulting fluid, is deposited at just the right place and a trap door is made in the shell that allows the spiderlings to crawl out. This is yet another chemical that is made in its chemical factory. This moulting occurs two or three times as the spiderlings are growing to adulthood.


As the spiderlings exit the egg sac in spring, some of them take up residence close to home, while others shoot out a strand of silk that is caught by the breeze, carrying the spiderlings to a distant new home.

What amazing little creatures these spiders are!!

They make seven different strands of webbing with the knowledge to know when and how to use each one of them. They

make the powder that prevents the eggs from sticking together and make moulting fluid, with the knowledge of exactly when to deposit it inside the sac to make the trap door so the spiderlings can escape.

One has to ask if this could have evolved by chance over thousands of years. No, this is another creature that shows that it had an all-wise Creator who planned with infinite knowledge and care for all of its needs. What a wonderful Creator God we serve!

Sources: *Incredible Creatures That Defy Evolution*, Volume 1 by Dr. Jobe Martin; NC State Extension Publications; wiki-pedia.org/wiki/Argiope_aurantia; nwf.org/Educational-Resources/Wildlife-Guide/Invertebrates/Yellow-Garden-Spider; entnemdept.ufl.edu/creatures/MISC/SPI-DERS/yellow-garden-spider 



Q:

*Should I try
to make the
world a better
place?*

A:

As close as we are to Christ's soon return, should I be concerned with trying to make the world a better place to live?

The Bible tells us that the closer we are to the second coming the more wicked the world will become. Goodness comes only from God, and He will one day withdraw His sustaining hand, and evil will come rushing in to the exclusion of everything else.

But what about today? Are we meant to do all we can to make this world better? Or is our mission to tell others of a better land to which all are invited?

"And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come." Matthew 24:14

How do we prepare to carry out such a great responsibility? We know that change, on our own, is impossible. It is only by the power and grace of God

that we are able to be transformed once again into His image, but we must be willing to obey God's law and receive this transformation. It is only then that we are able to complete the commission we have been given to spread the gospel of Jesus Christ to a dying world.

"The law of God is the mirror to show man the defects in his character." *The Review and Herald*, March 8, 1870

"What have you been beholding? ... Make a decided change, and look to Jesus, that by beholding His perfection, you may become changed into His image. Then His spirit will take possession of your mind and character. By your piety and godliness, by your words and actions, by your spiritual activity for truth and righteousness, you will represent Christ.

"When a man turns away from human imperfections, and beholds Jesus, a divine transformation takes place in his

character. He fixes his eye upon Christ as on a mirror which reflects the glory of God, and by beholding, he becomes 'changed into the same image, from glory to glory even as by the Spirit of the Lord' (2 Corinthians 3:18). ...

"With a contrite heart, study His life and character. ... By tasting the good word of life, by feeding on the bread of life, you may see the power of a world to come, and be created anew in Christ Jesus. ...

"The Spirit of Christ, working upon the heart conforms it to His image; for Christ is the model upon which the Spirit works. By the ministry of His word, by His providences, by His inward working, God stamps the likeness of Christ upon the soul.

"To possess Christ is your first work, and to reveal Him as One who is able to save to the uttermost all who come to Him, is your next work." *This Day With God*, 46 **LM**

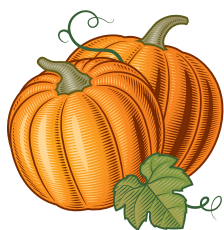




The Vitamin Spark

We need macronutrients, carbohydrates, proteins, and fats for good health, but we also need micronutrients. These are needed in small, even microscopic amounts, but are necessary for disease prevention, health, and even life. Vitamins are one group of micronutrients. They are organic compounds that are soluble in fat (A, D, E, K) or soluble in water (C, B complex). Vitamins work similar to a catalyst to help us use and metabolize the macronutrients. They work together, but have different roles in maintaining all body functions.

Water soluble vitamins are dissolved in water and the excess of these are excreted in the urine. The body stores fat soluble vitamins in fatty tissue and the liver, and reserves of these vitamins can stay in the body for days and sometimes months. Because of this, supplementation should be done with caution, since you can more easily experience toxicity of these vitamins. Let's look briefly at the 13 essential vitamins:



Vitamin A

Essential for vision, tissues, and skin health and repair; plays an important role in bone growth, and in the immune system. It also may reduce the risk of some cancers, it supports hair and skin health, and it helps the heart, lungs, kidneys, and other organs function correctly. **Food sources:** sweet potatoes, carrots, pumpkins, squash, greens.



Vitamin D

Critical in the absorption and use of calcium and phosphorus. It is necessary for strong bones and teeth, important in the electrical stability of the heart, and stabilizing blood pressure. When our bodies are exposed to the sun, vitamin D is formed in the skin. It can also be taken as a supplement, but the best source is adequate exposure to sunlight. **Source:** A 15-minute face-to-the-sun exposure at midday may give you a jolt of 20,000 IU of vitamin D!



Vitamin E

Prolongs the life of the body's red blood cells, dilates (widens) the blood vessels, and keeps the blood thin. It strengthens the immune system and increases the fertility of both men and women. It seems to help in the prevention of cancer, as well as improving heart and brain health. **Food sources:** greens, whole grains, wheat germ, nuts, seeds, avocado, kiwi, mango, cantaloupe, blackberries, and blueberries.



Vitamin K

Activates proteins and calcium essential to blood clotting. It also helps with energy production by our mitochondria and with bone health. **Food sources:** cabbage, cauliflower, spinach, broccoli, sprouts, and greens.



Vitamin C

Necessary for making collagen which is the framework to hold tissues together. It contributes to the health of teeth and gums, aids in the absorption of iron and the formation of hemoglobin, antibodies, and tissue repair. It helps destroy free radicals and may lower the risks of some cancers. Helps make two critical neurotransmitters, serotonin and norepinephrine, and helps with

stress from any source. It is most easily destroyed by cooking and oxidation.

Food sources: fruits, especially citrus, tomatoes, potatoes, broccoli, bell peppers, cabbage, spinach, strawberries, and Brussels sprouts.



Vitamin B Complex

B1, B2, B3, B5, B6, B12, Folic acid, and Biotin assist in the health and maintenance of the nerves, eyes, digestion, skin, sex glands, sebaceous glands, bone marrow, regulation of appetite, growth, production of hormones and digestive juices, prevention of anemia, metabolism of macronutrients, and in many other complex body functions. All B vitamins are found in Brewer's yeast. B12 is actually made by the bacteria in our mouth and nasopharynx. The B vitamins are easily destroyed by long cooking and high temperatures. **Food sources:** whole grains, seeds, nuts, wheat germ, bran, lentils, beans, and greens.

In conclusion, vitamins are best employed by the body when derived from natural food sources available to most people from a well-rounded, wide variety of fruits, vegetables, grains, and nuts. Some may need supplements to boost their supply, but this depends on their diet, lifestyle, and overall health. Here's to adding spark to your life!

Sources: *The Healthy Lifestyle* by Sunlight Education Ministry Publications; *The Divine Prescription* by Gunther B. Paulien; *Vitamins: What are they, and what do they do?* (medicalnewstoday.com/articles/195878); Vitamin K: Health benefits, daily intake, and sources (medicalnewstoday.com/articles/219867#sources); health.harvard.edu/staying-healthy/listing_of_vitamins **LM**

Likeness to the Satanic Nature Without, Holiness Within

by John J. Grosboll

“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, that the righteousness of the law might be fulfilled in us who do not walk after the flesh but according to the Spirit.” Romans 8:3, 4

“The humanity of the Son of God is everything to us. It is the golden chain that binds our souls to Christ, and through Christ to God. This is to be our study. Christ was a real man; He gave proof of His humility in becoming a man. Yet He was God in the flesh. When we approach this subject, we would do well to heed the words spoken by Christ to Moses at the burning bush, ‘Put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.’ We should come to this study with the humility of a learner, with a contrite heart. And the study of the incarnation of Christ is a fruitful field, which will repay the searcher who

digs deep for hidden truth.” *The Youth’s Instructor*, October 13, 1898

Christ was born as a real man, but He was also God in the flesh. Inspiration tells us that this is so important that as we study it, we should do so as though we, like Moses, were standing on holy ground.

“Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.” Romans 8:7

Paul is simply saying that the law cannot justify man because, in his sinful nature, he is unable to keep the law perfectly, no matter how much he might want to. (See also *Patriarchs and Prophets*, 373.)

Remember, sinful nature, sinful flesh, and human nature are used interchangeably with reference to the carnal mind. The context determines the exact meaning.

We have seen that the word *likeness* means “a resemblance in form” which refers to the physical nature. Because

of Adam’s fall, man has inherited sinful flesh and a carnal mind. These are manifestations of sin and sin is the cause of physical degeneration. When God sent His own Son in the likeness of sinful flesh, He did not take the same carnal mind, but He took the likeness—the physical form—of sinful flesh. In other words, He inherited the same kind of physical body, ruined by the degenerating effects of 4,000 years of sin, but He did not inherit man’s carnal mind.

“Christ, who knew not the least moral taint or defilement of sin, took our nature in its deteriorated condition. This was humiliation greater than finite man can comprehend. He was the Majesty of heaven, but in the divine plan He descended from His high and holy estate to take humanity, that humanity might touch humanity, and divinity, combined with humanity, could take hold upon divinity.

“God was manifest in the flesh. He humbled Himself. What a subject for thought, for deep, earnest contempla-

tion; so infinitely great that He was the Majesty of heaven, and yet He stooped so low without losing an atom of His dignity or glory! Christ stooped to poverty and to the deepest abasement and humiliation among men.” *Manuscript Releases*, Vol. 16, 115

Unfortunately, many Adventists have interpreted Romans 8:3 to say that the word *likeness* means the same sinful flesh. Then they say that He had all the propensities for selfishness, lying, stealing, adultery, and murder that you and I have in our fallen human nature. In essence, they are teaching that Christ had our carnal mind, because the Bible says that the things that defile a man come from the heart and mind, and not the body.

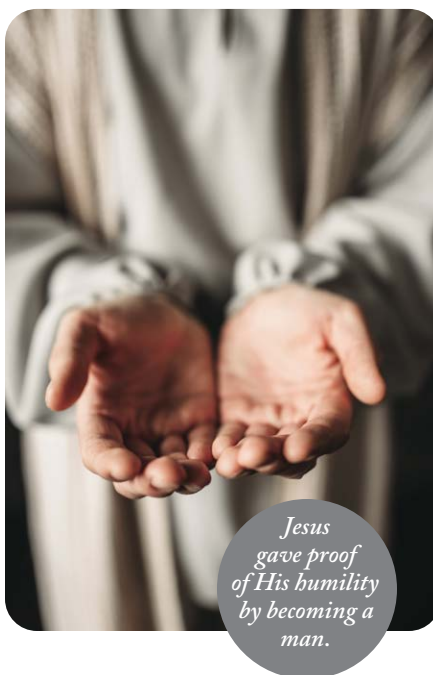
“Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man . . .” Matthew 15:19, 20

“From within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man.” Mark 7:21–23

Jesus made it very clear that none of these things were found in Him. “For the ruler of this world [Satan] is coming, and he has nothing in Me.” John 14:30

The issue is that most Christians, including Seventh-day Adventists, do not understand the relationship between Jesus’ humanity and the law of God. So, let’s start by discussing justification and sanctification.

“Beloved, while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for the faith which was once for all delivered to the saints. For certain men have crept in unnoticed, who long ago were marked out for this condemnation, ungodly men, who turn the grace of our God into licentiousness and deny



the only Lord God and our Lord Jesus Christ. . . Likewise also these dreamers defile the flesh, reject authority, and speak evil of dignitaries.” Jude 3, 4, and 8

The word *dignitaries* could also be translated as *glories*. The men in verse 8 are speaking evil against the glorious Ones. They are speaking evil against the Godhead.

Inspiration is clear that justification is one of the truths that Paul addresses in Romans 8. She also reveals the danger regarding false ideas of justification by faith, which lead to a spurious sanctification, and in turn prevents true Sabbath worship. We will see, as we continue, how Jesus’ relationship with the law makes it possible to properly worship on the Sabbath.

“The danger has been presented to me again and again [through the Holy Spirit] of entertaining, as a people, false ideas of justification by faith. I have been shown for years that Satan would work in a special manner to confuse the mind on this point. The law of God has been largely dwelt upon, and has been presented to congregations, almost as destitute of the knowledge of Jesus Christ and His relation to the law as was

the offering of Cain.” *The Ellen G. White 1888 Materials*, 810

Notice, Mrs. White says that where false ideas of justification by faith are entertained, there is a lack of knowledge regarding the relationship between the humanity of Christ and the law of God. Mrs. White gives us several warnings regarding this lack of knowledge.

Warnings

“The Lord has presented before me the dangers that are threatening His people who have the sacred work of proclaiming the third angel’s message with clearness and distinctness.” *Manuscript Releases*, Vol. 18, 27

“Several have written to me inquiring if the message of justification by faith is the third angel’s message, and I have answered, ‘It is the third angel’s message in verity [reality].’” *The Review and Herald*, April 1, 1890

“The third angel’s message is to be sounded by God’s people. It is to swell to the loud cry.” *Manuscript Releases*, Vol. 9, 212

The third angel’s message is the message of justification by faith, the message that God’s people are to give at this time. We must understand that if we lack knowledge concerning the relationship between the humanity of Christ and the law of God, we are in danger of being ensnared by unsanctified propositions.

“We are in danger of giving the third angel’s message in so indefinite a manner that it does not impress the people. . . The Sabbath question has been touched upon but has not been presented as the great test for this time. While the churches profess to believe in Christ, they are violating the law which Christ Himself proclaimed from Sinai. The Lord bids us: ‘Show My people their transgression, and the house of Jacob their sins.’ Isaiah 58:1. The trumpet is to give a certain sound.” *Testimonies*, Vol. 6, 60, 61. This warning links the third angel’s message with the Sabbath.

“

The humanity of the Son of God is the golden chain that binds our souls to Christ, and through Christ to God.

“Of all professing Christians, Seventh-day Adventists should be foremost in uplifting Christ before the world. The proclamation of the third angel’s message calls for the presentation of the Sabbath truth. This truth, with others included in the message, is to be proclaimed; but the great center of attraction, Christ Jesus, must not be left out. ...

The sinner must be led to look to Calvary; with the simple faith of a little child he must trust in the merits of the Saviour, accepting His righteousness, believing in His mercy.”

Gospel Workers, 156, 157

“In all ages, the Sabbath has been the test of loyalty to God.” *Ibid.*, 148

So while justification by faith is the third angel’s message in verity, the Sabbath—the great test of loyalty for this time—is also a key part of the message, inseparably linked with justification which cannot be separated from loyalty to God. The Sabbath then involves far more than just which day one goes to church. It is the test of loyalty for God’s people. Sadly, many Adventists have forgotten the spiritual nature and far-reaching principles of the law of God and how the humanity of Christ is related to it.

“My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me; because you have forgotten the law of your God, I also will forget your children.” *Hosea* 4:6

“Even the moral law fails of its purpose, unless it is understood in its relation to the Saviour.” *The Desire of Ages*, 608

The purpose of the moral law is to convict mankind of sin. If the law fails in this purpose, then instead of accomplishing the work that God has called His people to do, they will be working with Satan and ascribing his evil attributes to the humanity of Christ. Satan has done this so effectively that people now have a false idea of who Jesus really is.

What is justification by faith? A full, complete pardon of sin. “The moment a sinner

accepts Christ by faith, that moment he is pardoned. The righteousness of Christ is imputed to him, and he is no more to doubt God’s forgiving grace. ...

“It is only through faith in His blood that Jesus can justify the believer.” *The Seventh-day Adventist Bible Commentary*, Vol. 6, 1071

Too many people believe that justification is accomplished right before you are baptized and then you just move on to the process of sanctification. However, justification is not a once-and-done action.

There are two parts to justification by faith. First, an instantaneous, full, and complete pardon for sin through faith in the blood of Christ. Second, the righteousness of Christ is then imputed or put to your account. However, there is a prerequisite to being justified. To be justified you must first make a thorough confession. “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” *1 John* 1:9

While many believe that we are born into sin, they do not believe we are sinners until we commit an act of sin. Inspiration says that Adam entailed a sinful nature upon his posterity, and thereby, we are alienated from God, and unable to be in harmony with the precepts of His law (*Steps to Christ*, 43; *Romans* 8:7).

How does our sinful condition—our carnal mind—measure up to the requirement of the great moral standard? Paul says, “As it is written: ‘There is none righteous, no, not one.’” *Romans* 3:10

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

“The law requires us to present to God a holy character. It demands of men today just what it demanded of Adam in Eden—perfect obedience, perfect harmony with all its precepts in all relations of life, under all circumstances and conditions. ... The standard of the law cannot be lowered to meet man in his fallen condition. No compromise can be made with the sinner to take less than the full requirement of the law.” *The Signs of the Times*, May 30, 1895

Human nature is alienated from God because the mind is naturally carnal and not in harmony with the precepts of God's law. "When man sinned, all heaven was filled with sorrow; for through yielding to temptation, man became the enemy of God, a partaker of the satanic nature ... [and] out of harmony with the character of God; for through sin man became carnal, and the carnal heart is enmity against God, is not subject to the law of God, neither indeed can be." Ibid., February 13, 1893

"By nature we are alienated from God. The Holy Spirit describes our condition in such words as these: 'Dead in trespasses and sins;' 'the whole head is sick, and the whole heart faint;' 'no soundness in it.' We are held fast in the snare of Satan, 'taken captive by him at his will.' Ephesians 2:1; Isaiah 1:5, 6; 2 Timothy 2:26. God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him." *Steps to Christ*, 43

Every human mind is controlled either by the Holy Spirit or by an evil spirit. The carnal mind is controlled by the power of Satan and is the very essence of the satanic nature. Those who do not believe that we are born sinners, partakers of the satanic nature, have changed Paul's words and attributed to the humanity of Christ the same sinful flesh that man inherited from Adam. This clearly shows that they are lacking knowledge regarding the relationship between Jesus Christ and the spiritual nature of the law.

We must recognize our sinful, fallen condition. It is this condition that constitutes our unrighteousness. Our condition is our state of being. Let's say I was born blind. This is my condition, my state of being, and I cannot make myself to see. I didn't do anything to make myself blind. I am simply blind because I was born this way. This describes our sinful condition. Our state of being is sinful because we were born



with the sinfulness that Adam entailed upon us, and we cannot make ourselves sinless. We are simply sinful.

But the Bible gives us good news. If we confess our sins, God is not only faithful to forgive and justify us, but He will also cleanse us from all unrighteousness—not only our sinful condition, but also the deeds that are the fruit of it. Justification by faith begins by confessing the sinfulness of our nature and believing in the spotless, unblemished righteousness of the Lamb.

"By virtue of His blood the enmity is abolished." *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1109. Faith in the blood of Christ will abolish the enmity of man's sinful condition.

Relationship of Jesus' Humanity to the Law

1. "All Your commandments are righteous." Psalm 119:172, *last part*
2. "Your law is truth." Verse 142, *last part*
3. "All Your commandments are truth." Verse 151, *last part*

4. "The law is holy, and the commandment holy and just and good." Romans 7:12

The word *just* in Romans 7:12 means "equitable in character or act" and it implies innocence or holiness. The combination of thoughts and feelings develop *character*, "the mental and moral qualities distinctive to an individual." Therefore, character relates to the mind.

"Such a law [the ten commandments], being an expression of the mind and will of God, must be as enduring as its Author." *The Great Controversy*, 467

Luke 1:35 (KJV) calls Jesus "that Holy Thing." Mrs. White tells us that those words refer only to Jesus Christ. "The humanity of Christ is called 'that Holy Thing.' The inspired record says of Christ, 'He did no sin,' He 'knew no sin,' and 'in Him was no sin.' He was 'holy, harmless, undefiled, separate from sinners.' He tabernacled among men. This testimony concerning Christ plainly shows that He condemned sin in the flesh." *The Signs of the Times*, January 16, 1896

"As speech is to thought, so is Christ to the invisible God. He is the manifestation of the Father and is called the Word of God. God sent His Son into the world, His divinity clothed with humanity, to make known in His life and character the attributes of the Father, that men might bear the image of the invisible God. He [Christ] was the embodiment of the law of God, which is the transcript of His character." *The Signs of the Times*, November 15, 1899

"To human eyes, Christ was only a man, yet he was a perfect man. In his humanity He was the impersonation of the divine character. God embodied His own attributes in His Son—His power, His wisdom, His goodness, His purity, His truthfulness, His spirituality, and His benevolence. In Him, though human, all perfection of character, all divine excellence, dwelt." *The Youth's Instructor*, September 16, 1897

To summarize:

- God's law is holy and righteous.
- Jesus was that Holy Thing, who did no sin, knew no sin, was no sin.
- Jesus was holy, harmless, undefiled, and separate from sinners.
- Jesus was and is the embodiment of God's law.
- All perfection of character, all divine excellence dwelt in Him even though He was human.
- Jesus inherited the attributes of His Father. He was the personification of the law of God, the very righteousness and holiness of God.

For His life on this earth, Jesus put on, if you will, a cloak of sinfulness—our physical human form ruined by 4,000 years of sin—that He might know and understand what sin had done to man. It enabled Him to sympathize with man's struggles against his sinful nature and the outside enticements brought to him by the devil, but inside, His nature was holy.

Satan is still trying to clothe the Father with his own attributes. Through those who say that God sent His own Son into this world in the same sinful flesh that we have, he is attempting to make people believe that Jesus had the same selfish nature controlled by Satan that we inherited from Adam. This is so wrong, and those who believe and teach it are unwittingly fostering the work of Satan, attributing to the Godhead the attributes of Satan.

"Satan has worked against God and His government, leading men to attribute to God the traits which belong to the power of evil. Christ came to this world to reveal the Father." *The Review and Herald*, March 12, 1901

"Satan had clothed the Father in his own attributes, but Christ represented Him in His true character of benevolence and love." *The Signs of the Times*, June 27, 1892

"God is love, and His law is love. Its two great principles are love to God and

love to man. 'Love is the fulfilling of the law.' The character of God is righteousness and truth; such is the nature of His law." *The Great Controversy*, 467

"Jesus volunteered to meet the highest claims of the law, that He might be the Justifier of all who believe on Him. We look to the cross, and see in Jesus a fully satisfied and reconciled God. Jesus is righteousness. What fullness is expressed in these words!" *The Review and Herald*, September 2, 1890

To meet the highest claims of the law, Jesus had to begin with righteousness, a perfect character in harmony with all the precepts of the law because the law requires these things.

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

"He began life, passed through its experiences, and ended its record, with a sanctified human will." *The Signs of the Times*, October 29, 1894

"Christ exalted the law, holding it forth in its original purity as a perfect system of morality. His life was a living illustration of the law of God." *The Signs of the Times*, June 5, 1901

"He [Christ] made this law honorable by His perfect conformity to its requirements." *Ibid*.

The law is just and righteous and it demands a righteous and holy life, a perfect character, and in meeting the highest claims of the law, Jesus became our Substitute. His righteousness substituted for our unrighteousness, and if we confess our sins and accept by faith the fullness of His righteousness, our sins will be forgiven, and we will be cleansed from all unrighteousness. Jesus is our substitute in justification and our example in sanctification. His human nature is the example of what sanctified human nature is to be, and His divine nature is the example of what we can become by His power and grace.

"He [Jesus] came to our world on a mission from the Father. He came to bridge the gulf that sin had made between God and man. There was to be made a provision for a reconciliation, for a union of the human with the divine nature. Christ would sanctify all who believe in Him. In the gift of Christ to our world, God has provided for everyone a power to overcome evil." *The Upward Look*, 149

"He [God] could save the human race only through His Son, who combined humanity with divinity. In His divine plan of salvation, God gave His only begotten Son that every voice may be silent upon the point that it is not possible for humanity to keep the law of God. In Christ, divinity and humanity bore every test of temptation . . . In Christ, man is privileged to become a partaker of the divine nature." *The Review and Herald*, November 29, 1898

If God's people believe that sin is limited simply to a choice that a person makes, then they are rejecting the knowledge regarding the far-reaching principles of the spirituality of God's law.

How does the Sabbath fit with justification by faith, the third angel's message, the law of God, and the humanity of Christ?

What is the purpose of the law of God? "The law was our school master to bring us to Christ, that we might be justified by faith." Galatians 3:24. The law brings us to Christ that we might be justified, but unless we understand how the law is related to the humanity of Christ, it cannot bring us to the point of justification by faith.

The law also has a role in the judgment. "He who becomes a partaker of the divine nature will be in harmony with God's great standard of righteousness, His holy law. This is the rule by which God measures the actions of men. This will be the test of character in the judgment." *Christ's Object Lessons*, 314

The gospel does not nullify the law nor does it detract one jot or tittle from its claims. It still demands holiness, and it is by this just and holy law that all will be judged in the last day.

“The law is the great standard of righteousness. It represents the character of God.” *The Youth’s Instructor*, February 19, 1903

Jesus had the character of God in both His divine and human natures. Studying Christ’s life shows us God’s character—what He is like. The law is a reflection of God’s character, an expression of His perfect holiness. It is the test of our loyalty to His government. The law brings us to Christ, showing us that it was exemplified in His humanity, written in His human heart.

Under the new covenant, God has promised that He will write the law in our hearts. Thus, as we surrender our lives to Him, repent of our sins, and allow the Holy Spirit to effect a complete transformation in our lives, we can be a living example of His character, just as Christ was.

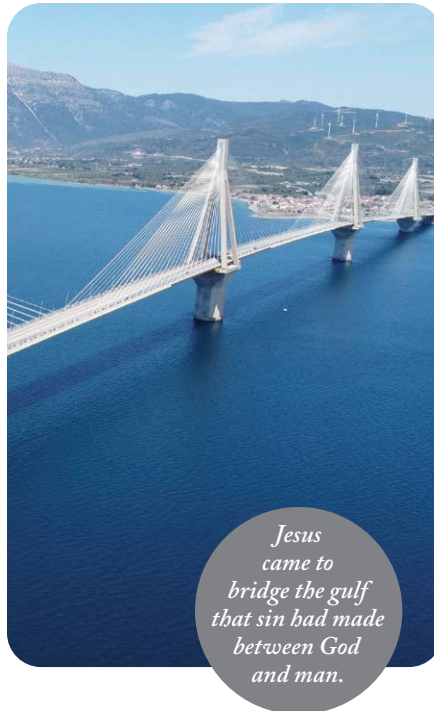
It is by understanding this intimate relationship that Jesus had, in His humanity, with the law of God, that we will have an accurate understanding of justification by faith.

Justification by faith leads to sanctification. Jesus is the embodiment of God’s law, and it is He who is both the Justifier, according to the law of righteousness, and Sanctifier of His people, enabling them to live as He lived, and the Sabbath was given as a sign, a promise, that He will sanctify them.

The Sabbath, God says, is “a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.” Exodus 31:13

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

“The Sabbath given to the world as the sign of God as the Creator is also



the sign of Him as the Sanctifier. The power that created all things is the power that recreates the soul in His own likeness.” *Testimonies*, Vol. 6, 350

“True sanctification is harmony with God, oneness with Him in character.” Ibid.

“I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them,—make them holy. Then the Sabbath is a sign of Christ’s power to make us holy.” *The Desire of Ages*, 288

Do you see the connection between the Sabbath, justification, and sanctification in the third angel’s message? “The Sabbath is a sign of Christ’s power to make us holy. . . . It is given to all whom Christ makes holy. As a sign of His sanctifying power, the Sabbath is given to all who through Christ become a part of the Israel of God.” Ibid.

“No other institution which was committed to the Jews tended so fully to distinguish them from surrounding nations as did the Sabbath. God designed that its observance should designate them as His worshipers. It was to be a token of their separation

from idolatry, and their connection with the true God.” Ibid., 283

“The human heart is naturally inclined to idolatry and self-exaltation.” *The Signs of the Times*, April 21, 1881.

Where love to God is, natural self-idolatry will not exist. Practicing self-idolatry makes us unable to keep the Sabbath. “It is the love of self that brings unrest.” *The Desire of Ages*, 330

True sanctification is a daily dying to sin and our natural selfishness, crucifying our natural self-idolatry, and becoming one with Him in character. Christ is our perfect example of sanctification, and keeping the Sabbath is a sign of true sanctification.

“To all who receive the Sabbath as a sign of Christ’s creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of Creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour. And every object in nature repeats His invitation, ‘Come unto Me, all ye that labour and are heavy laden, and I will give you rest.’” *The Faith I Live By*, 33

“Great peace have those who love Your law.” Psalm 119:165. This peace was completely His own; no one could give it, no one could take it away.

Concerning Jesus, the Bible says, “I delight to do Your will, O My God, and Your law is within My heart.” Psalm 40:8

“The practical lessons of Christ are to be often repeated. Christ and His righteousness are to be so blended with the third angel’s message that the whole world may be lightened with His glory.” *The Review and Herald*, July 14, 1891 [LM](#)

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December 31, 2023 – January 6, 2024

Rebellion at the Border

Key Text

“For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because you have rejected the word of the Lord, He also has rejected you from being king.” 1 Samuel 15:23

Study Help: *Patriarchs and Prophets*, 395–399

Introduction

“As we approach the close of time, as the people of God stand upon the borders of the heavenly Canaan, Satan will, as of old, redouble his efforts to prevent them from entering the goodly land.” *Patriarchs and Prophets*, 457

Sunday

1 TWO ITEMS MISSING!

1.a. What three items were inside the ark of the covenant? Hebrews 9:3, 4

1.b. What articles were in the ark when the temple was built in Jerusalem? 2 Chronicles 5:10

Note: “God promised Solomon, if he would remain faithful, and his people would obey all His commandments, that that glorious temple should stand forever in all its splendor, as an evidence of the prosperity and exalted blessings resting upon Israel for their obedience.

“Because of Israel’s transgression of the commandments of God and their wicked acts, God suffered them to go into captivity, to humble and punish them. Before the temple was destroyed, God made known to a few of His faithful servants the fate of the temple, which was the pride of Israel, and which they regarded with idolatry, while they were sinning against God. He also revealed to them the captivity of Israel.

These righteous men, just before the destruction of the temple, removed the sacred ark containing the tables of stone, and with mourning and sadness secreted it in a cave where it was to be hid from the people of Israel because of their sins, and was to be no more restored to them. That sacred ark is yet hid. It has never been disturbed since it was secreted.” *The Spirit of Prophecy*, Vol. 1, 414

Monday

2 THE HEAVENLY ARK COMPLETE

2.a. What was revealed to God’s people about the heavenly sanctuary in 1844? Revelation 11:19

Note: “God’s people are now to have their eyes fixed on the heavenly sanctuary, where the final ministration of our great High Priest in the work of the judgment is going forward—where He is interceding for His people.” *Evangelism*, 223

“In the holiest I saw an ark; on the top and sides of it was purest gold. On each end of the ark was a lovely cherub, with its wings spread out over it. Their faces were turned toward each other, and they looked downward. Between the angels was a golden censer. Above the ark, where the angels stood, was an exceeding bright glory, that appeared like a throne where God dwelt. Jesus stood by the ark, and as the saints’ prayers came up to Him, the incense in the censer would smoke, and He would offer up their prayers with the smoke of the incense to His Father. In the ark was the golden pot of manna, Aaron’s rod that budded, and the tables of stone which folded together like a book.” *Early Writings*, 32

2.b. How are God’s people to give the trumpet a certain sound? 1 Corinthians 14:7, 8

Note: “Satan has laid every measure possible that nothing shall come among us as a people to reprove and rebuke us, and exhort us to put away our errors. But there is a people who will bear the ark of God. Some will go out from among us who will bear the ark no longer. But these cannot make walls to obstruct the truth; for it will go onward and upward to the end. In the past God has raised up men, and He still has men of opportunity waiting, prepared to do His bidding—men who will go through restrictions which are only as walls daubed with untempered mortar. When God puts His Spirit upon

men, they will work. They will proclaim the word of the Lord; they will lift up their voice like a trumpet. The truth will not be diminished or lose its power in their hands. They will show the people their transgressions, and the house of Jacob their sins.”

Testimonies to Ministers and Gospel Workers, 411

Tuesday

3 RESPONSIBILITIES IN LEADERSHIP

3.a. Who appointed Moses and Aaron to their responsibilities? Exodus 3:7–10; 4:14–17

Note: “Moses heard the call from heaven to exchange his shepherd’s crook for the rod of authority; to leave his flock of sheep and take the leadership of Israel. The divine command found him self-distrustful, slow of speech, and timid. ... But he accepted the work, putting his whole trust in the Lord.” *The Ministry of Healing*, 475

“God appointed Moses to lead out His people from their bondage in the land of Egypt. ... Moses was their visible Leader, while Christ stood at the head of the armies of Israel, their invisible leader. If they could have always realized this they would not have rebelled and provoked God in the wilderness by their unreasonable murmurings.” *The Review and Herald*, March 3, 1874

3.b. What example shows our responsibility toward those whom God has called to be leaders? Against whom are we rebelling if we reject them—particularly when principle is not involved? 1 Samuel 24:5, 6, 10; 26:9; 1 Timothy 5:17

Note: “The conduct of David toward Saul has a lesson. By command of God, Saul had been anointed as king over Israel. Because of his disobedience the Lord declared that the kingdom should be taken from him; and yet how tender and courteous and forbearing was the conduct of David toward him!” *The Ministry of Healing*, 484

“To neglect or despise those whom God has appointed to bear the responsibilities of leadership in connection with the advancement of the truth, is to reject the means that He has ordained for the help, encouragement, and strength of His people.” *The Acts of the Apostles*, 164

3.c. How long are we responsible for carrying out specific tasks that God has appointed to us? Acts 20:24; 1 Corinthians 9:16

Note: “The humble shepherd’s life of Moses had been far more peaceful and happy than his present position as leader of that vast assembly of turbulent spirits. Yet Moses dared not choose. In place of a shepherd’s crook a rod of power had been given him, which he could not lay down until God should release him.” *Patriarchs and Prophets*, 396

Wednesday

4 WANTING CONTROL

4.a. Who was Korah? Numbers 16:1; Exodus 6:18, 20

Note: “Korah, the leading spirit in this movement, was a Levite, of the family of Kohath, and a cousin of Moses; he was a man of ability and influence.” *Patriarchs and Prophets*, 395

4.b. While holding a high position in the government of Israel, what additional position did Korah want? Numbers 16:8–10

Note: “Though appointed to the service of the tabernacle, he had become dissatisfied with his position and aspired to the dignity of the priesthood.” *Patriarchs and Prophets*, 395

“The Lord knew that Korah was rebellious at heart, and was secretly at work against Moses in the congregation of Israel, although his rebellion had not yet developed itself. ... Korah was not satisfied with his position. He was connected with the service of the tabernacle, yet he desired to be exalted to the priesthood. God had established Moses as chief governor, and the priesthood was given to Aaron and his sons. Korah determined to compel Moses to change the order of things, whereby he should be raised to the dignity of the priesthood. To be more sure of accomplishing his purpose, he drew Dathan and Abiram, the descendants of Reuben, into his rebellion.” *The Spirit of Prophecy*, Vol. 1, 296

4.c. How does one arrive at such a position of rebellion?
Proverbs 16:18; 27:4; 1 Timothy 6:4

Note: “Korah and his fellow conspirators were men who had been favored with special manifestations of God’s power and greatness. They were of the number who went up with Moses into the mount and beheld the divine glory. But since that time a change had come. A temptation, slight at first, had been harbored, and had strengthened as it was encouraged, until their minds were controlled by Satan, and they ventured upon their work of disaffection. Professing great interest in the prosperity of the people, they first whispered their discontent to one another and then to leading men of Israel. Their insinuations were so readily received that they ventured still further, and at last they really believed themselves to be actuated by zeal for God.” *Patriarchs and Prophets*, 396, 397

Thursday

5 GREATER FOLLY WHEN FOREWARNED

5.a. How did Korah approach Moses regarding leadership? Numbers 16:1–3

Note: “A deep-laid conspiracy was formed, the result of a determined purpose to overthrow the authority of the leaders appointed by God Himself.” *Patriarchs and Prophets*, 395

“Jealousy had given rise to envy, and envy to rebellion. They [Korah, Dathan, and Abiram] had discussed the question of the right of Moses to so great authority and honor, until they had come to regard him as occupying a very enviable position, which any of them could fill as well as he. And they deceived themselves and one another into thinking that Moses and Aaron had themselves assumed the positions they held.” *Ibid.*, 397

5.b. How does God refer to rebellion? 1 Samuel 15:22, 23. What should our attitude be toward those in responsibility? Hebrews 13:5, 17

Note: “It is hardly possible for men to offer greater insult to God than to despise and reject the instrumentalities He would use for their salvation. The Israelites had not only done this, but had purposed to put both Moses and Aaron to death.” *Patriarchs and Prophets*, 402

5.c. How does God prepare us to face temptation?
1 Corinthians 10:11–13. What event did God allow to warn Israel? Numbers 12:1–16

Note: “He who reads the secrets of all hearts had marked the purposes of Korah and his companions and had given His people such warning and instruction as might have enabled them to escape the deception of these designing men. They had seen the judgment of God fall upon Miriam because of her jealousy and complaints against Moses.” *Patriarchs and Prophets*, 396

5.d. Had Moses incited a rebellious attitude in the people by an overbearing type of leadership or rule? Numbers 12:3

Friday

PERSONAL REVIEW QUESTIONS

- 1 Has the ark, taken away at the time of the Babylonian captivity, ever been restored to God’s people?
- 2 When God places individuals in a leadership role in His church, when are they free to leave such responsibilities?
- 3 As relatives of Moses and Aaron, for what offices did Korah, Dathan, and Abiram yearn?
- 4 What kind of leader was Moses?

“The discontented ones said that these leaders [Moses and Aaron] had exalted themselves above the congregation of the Lord, in taking upon them the priesthood and government, but their house was not entitled to distinction above others in Israel; they were no more holy than the people, and it should be enough for them to be on a level with their brethren.” *Patriarchs and Prophets*, 397

January 7 – 13, 2024

Leadership With Reproof

Key Text

“All the ways of a man are pure in his own eyes, but the Lord weighs the spirits.” Proverbs 16:2

Study Help: *Testimonies*, Vol. 4, 227–240

Introduction

“To those who are in the wrong, and deserving of reproof, there is nothing more pleasing than to receive sympathy and praise.” *Patriarchs and Prophets*, 397

Sunday

1 A PERSISTENT REBELLION

1.a. How did Moses respond to the rebellion that Korah had incited against him—but above all, against God? Numbers 16:4–7

1.b. How did Dathan and Abiram respond when Moses sent for them? Numbers 16:12

Note: “They [the Israelites] did not realize the necessity of seeking pardon of God for their grievous sin. That night of probation was not passed in repentance and confession, but in devising some way to resist the evidences which showed them to be the greatest of sinners. They still cherished hatred of the men of God’s appointment, and braced themselves to resist their authority. Satan was at hand to pervert their judgment and lead them blindfold to destruction.” *Patriarchs and Prophets*, 402

1.c. How did those involved in the rebellion view themselves? Numbers 16:2, 3

Note: “The charge that the murmurings of the people had brought upon them the wrath of God was declared to be a mistake. They [the conspirators] said that the congregation were not at fault, since they desired nothing more than their rights; but that Moses was an overbearing ruler; that he had reproved the people as sinners, when they were a holy people, and the Lord was among them.” *Patriarchs and Prophets*, 397

Monday

2 SELF-DECEIVED

2.a. What principle did Korah violate? Luke 14:8–11

Note: “Korah had cherished his envy and rebellion until he was self-deceived, and he really thought that the congregation was a very righteous people, and that Moses was a tyrannical ruler, continually dwelling upon the necessity of the congregation’s being holy, when there was no need of it, for they were holy.” *The Spirit of Prophecy*, Vol. 1, 300

2.b. Knowing God’s law, what mistake did the rebels make? 2 Corinthians 10:12

Note: “These rebellious ones [Korah and his company] had flattered the people in general to believe that they were right, and that all their troubles arose from Moses their ruler, who was continually reminding them of their sins. The people thought that if Korah could lead them and encourage them and dwell upon their righteous acts, instead of reminding them of their failures, they should have a very peaceful, prosperous journey, and he would without doubt lead them, not back and forward in the wilderness, but into the Promised Land. They said that it was Moses who had told them that they could not go into the land, and that the Lord had not thus said.” *The Spirit of Prophecy*, Vol. 1, 300

2.c. What is a source of trouble for people with similar issues as those raised by Korah, Dathan, and Abiram? 1 Kings 22:5–8

Note: “Korah reviewed the history of their [the congregation’s] travels through the wilderness, where they had been brought into strait places, and many had perished because of their murmuring and disobedience. His hearers thought they saw clearly that their troubles might have been prevented if Moses had pursued a different course. They decided that all their disasters were chargeable to him, and that their exclusion from Canaan was in consequence of the mismanagement of Moses and Aaron; that if Korah would be their leader, and would encourage them by dwelling upon their good deeds instead of reproving their sins, they would have a very peaceful, prosperous journey; instead of wandering to and fro in the wilderness, they would proceed directly to the Promised Land.” *Patriarchs and Prophets*, 397, 398

Tuesday

3 SELF-INFLICTED BLINDNESS

- 3.a. Confronted with the deceptions faced in Christian warfare, how do people tend to view themselves?
Proverbs 3:7; 12:15; 16:2; 21:2

Note: “They [the Israelites] had been flattered by Korah and his company until they really believed themselves to be very good people, and that they had been wronged and abused by Moses. Should they admit that Korah and his company were wrong, and Moses right, then they would be compelled to receive as the word of God the sentence that they must die in the wilderness. They were not willing to submit to this, and they tried to believe that Moses had deceived them. They had fondly cherished the hope that a new order of things was about to be established, in which praise would be substituted for reproof, and ease for anxiety and conflict. The men who had perished had spoken flattering words and had professed great interest and love for them, and the people concluded that Korah and his companions must have been good men, and that Moses had by some means been the cause of their destruction.” *Patriarchs and Prophets*, 401, 402

- 3.b. In order to convince themselves of a lie, how was the land of Egypt described by the people? Numbers 16:12, 13

Note: “They [the rebels] accused Moses of being the cause of their not entering the Promised Land. They said that God had

not dealt with them thus. He had not said that they should die in the wilderness. They would never believe that He had thus said; but that it was Moses who had said this, not the Lord; and that it was all arranged by Moses to never bring them to the land of Canaan. They spoke of his leading them from a land that flowed with milk and honey. They forgot in their blind rebellion their sufferings in the land of Egypt, and the desolating plagues brought upon that land. But they now accuse Moses of bringing them from a good land, to kill them in the wilderness that he might be made rich with their possessions. They inquired of Moses, in an insolent manner, if he thought that none of all the host of Israel were wise enough to understand his motives, and ... to have him lead them about like blind men as he pleased, sometimes toward Canaan, then back again toward the Red Sea and Egypt. These words they spoke before the congregation, and utterly refused to any longer acknowledge the authority of Moses and Aaron.” *The Spirit of Prophecy*, Vol. 1, 298, 299

Wednesday

4 THE SHOWDOWN

- 4.a. Who gathered the entire congregation for the deciding event to determine true leadership? Numbers 16:14–19. Describe the contrasting attitudes.

Note: “It was evident that the sympathies of the people were with the disaffected party; but Moses made no effort at self-vindication. He solemnly appealed to God, in the presence of the congregation, as a witness to the purity of his motives and the uprightness of his conduct, and implored Him to be his judge. ...

“It was not Moses who assembled the congregation to behold the defeat of Korah and his company, but the rebels, in their blind presumption, had called them together to witness their victory. A large part of the congregation openly sided with Korah, whose hopes were high of carrying his point against Aaron.” *Patriarchs and Prophets*, 399, 400

- 4.b. Although encouraged at first by the solidarity with the majority of the Israelite leaders, why was a division created between the subversive leadership and the congregation? Numbers 16:20–27

Note: “The chief rebels saw themselves abandoned by those whom they had deceived, but their hardihood was unshaken. They stood with their families in the door of their tents, as if in defiance of the divine warning.” *Patriarchs and Prophets*, 400

4.c. By what miraculous event did God reveal that these apostates were determined to defy His will? Numbers 16:28–35

Note: “Satan caused them [the rebels] to reject God as their leader, by rejecting the men of God’s appointment. Yet while in their murmuring against Moses and Aaron they blasphemed God, they were so deluded as to think themselves righteous, and to regard those who had faithfully reprov’d their sins as actuated by Satan.” *Patriarchs and Prophets*, 403

“God had given overwhelming evidence that He was leading Israel. But Korah and his companions rejected light until they became so blinded that the most striking manifestations of His power were not sufficient to convince them; they attributed them all to human or satanic agency. . . . It was this act that sealed their doom. They had committed the sin against the Holy Spirit.” *The Review and Herald*, November 12, 1903

Thursday

5 TRUE LEADERSHIP

5.a. How do we know that not all the children of Korah were supportive of his rebellion? 1 Chronicles 6:33–38. What is another name for Shemuel? 1 Chronicles 6:28, 33

5.b. What lessons did Israel need to keep in memory as a result of this experience? Numbers 16:36–40

5.c. What spirit did all Israel show after the punishment of the rebels? Numbers 16:41–43

Note: “The same thing was done by the people, who the day after the destruction of the men who had deceived them, they dared to attribute His judgments to Satan, declaring that through the power of the evil one, Moses and Aaron had caused the death of good and holy men.” *The Review and Herald*, November 12, 1903

5.d. How did Moses and Aaron show their true spirit as leaders when the plague began to destroy the remaining participants in the rebellion? Numbers 16:44–50

Note: “The guilt of sin did not rest upon Moses, and hence he did not fear and did not hasten away and leave the congregation to perish. Moses lingered, in this fearful crisis manifesting the true shepherd’s interest for the flock of his care. He pleaded that the wrath of God might not utterly destroy the people of His choice. By his intercession he stayed the arm of vengeance, that a full end might not be made of disobedient, rebellious Israel.

“But the minister of wrath had gone forth; the plague was doing its work of death. By his brother’s direction, Aaron took a censer and hastened into the midst of the congregation to ‘make an atonement for them.’ ‘And he stood between the dead and the living.’ As the smoke of the incense ascended, the prayers of Moses in the tabernacle went up to God; and the plague was stayed; but not until fourteen thousand of Israel lay dead, an evidence of the guilt of murmuring and rebellion.” *Patriarchs and Prophets*, 402, 403

Friday

PERSONAL REVIEW QUESTIONS

- 1 What type of deception poses the greatest danger to believers?
- 2 Similar to the prevalent modern thinking, what was the new method of labor that the people expected in the new order to be established by Korah?
- 3 To what extent did self-deception lead the people in their remembrance of the land of Egypt?
- 4 How does the experience of Korah show that children do not necessarily follow in the footsteps of their parents?
- 5 What can we learn from the experience of Moses and Aaron during the height of the plague?

January 14 – 20, 2024

A Budding Staff with Almonds

Key Text

“And the Lord said to Moses, ‘Bring Aaron’s rod back before the Testimony, to be kept for a sign against the rebels, that you may put their complaints away from Me, lest they die.’” Numbers 17:10

Study Help: *Patriarchs and Prophets*, 400–405

Introduction

“God mercifully condescended to give the host of Israel another evidence, one calculated to correct their perverted judgment.” *The Spirit of Prophecy*, Vol. 1, 305

Sunday

1 EACH LEADER WITH A ROD

1.a. Throughout Old Testament times, of what has the rod been a symbol? Psalm 110:2; Isaiah 11:1–4

1.b. As each leader in Israel was to present a rod, in what manner did God have the leadership of Aaron specifically identified? Numbers 17:1–4, 6, 7

Note: “By divine direction each tribe prepared a rod and wrote upon it the name of the tribe. The name of Aaron was upon that of Levi. The rods were laid up in the tabernacle, ‘before the testimony.’” *Patriarchs and Prophets*, 403

1.c. What specific miracle was to identify God’s chosen representative to the priesthood, and what was it designed to do? Numbers 17:5, 8, 9

Monday

2 A SYMBOLIC MEMORIAL AND PROPHECY

2.a. How was Aaron’s priesthood confirmed as a reminder for future generations? Numbers 17:10–13

Note: “[In causing Aaron’s rod to bud and bear almonds,] God ... wrought a miracle which was sufficient to silence the complaints of the Israelites, and which was to be a standing testimony that God had settled the priesthood upon Aaron. All the remarkable changes in the rod occurred in one night, to convince them that God had positively distinguished between Aaron and the rest of the children of Israel. After this miracle of divine power, the authority of the priesthood was no longer called in question. This wonderful rod was preserved to be frequently shown to the people, to remind them of the past, to prevent them from murmuring, and again calling in question to whom the priesthood rightfully belonged.

“After the children of Israel were fully convinced of their wrong, in unjustly accusing Moses and Aaron as they had done, they saw their past rebellion in its true light, and they were terrified. They ‘spake unto Moses, saying, Behold we die, we perish; we all perish.’ They are at length compelled to believe the unwelcome truth that their fate is to die in the wilderness. After they believed that it was indeed the Lord who had said that they should not enter the Promised Land, but should die, they then acknowledged that Moses and Aaron were right, and that they had sinned against the Lord, in rebelling against their authority. They also confessed that Korah, and those who perished with him, were sinners against the Lord, and that they had justly suffered his wrath.” *The Spirit of Prophecy*, Vol. 1, 305, 306

2.b. Who is our High Priest in the heavenly sanctuary? Hebrews 8:1–5

Note: “The Chief Shepherd is looking down from the heavenly sanctuary upon the sheep of His pasture.” *Fundamentals of Christian Education*, 273

“Now is the time when the Lord is testing character, weighing moral worth in the balances of the sanctuary. Oh, let us seek the gold tried in the fire, let us seek the white raiment of Christ’s righteousness, that the shame of our nakedness do not appear, and anoint our eyes with the heavenly eyesalve, that we may discern the working of God.” *The Review and Herald*, July 28, 1891

Tuesday

3 A PREPARATORY WORK

- 3.a. What work was done by John the Baptist prior to Christ's first advent? Matthew 3:2; John 3:27-30

Note: "In this age, just prior to the second coming of Christ in the clouds of heaven, such a work as that of John is to be done. God calls for men who will prepare a people to stand in the great day of the Lord. The message preceding the public ministry of Christ was: 'Repent, publicans and sinners; repent, Pharisees and Sadducees; "repent ye: for the kingdom of heaven is at hand."' As a people who believe in Christ's soon appearing, we have a message to bear—"Prepare to meet thy God." Amos 4:12. Our message must be as direct as was the message of John. He rebuked kings for their iniquity. Notwithstanding that his life was imperiled, he did not hesitate to declare God's word. And our work in this age must be done as faithfully." *Testimonies*, Vol. 8, 332, 333

- 3.b. What work is to be done in these closing days of earth's history? Isaiah 58:1; Amos 4:12

Note: "With no elaborate arguments or fine-spun theories did John declare his message. Startling and stern, yet full of hope, his voice was heard from the wilderness: 'Repent ye: for the kingdom of heaven is at hand.' [Matthew 3:2]. With a new, strange power it moved the people. The whole nation was stirred. Multitudes flocked to the wilderness. ...

"In order to give such a message as John gave, we must have a spiritual experience like his. The same work must be wrought in us. We must behold God, and in beholding Him, lose sight of self.

"John had by nature the faults and weaknesses common to humanity; but the touch of divine love had transformed him. When, after Christ's ministry began, the disciples of John came to him with the complaint that all men were following the new Teacher, John showed how clearly he understood his relation to the Messiah, and how gladly he welcomed the One for whom he had prepared the way." *Gospel Workers*, 54-56

Wednesday

4 PERSONAL EXPERIENCE

- 4.a. What type of experience is necessary for those who will be ready when Jesus comes? Isaiah 57:15; John 1:29

Note: "John had risen to the height of self-abnegation. He sought not to attract men to himself, but to lift their thoughts higher and still higher, until they should rest upon the Lamb of God. He himself had been only a voice, a cry in the wilderness. Now with joy he accepted silence and obscurity, that the eyes of all might be turned to the Light of life.

"Those who are true to their calling as messengers for God will not seek honor for themselves. Love for self will be swallowed up in love for Christ. They will recognize that it is their work to proclaim, as did John the Baptist: 'Behold the Lamb of God, which taketh away the sin of the world.' John 1:29. They will lift up Jesus, and with Him humanity will be lifted up." *Testimonies*, Vol. 8, 333, 334

- 4.b. How did John manifest true self-denial when he heard that many of his followers had gone after Jesus? John 3:22-30

Note: "The soul of the prophet [John], emptied of self, was filled with the light of the Divine. In words that were almost a counterpart of the words of Christ Himself, he bore witness to the Saviour's glory. 'He that cometh from above,' he said, 'is above all: he that is of the earth is earthly, and speaketh of the earth: He that cometh from heaven is above all. ... For He whom God hath sent speaketh the words of God: for God giveth not the Spirit by measure unto Him.' John 3:31, 34

"In this glory of Christ all His followers are to share. The Saviour could say: 'I seek not Mine own will, but the will of the Father which hath sent Me.' John 5:30. 'And,' declared John, 'the Father giveth not the Spirit by measure unto Him.' So with the followers of Christ. We can receive of heaven's light only as we are willing to be emptied of self. We can discern the character of God, and accept Christ by faith, only as we consent to the bringing into captivity of every thought to the obedience of Christ. To all who do this, the Holy Spirit is given without measure. In Christ 'dwelleth all the fullness of the Godhead bodily. And ye are complete in Him.' Colossians 2:9, 10." *Testimonies*, Vol. 8, 334

Thursday

5 MODERN KORAH'S

5.a. Though prophecy shows that men like Korah will exist in the last days, what does God require from His true watchmen? 2 Timothy 4:1-4

Note: “The time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables.” The apostle [Paul] does not here refer to the openly irreligious, but to the professing Christians who make inclination their guide, and thus become enslaved by self. Such are willing to listen to those doctrines only that do not rebuke their sins or condemn their pleasure-loving course. They are offended by the plain words of the faithful servants of Christ and choose teachers who praise and flatter them. And among professing ministers there are those who preach the opinions of men instead of the word of God. Unfaithful to their trust, they lead astray those who look to them for spiritual guidance.” *The Acts of the Apostles*, 504, 505

5.b. By giving needed reproof, what kind of opposition did both Jesus and the apostles face? John 8:40; 2 Peter 2:1-3; Jude 11. How does this relate today to the Spirit of Prophecy? Revelation 12:17; 19:10

Note: “He [Paul] was set for the defense of the church. He was to watch for souls as one that must render account to God, and should he not take notice of the reports concerning their state of anarchy and division? Most assuredly; and the reproof he sent them was written just as much under the inspiration of the Spirit of God as were any of his epistles. But when these reproofs came, some would not be corrected. They took the position that God had not spoken to them through Paul, that he

had merely given them his opinion as a man, and they regarded their own judgment as good as that of Paul.

“So it is with many among our people who have drifted away from the old landmarks and who have followed their own understanding. What a great relief it would be to such could they quiet their conscience with the belief that my work is not of God. But your unbelief will not change the facts in the case. You are defective in character, in moral and religious experience. Close your eyes to the fact if you will, but this does not make you one particle more perfect. The only remedy is to wash in the blood of the Lamb.

“If you seek to turn aside the counsel of God to suit yourselves, if you lessen the confidence of God’s people in the testimonies He has sent them, you are rebelling against God as certainly as were Korah, Dathan, and Abiram.” *Testimonies*, Vol. 5, 65, 66

Friday

PERSONAL REVIEW QUESTIONS

- 1 How did God miraculously resolve the debate over church leadership?
- 2 Where was Aaron’s rod placed as a reminder for future generations?
- 3 In the spirit of Elijah and John the Baptist, what work is to be done before the coming of Christ?
- 4 Describe the character of the messengers that God wants to use in these difficult last days.
- 5 Today, what is the clearest manifestation of the Korah leadership?

“The best efforts of the meekest man upon the earth could not quell [the Hebrews’] insubordination. The unselfish interest of Moses was rewarded with jealousy, suspicion, and calumny. His humble shepherd’s life was far more peaceful and happy than his present position as pastor of that vast congregation of turbulent spirits. Their unreasonable jealousies were more difficult to manage than the fierce wolves of the wilderness. But Moses dared not choose his own course and do as best pleased himself. He had left the shepherd’s crook at God’s command and in its place had received a rod of power. He dared not lay down this scepter and resign his position till God should dismiss him.” *Testimonies*, Vol. 3, 342, 343

“Ministers of the gospel sometimes do great harm by allowing their forbearance toward the erring to degenerate into toleration of sins and even participation in them. Thus they are led to excuse and palliate that which God condemns, and after a time they become so blinded as to commend the very ones whom God commands them to reprove. He who has blunted his spiritual perceptions by sinful leniency toward those whom God condemns, will ere long commit a greater sin by severity and harshness toward those whom God approves.” *The Acts of the Apostles*, 504

January 21 – 27, 2024

Organization of the Melchizedek Priesthood

Key Text

“This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the Forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.” Hebrews 6:19, 20

Study Help: *The Desire of Ages*, 411–416

Introduction

“Melchizedek was not Christ, but he was the voice of God in the world, the representative of the Father.” *Selected Messages*, Book 1, 409

Sunday

1 TO BE LIKE OTHER NATIONS

1.a. How did Israel change God’s system of order from the leadership of priests and judges? 1 Samuel 8:4–9

Note: “The prophet [Samuel] was reproved for grieving at the conduct of the people toward himself as an individual. They had not manifested disrespect for him, but for the authority of God, who had appointed the rulers of His people. Those who despise and reject the faithful servant of God show contempt, not merely for the man, but for the Master who sent him. It is God’s words, His reproofs and counsel, that are set at nought; it is His authority that is rejected.

“The days of Israel’s greatest prosperity had been those in which they acknowledged Jehovah as their King—when the laws and the government which He had established were regarded as superior to those of all other nations. Moses had declared to Israel concerning the commandments of the Lord: ‘This is your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people.’ Deuteronomy

4:6. But by departing from God’s law the Hebrews had failed to become the people that God desired to make them, and then all the evils which were the result of their own sin and folly they charged upon the government of God. So completely had they become blinded by sin.” *Patriarchs and Prophets*, 605

Monday

2 MAN’S FOLLY AND GOD’S MERCY

2.a. Why did God permit Israel to have a king? Hosea 13:11

Note: “The Lord had, through His prophets, foretold that Israel would be governed by a king; but it does not follow that this form of government was best for them or according to His will. He permitted the people to follow their own choice, because they refused to be guided by His counsel. Hosea declares that God gave them a king in His anger. Hosea 13:11. When men choose to have their own way, without seeking counsel from God, or in opposition to His revealed will, He often grants their desires, in order that, through the bitter experience that follows, they may be led to realize their folly and to repent of their sin. Human pride and wisdom will prove a dangerous guide. That which the heart desires contrary to the will of God will in the end be found a curse rather than a blessing.

“God desired His people to look to Him alone as their Law-giver and their Source of strength. Feeling their dependence upon God, they would be constantly drawn nearer to Him. They would become elevated and ennobled, fitted for the high destiny to which He had called them as His chosen people. But when a man was placed upon the throne, it would tend to turn the minds of the people from God. They would trust more to human strength, and less to divine power, and the errors of their king would lead them into sin and separate the nation from God.” *Patriarchs and Prophets*, 605, 606

2.b. As a result of the new system of organization following the pattern of other nations, what happened to Aaron’s rod? 2 Chronicles 5:10

2.c. After which priesthood order did Jesus begin His work in the heavenly sanctuary? Hebrews 6:19, 20; 7:12, 28. How was this a fulfillment of prophecy? Psalm 110:1–4; Hebrews 9:11, 12

Note: “When Christ expired on the cross, crying with a loud voice, ‘It is finished,’ His work was completed. The way was laid open, the vail was rent in twain. Man could approach God without sacrificial offerings, without the service of earthly priests. Christ Himself was a priest forever after the order of Melchizedek. Heaven was His home. He came to this world to reveal the Father.” *The Signs of the Times*, August 16, 1899

Tuesday

3 THE PRIESTHOOD AND FOUNDATION

3.a. How was the Melchizedek priesthood superior to the Levitical, and why is it so significant? Hebrews 7:1–11, 22–24, 27, 28

Note: “He [Christ] is a true high priest, for after enduring humiliation, shame, and reproach, after being crucified and buried, He was raised from the grave, triumphing over death. He is a priest forever, after the order of Melchizedek.” *Manuscript Releases*, Vol. 12, 398

3.b. In the order of the Melchizedek priesthood, are there other priests associated with the High Priest? 1 Peter 2:5–9; 5:1–4

3.c. What is the basis of this church governed by the Melchizedek priesthood? Matthew 16:13–19; 1 Corinthians 10:4; 3:11

Note: “Christ is the foundation of every true church.” *Testimonies*, Vol. 9, 147

“In the presence of God, and all the heavenly intelligences, in the presence of the unseen army of hell, Christ founded His church upon the living Rock. That Rock is Himself—His own body, for us broken and bruised. Against the church built upon this foundation, the gates of hell shall not prevail.

“How feeble the church appeared when Christ spoke these words! There was only a handful of believers, against whom all the power of demons and evil men would be directed; yet the

followers of Christ were not to fear. Built upon the Rock of their strength, they could not be overthrown.” *The Desire of Ages*, 413

3.d. Why was it impossible for this Rock to be Peter? Matthew 16:21–23

Note: “‘The keys of the kingdom of heaven’ are the words of Christ. All the words of Holy Scripture are His, and are here included. These words have power to open and to shut heaven. ...

“The Saviour did not commit the work of the gospel to Peter individually. At a later time, repeating the words that were spoken to Peter, He applied them directly to the church.” *The Desire of Ages*, 413, 414

Wednesday

4 PURE, UNADULTERATED TRUTH

4.a. Upon whom is Christ’s church founded? Matthew 16:16, 17

Note: “‘Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but My Father which is in heaven.’ The truth which Peter had confessed is the foundation of the believer’s faith.” *The Desire of Ages*, 412

4.b. How does God’s word identify the Truth? John 14:6

Note: “Christ is the complete system of truth.” *Selected Messages*, Book 3, 198

4.c. What danger must be faced by those who profess to believe the truth? 1 John 3:3; 2:21; 2 John 9–11

Note: “This is the danger to which the church is now exposed—that the inventions of finite men shall mark out the

precise way for the Holy Spirit to come. Though they would not care to acknowledge it, some have already done this. And because the Spirit is to come, not to praise men or to build up their erroneous theories, but to reprove the world of sin, and of righteousness, and of judgment, many turn away from it. They are not willing to be deprived of the garments of their own self-righteousness. They are not willing to exchange their own righteousness, which is unrighteousness, for the righteousness of Christ, which is pure, unadulterated truth. The Holy Spirit flatters no man, neither does it work according to the devising of any man. Finite, sinful men are not to work the Holy Spirit. When it shall come as a reprover, through any human agent whom God shall choose, it is man's place to hear and obey its voice." *Testimonies to Ministers and Gospel Workers*, 64, 65

4.d. Because the world is in intense darkness, how does God reveal truth to individuals? Proverbs 4:18

Note: "He [Christ] made the church the depository of sacred truth. He left His church a stewardship of sacred truth, and it is the work of the church to carry forward His mission of saving the world. He is the Sun of Righteousness, who is to impart bright rays to His followers; and they, in turn, are to shed His light upon others." *The Review and Herald*, June 30, 1896

Thursday

5 "GUIDE YOU INTO ALL TRUTH"

5.a. Since the true church is built on the pure truth, what does that church indeed become? 1 Timothy 3:15; Ephesians 2:19, 20

Note: "God is leading out a people to stand in perfect unity upon the platform of eternal truth. Christ gave Himself to the world that He might 'purify unto Himself a peculiar people, zealous of good works.' This refining process is designed to purge the church from all unrighteousness and the spirit of discord and contention, that they may build up instead of tear down, and concentrate their energies on the great work before them. God designs that His people should all come into the unity of the faith." *Testimonies*, Vol. 4, 17

"We are to unify, but not on a platform of error." *Manuscript Releases*, Vol. 15, 259

5.b. What assurance comes to all who determine to do God's will at any cost? John 7:17. How is this also a challenge? John 5:39

Note: "Whoever is with singleness of purpose seeking to do God's will, earnestly heeding the light already given, will receive greater light; to that soul some star of heavenly radiance will be sent to guide him into all truth." *The Great Controversy*, 312

5.c. How can we find the pure truth? John 16:13

Note: "The wheat develops 'first the blade, then the ear, after that the full corn in the ear.' The object of the husbandman in the sowing of the seed and the culture of the growing plant is the production of grain. He desires bread for the hungry, and seed for future harvests. So the divine Husbandman looks for a harvest as the reward of His labor and sacrifice. Christ is seeking to reproduce Himself in the hearts of men; and He does this through those who believe in Him. The object of the Christian life is fruit bearing—the reproduction of Christ's character in the believer, that it may be reproduced in others." *Christ's Object Lessons*, 67

Friday

PERSONAL REVIEW QUESTIONS

- 1 Why did the Israelites become restless without a king, and how did God fulfill their stubborn demand?
- 2 Since Jesus was not a Levite from the generations of Aaron, why is He able to be our High Priest?
- 3 Who is the true foundation of the believer's faith?
- 4 What kind of truth are we to build upon as our eternal foundation?
- 5 As we try to fulfill Christ's prayer before His crucifixion, can we unite with individuals or groups who are rejecting present truth?

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Yogurt

A new study, published in the May, 2023, issue of the scientific journal *Frontiers in Nutrition*, compares the nutritional benefits of plant-based yogurts to dairy-based yogurts. The study analyzed different types of dairy and non-dairy yogurts to determine which option is the most nutrient dense.

The study's researchers collected nutritional information for different yogurts from the Mintel Global New Products Database. They then placed the yogurts into different categories based on their main ingredients. The categories were full-fat dairy, low and nonfat dairy, coconut, cashew, almond, and oat. Then,

they analyzed the nutritional contents of the different yogurts using the Nutrient Rich Foods Index. This index is "a comprehensive food guidance system that assigns a score based on the nutrient density of individual foods," according to the authors of the study.

After analyzing the results, researchers found that two types of plant-based yogurts, almond and oat, are more nutritionally dense than dairy options. They outscore low-fat, fat-free, and full-fat dairy yogurts. Cashew and coconut yogurts were found to be less nutritionally dense than dairy products, but higher in iron. Soy-based yogurts were excluded from

the findings due to a small sample size. However, soy-based dairy alternatives are often found to be the most similar to their dairy counterparts, having protein counts comparable to dairy yogurts and delivering healthful, unsaturated fats. Compared to dairy yogurts, plant-based yogurts contained significantly less total sugar, less sodium, and more fiber, the study indicated.

The probiotic benefits that yogurt provides—live and active cultures that help in digestion—are extremely important for the balance of our gut.

Source: peacefuldumpling.com/plant-based-yogurts-are-healthier-than-dairy-says-new-study

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



CASHEWGURT

Ingredients

1 cup raw cashews, plus water for soaking
2/3 cup filtered or distilled water
1 Tbs. maple syrup
1 Tbs. vegan live, active yogurt to use as a starter OR
2 vegan probiotic capsules

Process

Pour cashews into a good-sized bowl, cover with water, and soak for 4-8 hours. Rinse and drain well. In a blender, combine cashews and water, and blend to a smooth paste. Add the maple syrup and starter culture. If using a probiotic capsule, open capsule and empty powder into the blender and blend until mixed. Transfer to a sterile glass jar. Cover jar loosely with a towel and let sit at room temperature for 24 hours. Mixture should be thick and tangy. Serve with berries, nuts, or granola.





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