

HISTORIC
LANDMARKS
OF ADVENTISM

*The
Hidden
Ingredient
that Brings
Peace*

*The wicked will never find
peace, but aren't we all
wicked?*

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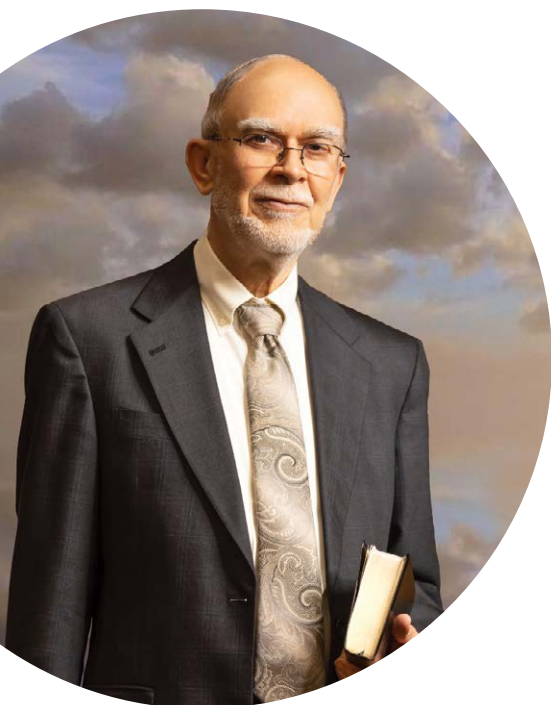
*More than
One Road
to Hell*

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Deception*

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From the Editor

John J. Grosboll

The Christian Struggle

One day, perhaps much sooner than most people realize, we will stand face to face with our Creator. Paul talks about the personal nature of our accountability.

“Each of us shall give account of himself to God.” Romans 14:12

“For we must all appear before the judgement seat of Christ, that each one may receive the things done in his body, according to what he has done, whether good or bad.” 2 Corinthians 5:10

“They will give an account to Him who is ready to judge the living and the dead.” 1 Peter 4:5

Ellen White gives us a graphic description of the judgment.

“Each has a case pending at the bar of God. Each must meet the great Judge face to face. How important, then, that every mind contemplate often the solemn scene when the judgment shall sit and the books shall be opened, when, with Daniel, every individual must stand in his lot, at the end of the days.” *The Great Controversy*, 488

“The Judge of all the earth will render a just decision. He will not be bribed; He cannot be deceived. He who made

man, and whose are the worlds and all the treasures they contain—He it is who weighs character in the balance of eternal justice. ... Every individual has a soul to save or to lose.” *In Heavenly Places*, 360

“We are on the great battlefield of life, and let it never be forgotten that we are individually responsible for the issue of the struggle; that though Noah, Job, and Daniel were in the land, yet should they deliver neither son nor daughter by their righteousness. ... But you have justified your own course because you thought that your brethren did not do right. Sometimes you have acted like a petted, spoiled child and have talked unbelief and doubt to spite others; but will it pay?” *Testimonies*, Vol. 5, 337, 338

“Those who do not become saints here can never be saints in heaven. God will accept in His service nothing less than the entire being—body, soul, and spirit. At the coming of Christ, many who now pass for Christians will be found wanting. ... They will see their true condition. In the light of the law of God, they will see the destitution of their souls.” *The Review and Herald*, February 26, 1901 **LM**

HISTORIC

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Staff

Editor: John J. Grosboll
Managing Editor: Judy Rebarckek
Graphic Design: Martin Bernar
Contributing Editor: Lynette Golia

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Publisher

Steps to Life, Inc.
 P. O. Box 782828
 Wichita, KS 67278

[facebook](#)

Ph: 316-788-5559
historic@stepstolife.org
www.stepstolife.org

[YouTube](#)

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.

The Hidden Ingredient that Brings Peace

by John J. Grosboll

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Matthew 11:28–30

Why are people troubled, heavy-laden? Why is there no rest for their spirit? The Bible tells us very clearly what the problem is.

“‘There is no peace,’ says the Lord, ‘for the wicked.’” Isaiah 48:22

“But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt.” Isaiah 57:20

“The way of peace they have not known.” Romans 3:17



The wicked live like a troubled sea and they are unable to find peace and rest. They may search for it, but they do not find it.

Someone might say, “Oh, I’m not wicked; this doesn’t apply to me.” But are we sure? How can we be sure? We may think we are not wicked, but how does the Bible define wickedness?

David tells us that: “Indignation has taken hold of me because of the wicked, who forsake Your law.” Psalm 119:53 Forsaking or breaking the law of God is sin. “Whoever commits sin also commits lawlessness, and sin is lawlessness.” 1 John 3:4. So those who break the law of God are called the wicked.

To those who have forsaken His law, the Lord Himself says, “If a wicked man turns from all his sins which he has committed, keeps all My statutes, and does what is lawful and right, he shall surely live; he shall not die.” Ezekiel 18:21

On the other hand, if a person does not turn from His sins, if he continues to forsake and break the law, the Bible says he is a wicked person and he practices wickedness or lawlessness.

So, just how much of the world is wicked?

“We know that we are of God, and the whole world lies under the sway of the wicked one.” 1 John 5:19

“There is none righteous, no, not one.” Romans 3:10

If the Lord does not come—because of the wickedness in this world—to redeem His children, the world would eventually self-destruct. The Bible says very clearly that wickedness will ultimately destroy itself and all sinners. “Wickedness overthrows the sinner.” Proverbs 13:6

All pagan religions teach that man must, in some way, pay a price for his wickedness to finally have peace in his spirit. This is the reason people lie on beds of spikes or walk on hot coals, climb stairs on their knees or beat themselves with whips, sacrifice animals and even children in the name



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of the gods of wood and stone who cannot see nor hear.

Perfect Peace

The Bible tells me something completely different regarding how the price for my wickedness is to be paid. “Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin.” Romans 3:20. “For all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus.” Verses 23, 24

Justification is a gift from God. I might think that I can pay the price for my sins, but that price is eternal death. So, if I want to live, then someone else must pay the price for me—and that is what Jesus did on the cross. “Where is boasting then? It is excluded. By what law? Of works? No, but by the law of faith. Therefore we conclude that a man is justified by faith apart from the deeds of the law.” Verses 27, 28

This does not mean the law is done away with. “Do we then make void the law through faith? Certainly not! On the contrary, we establish the law.”

Verse 31. “If Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? ‘Abraham believed God, and it was accounted to him for righteousness.’ Now to him who works, the wages are not counted as grace but as debt. But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness, just as David also describes the blessedness of the man to whom God imputes righteousness apart from works. ‘Blessed are those whose lawless deeds are forgiven. And whose sins are covered; blessed is the man to whom the Lord shall not impute sin.’ ” Romans 4:2–8

Contrary to what all the false religions in the world teach—that is all the pagan and non-Christian religions in the world—the Bible and the Christian religion teaches that having the wickedness and sin taken out of our lives, is by a gift—a miracle—of God. That gift is through the God-man, Christ Jesus, who offered Himself as a sacrifice to purify me from my sins, to take them completely out of my life (1 Corinthians 15:3).

What happens when I put my faith and trust in Him, and surrender my life to Him? “Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.” Romans 5:1. Friends, God wants to give you peace.

God’s peace will give you rest in your spirit. So many people cannot sleep at night.

They are restless and fatigued because the wicked are like a troubled sea.

They simply cannot rest because there is no real peace in their lives. They search. They try.

They fill their lives with all sorts of exciting pleasures.

They immerse themselves in the many different things that the world has to offer,

but as long as they are breaking the law of God, they will not find the peace and rest for their soul that every human being in his or her deepest consciousness really wants. Do you want peace

and rest in your mind and soul? There is only one Person who can give it to you.

The book of Acts tells us that Peter had that perfect peace:

“Peter was therefore kept in prison, but constant prayer was offered to God for him by the church. And when Herod was about to bring him out, that night Peter was sleeping, bound with two chains between two soldiers; and the guards before the door were keeping the prison.

“Now behold, an angel of the Lord stood by him, and a light shone in the prison; and he struck Peter on the side and raised him up, saying ‘Arise quickly!’ and his chains fell off his hands.

“Then the angel said to him, ‘Gird yourself and tie on your sandals’; and so he did. And he said to him, ‘Put on your garment and follow me.’

“So he went out and followed him, and did not know that what was done by the angel was real, but thought he was seeing a vision.

“When they were past the first and the second guard posts, they came to the iron gate that leads to the city, which opened to them of its own accord; and they went out

and went down one street, and immediately the angel departed from him.

“And when Peter had come to himself, he said, ‘Now I know for certain that the Lord has sent His angel, and has delivered me from the hand of Herod and from all the expectation of the Jewish people.’” Acts 12:5–11

If you were sentenced to be executed tomorrow, would you peacefully sleep all night tonight? Peter had, in his mind and heart, the perfect peace and rest that God gives, even if it meant dying tomorrow. If you surrender your life and everything you have to Him, you can have that same peace. Just as God delivered Peter from prison and his jailers, God will deliver you from the prison house of sin; He will remove your guilt, and give you His peace.

But more than justification, more than giving you peace and rest from the guilt of your past sins, God wants to change your life. He wants to give you the power, through the Holy Spirit, to live a new life. This is the process of being born again—the receiving of the Holy Spirit inside to change our sinful desires and replace them with the desire to only do the will of God. “What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it?” Romans 6:1, 2

“Knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.” Verse 6. In giving your life to Christ, surrendering completely to Him, you are set free from the bondage of sin.

“Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord. Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. ... For sin shall not have dominion over you, for you are not under law but under grace.” Verses 11, 12, 14

Not under the law? Sin has no dominion over you? A person might think that they do not need to keep the law. But is that what Paul is saying?

“What then? Shall we sin because we are not under law but under grace? Certainly not! Do you not know that to whom you

“

Blessed are those whose lawless deeds are forgiven. And whose sins are covered; blessed is the man to whom the Lord shall not impute sin.

Romans 4:7, 8

present yourself slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness? But God be thanked that though you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered. And having been set free from sin, you became slaves of righteousness. ...

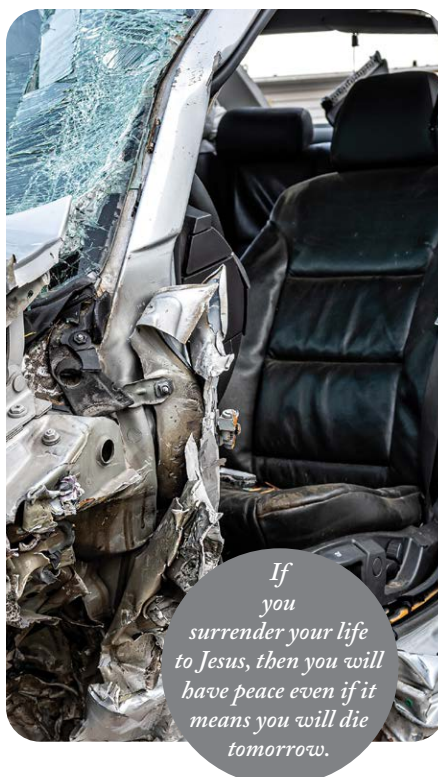
"But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." Verses 15–18; 22, 23

If I am walking after the Spirit, then I am no longer under condemnation because the Holy Spirit works a miracle of righteousness in my life, enabling me to keep God's law. "The righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit." Romans 8:4

However, there are people who say they cannot keep God's law, and Paul tells us why. "Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace." Verses 5, 6

If I am spiritually minded, if the Holy Spirit has come into my life, if I have been born again, if I walk after the Spirit and not after the lusts and desires of my sinful nature, then I will have peace. In fact, it is the only way to have peace. But if I am not converted, if I am carnally minded, if I am living according to the flesh, then I am breaking the law of God and will never find peace unless I determine to allow the Holy Spirit into my life. That is what the Bible says. Why?

"The carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be." Verse 7. The carnal mind is unconverted and is not subject to the law of God. It cannot



obey because it does not want to obey. So if someone says, "I cannot obey the law of God," they are telling the truth, and it is pointless to argue with them.

When the Holy Spirit comes into your life, He will make it possible for you to do what you were not able to do before you were born again. In fact, this is the acid test as to whether or not a person is truly converted or not.

Am I a Christian—Christlike—in my life or is it just a name I claim? Have I really been born again? Do I live according to the law of God? Is God's peace and His gift of eternal life really mine? If the Holy Spirit is in my life, I cannot go on living a life of sin, because as soon as I break the law of God, I quench the Spirit's voice in my conscience. The Holy Spirit cannot lead and direct and guide my life anymore if I continue in sin, because I have gone directly contrary to what He is impressing upon my mind. I will have no peace because, as long as I remain unconverted, I have no hope for salvation. (Read carefully Romans 8:1–14.)

Jesus said to Nicodemus, "Most assuredly, I say to you, unless one is born again of water and the Spirit, he cannot enter the kingdom of God." John 3:5

When you are born of the Holy Spirit, Paul says the Spirit gives you the power to keep the law of God. "That the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit." Romans 8:4

He continues, "Those who are in the flesh cannot please God. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die [you will not have eternal life]; but if by the Spirit you put to death the deeds of the body, you will live." Verses 8–13

Notice that the Holy Spirit gives me the power to turn away from my sinful nature and to live according to the law of God.

False Peace

There are millions of people in the world today who believe that they are going to heaven. Because they have a form of godliness—they call themselves Christians, go to church, do good deeds, make donations, pay tithe—they believe that they have met the requirements for heaven. And surely, the Scriptures tell us that all these things will be part of the life fully surrendered to the in-working of the Holy Spirit. But friends, a checklist of tasks will not see us through to heaven. While they may outwardly appear to be Christians,



it is only by the power of the Holy Spirit in their lives, giving them the power to put to death the deeds of the body and to live according to the law of God, that they, and we, have the hope of eternal life with Jesus Christ, the Father, and all the host of heaven. If we are not living according to the law of God, then we have proof that the Holy Spirit is not in control of our lives. The power of godliness is the power to change lives, and only the Holy Spirit can do this for us.

Paul said that a person who receives the Holy Spirit will find peace. The Bible predicts that in the last days there will be multitudes of people who will have a false peace. They will think that they are saved when they are not. They will have a form of godliness, but will deny its power (2 Timothy 3:5).

A Movement for Peace

In the last days, there will be a great international peace movement that will be based on false promises.

“It shall come to pass in the latter days that the mountain of the Lord’s house shall be established on the top of the mountains, and shall be

exalted above the hills; and peoples shall flow to it.

“Many nations shall come and say, ‘Come and let us go up to the mountain of the Lord, to the house of the God of Jacob; He will teach us His ways, and we shall walk in His paths.’ For out of Zion the law shall go forth, and the word of the Lord from Jerusalem. He shall judge between many peoples, and rebuke strong nations afar off; they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore.

“But everyone shall sit under his vine and under his fig tree, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken. For all people walk each in the name of his god, but we will walk in the name of the Lord our God forever and ever.” Micah 4:1–5

“... [E]veryone shall sit under his vine and under his fig tree,” walking in the name of his god—not in the name of the God of Jacob.

Other scriptures regarding this false religious peace movement can be found in Isaiah and Revelation. Paul says, “For you yourselves know perfectly that the

day of the Lord so comes as a thief in the night. For when they say, ‘Peace and safety!’ then sudden destruction comes upon them, as labor pains upon a pregnant woman. And they shall not escape.” 1 Thessalonians 5:2, 3

Why will they not escape? They are spreading a peace and safety message, but this message is not based on obedience to the law of God, but rather on a lie of the antichrist (2 Thessalonians 2). The antichrist spreads the idea that you can be saved while you are breaking the law of God. But remember, breaking the law of God is sin (1 John 3:4).

God Will Have a People

The Bible also predicts that God will have a people. They are clearly defined in the book of Revelation as being those who keep His commandments—those who are obedient to His law. “Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.” Revelation 14:12

There is no true, lasting peace without the power that the Holy Spirit gives you to keep God’s law in your life. Do you want peace? Do you want to be part of God’s faithful remnant people, to be a part of the saints who in the last days will join with those who have gone before, to be taken out of this world when Jesus returns?

The choice is yours, friend. The world lies in wickedness and becomes more wicked with each passing day. But there will be a people who keep God’s commandments, and He is returning to take them out of this world to live with Him forever. To be among that people, you must, today, surrender your life, heart, and soul to Jesus Christ as your Lord and Saviour, and accept the Holy Spirit into your heart to be transformed into the image of Christ. [LM](#)

Pastor John J. Grosboll is Director of Steps to Life and pastors the Prairie Meadows Church in Wichita, Kansas. He may be contacted by email at historic@stepstolife.org, or by telephone at 316-788-5559.

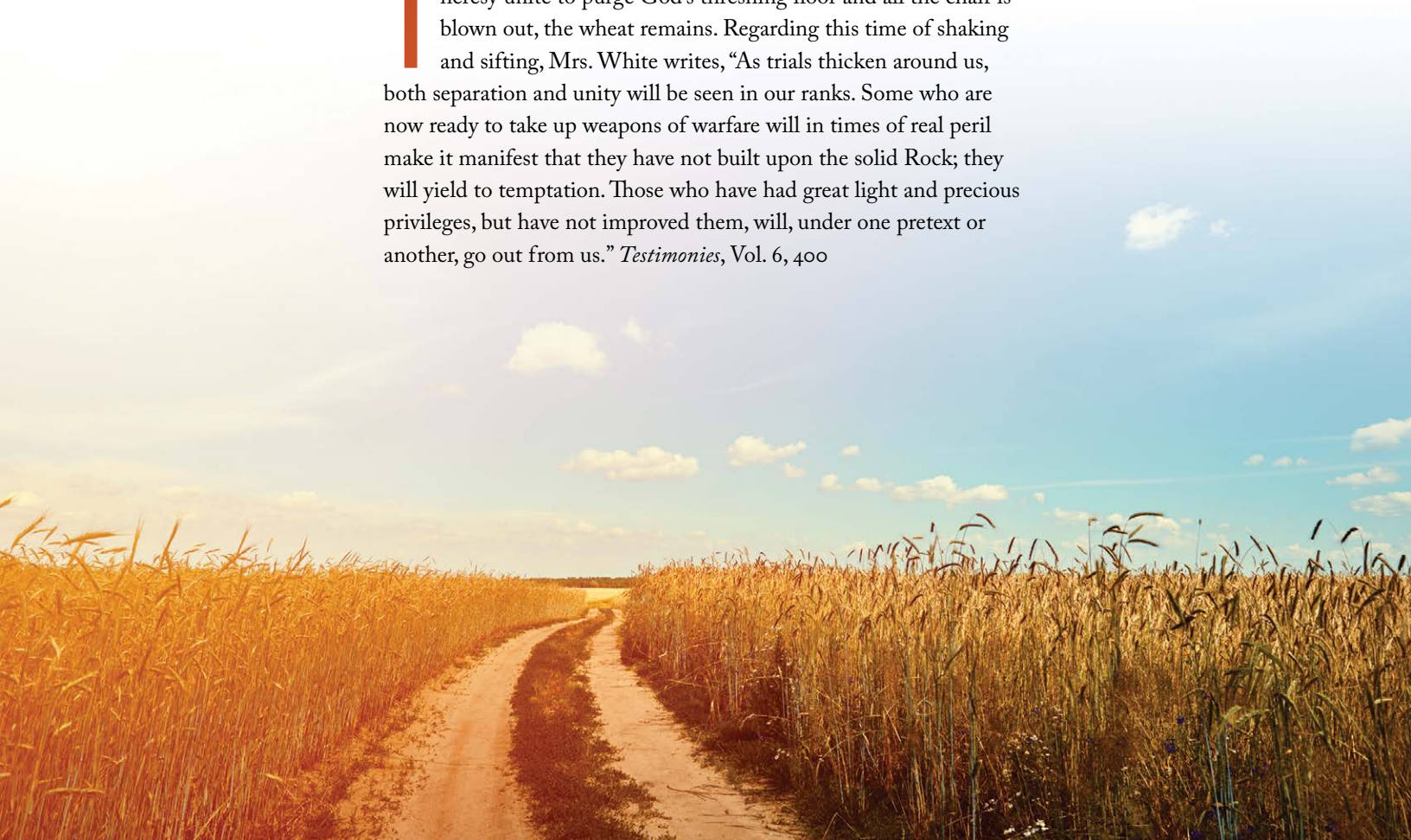
More Than One Road to Hell

by W. D. Frazee

"Therefore let him who thinks he stands take heed lest he fall."

1 Corinthians 10:12

The church is being sifted. As the winds of persecution and heresy unite to purge God's threshing floor and all the chaff is blown out, the wheat remains. Regarding this time of shaking and sifting, Mrs. White writes, "As trials thicken around us, both separation and unity will be seen in our ranks. Some who are now ready to take up weapons of warfare will in times of real peril make it manifest that they have not built upon the solid Rock; they will yield to temptation. Those who have had great light and precious privileges, but have not improved them, will, under one pretext or another, go out from us." *Testimonies*, Vol. 6, 400



“

As trials thicken around us, both separation and unity will be seen in our ranks.

Generally, there are two reasons for doing something—the reason given and the real reason. The reason given is pretext. Say a person is offended or hurt by something someone says or does, and this is the reason given for the person to stop coming to church. But if we were to look much deeper, we would find that the real reason is an unconverted heart. However, many will convince themselves to believe the pretext, and as a result, they will depart—go out—from God’s people.

“The days are fast approaching when there will be great perplexity and confusion. Satan, clothed in angel robes, will deceive, if possible, the very elect. ... Those who have proved themselves unfaithful will not then be entrusted with the flock. In the last solemn work, few great men will be engaged. They are self-sufficient, independent of God, and He cannot use them. The Lord has faithful servants, who in the shaking, testing time will be disclosed to view. There are precious ones now hidden who have not bowed the knee to Baal. They have not had the light which has been shining in a concentrated blaze upon you. But it may be under a rough and uninviting exterior the pure brightness of a genuine Christian character will be revealed. ...

“The time is not far distant when the test will come to every soul. The mark of the beast will be urged upon us. Those who have step by step yielded to worldly demands and conformed to worldly customs will not find it a hard matter to yield to the powers that be, rather than subject themselves to derision, insult, threatened imprisonment, and death. The contest is between the commandments of God and the commandments of men. In this time, the gold will be separated from the dross in the church. True godliness will be clearly distinguished from the appearance and tinsel of it. Many a star that we have admired for its brilliancy will then go out in darkness. Chaff like a cloud will be borne

away on the wind, even from places where we see only floors of rich wheat. ...

“The deeper the night for God’s people, the more brilliant the stars. Satan will sorely harass the faithful; but, in the name of Jesus, they will come off more than conquerors. Then will the church of Christ appear ‘fair as the moon, clear as the sun, and terrible as an army with banners.’”

Testimonies, Vol. 5, 80–82

That terrible description of the awful sifting time just ahead speaks of the test over the mark of the beast and the time when people will be unable to buy or sell unless they are willing to receive that sign of apostasy and rebellion. The mark of the beast will be urged upon us and if we have not yielded to the transforming power of the Holy Spirit, we will find ourselves unable to stay true to God.

Let’s look at some of those downward steps, the various ways through which men arrive at last at the final jump from the church of God into Babylon.

In Line with the World

It is suggested that men take the journey to follow the world step by step—little by little—by yielding to worldly demands and conforming to worldly customs.

Inspiration tells us that our people are in constant danger of conforming to the world. “There is constant danger among our people that those who engage in labor in our schools and sanitariums will entertain the idea that they must get in line with the world, study the things which the world studies, and become familiar with the things that the world becomes familiar with. This is one of the greatest mistakes that could be made.”

Fundamentals of Christian Education, 534

Our danger is being influenced by what we read, look at, and listen to. The longer we look to and listen to the world we will eventually come to many of their conclusions.

“Those who seek the education that the world esteems so highly are gradually led further and further from the principles of truth until they become educated worldlings. At what a price have they gained their education!” *Ibid.*, 535, 536. Is it possible then

that someone can be a man or woman of God at the start of their education, but end up a child of the devil? Yes, it is. And he need only, at each point, to take one step. "And there are some who, having secured this worldly education, think that they can introduce it into our schools. But let me tell you that you must not take what the world calls the higher education and bring it into our schools and sanitariums and churches. ... I speak to you definitely. This must not be done." *Ibid.*, 536. It is dangerous, and it is one of the ways leading downward.

Now during the shaking, all those who have been thus influenced by the world will go out, unless they have had their hearts brought back like Paul's experience in Arabia or Moses' experience in the desert of Midian.

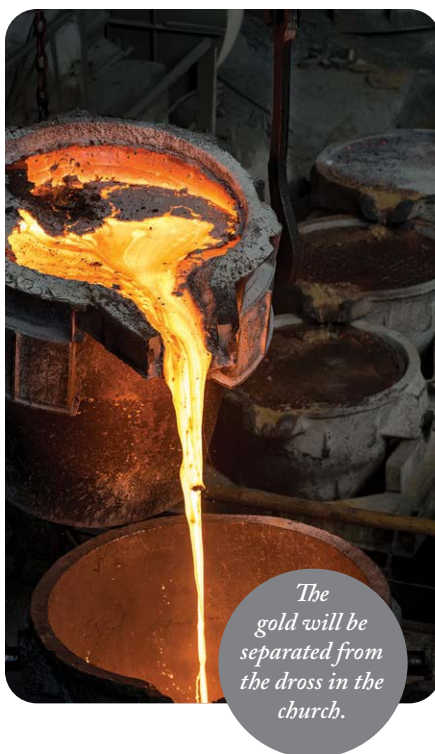
"Many a star that we have admired for its brilliancy will then go out in darkness.

"God will work a work in our day that but few anticipate. He will raise up and exalt among us those who are taught rather by the unction of His Spirit than by the outward training of scientific institutions. ... God will manifest that He is not dependent on learned, self-important mortals." *Testimonies*, Vol. 5, 81, 82

Being Good, but Good for Nothing

Now we will look at something that ought to come very close to each one of us as we examine ourselves. "Every selfish, covetous person will fall out by the way." *Early Writings*, 269. You don't have to go to a worldly university to learn to be selfish and covetous, for we are born that way and will stay that way unless we are born again (John 3:3).

"Like Judas, who sold his Lord, they [selfish, covetous persons] will sell good principles and a noble, generous disposition for a little of earth's gain. All such will be sifted out from God's people." *Early Writings*, 269. Judas was part of



Jesus' inner circle, but he fell out because he was selfish and covetous—he wanted his own way and what others had—and this is another way that many people will be sifted out.

Is there any hope for me if I am selfish? Yes, but all the selfishness must be sifted out of me or else it will sift me out of God's church. If I cling to my selfishness, I will be sifted out, but if I am willing to let the grace of God sift me, then I have hope.

Continual giving starves covetousness to death. The devil doesn't like that, but Jesus does. He so loved that He gave Himself; the Father so loved that He gave His Son. And as we unite with Jesus in unselfish ministry for others and unselfish giving for God's work to help the poor and needy, it helps to sift out our selfishness and covetousness.

Related to selfishness and covetousness is an idol that looks so sweet that many people think that it will never do much harm: the love of ease. "I know that many think far too favorably of the present time. These ease-loving souls will be engulfed in the general ruin."

Testimonies, Vol. 5, 80. Ease-loving souls are people who don't want to do anything bad, they just don't want to do anything at all. We are studying various roads to hell and one of them is the road of just being good—good for nothing, ease-loving, avoiding responsibility.

It is represented by the man in the parable of the talents in Matthew 25. The master had given one servant five talents, another servant two talents, and a third one talent. This third servant wrapped it in a napkin and put it in the earth. When the master came back, the servant thought he had played it safe, but the master didn't commend him. He was not willing to exert himself to go beyond what had been imparted to him. I pray that God will deliver us from the ease-loving spirit that dodges and evades responsibilities.

Ease loving often masquerades as perfectionism—the idea that I am so conscientious that I don't want to do anything unless I could do it the very best. The only way I can do anything very good is to have practically nothing to do. If I can't do it perfectly, then I really shouldn't do it at all. I warn you, this is one of the devil's most subtle deceptions. And when men and women get to the judgment, some will be surprised how sanctimonious was the guise under which the enemy led them away. Fear can also cause people to spurn responsibility. "I just can't do it because I might do it wrong." Each of these is a ditch on opposite sides of the same road.

"The life of selfish ease and freedom from responsibility is the idol of others. These are Satan's snares, set for unwary feet. But these slavish bands must be broken. ... God's watchmen will not cry, 'Peace, peace,' when God has not spoken peace." *Ibid.*, 83. So I'm not going to speak peace to people who desire to be good, but are largely good for nothing. My soul longs that God shall arouse every lackadaisical, half-hearted, ease-loving soul with the spirit to do more and more and more.

Too Much

There are also people who try to do too much and botch the job. But that is no reason why others should take any one of the talents God has given them and wrap it up nicely in a napkin and put it on a shelf.

Sometimes pride is wrapped up with the talent. "What if I can't do it perfectly?" "What if I fail?"

God may allow failure for the express purpose of removing pride from the heart. Dwight L. Moody was not an educated man, as the world counts it. He had been a shoe clerk before his conversion.

He wasn't a preacher, just a man who wanted to work to save souls. Ira Sankey

was a cultured and well-educated man, known for the composition of many well-known hymns such as *The Ninety and Nine*, and for his strong baritone voice. Moody and Sankey had been invited to London to preach in a large theater before the royal family of England as well as lords and ladies from all around. Sankey led out with a song service. Moody, the simple shoe clerk, rose to speak to the thousands of people before him. As he started to read the Bible text he fumbled with it. He couldn't get through it. He felt humiliated and started to read it again. Sankey tried to help him. Again and again he tried to read the text, but was unable to get through it. He broke down and wept. In silence, he reached out in prayer, "Oh Lord, if You can help a poor ignorant man like me to say something to these people that will help them, then, Lord, help me." And with that, he began to talk to them. For 20 minutes all over that theater the Spirit of God was at

work. The king and queen of England were weeping in their box. The human vessel had been broken and the light shone out.

If we would get away from our own ideas of how things should be done, God is willing and ready to do great things through us. But God works no miracle for the soul who, for whatever the reason, hugs the shore and loves the life of ease and freedom from responsibility. All such will eventually be sifted out.

Esau's Problem

I am always saddened when I read about the life of Esau. Esau had a big problem—himself. "Lest there be any fornicator, or profane person like Esau, who for one morsel of food sold his birthright." Hebrews 12:16. Esau's attention was focused to that spot just below the ribs, and to satisfy his appetite, he was willing to sacrifice his birthright for a bowlful of stew. Esau couldn't control his appetite, so it controlled him.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character." *Testimonies*, Vol. 3, 491, 492. The people who receive the latter rain and give the loud cry will be those who have gotten the victory over pride, selfishness, love of the world, every wrong word and action, and over appetite.

"Health reform is to do among our people a work which it has not yet done. ... Many who are now only half converted on the question of meat eating will go from God's people, to walk no more with them." *Counsels on Health*, 575. This speaks directly to the effects uncontrolled appetite has on loyalty to God and His church. Only half converted regarding health reform, these people will be sifted out. This mentions specifically the question of meat eating and is linked definitely with the approaching sifting from God's church. If anyone still hungers for the fleshpots of Egypt (sin), you must ask God to sanctify your appetite. He accomplishes this only after we turn away from eating meat and any other food that



*Chaff
like a cloud
will be borne away
on the wind, even
from places where we
see only floors of rich
wheat.*

is eaten against counsel—anything that we cherish more than God. We must be watchful regarding good food for even it can become an idol. Our appetite must be converted here if we are to sit at the Lord's table there.

Jesus went into the desert and fasted for 40 days, for me. He broke the power of appetite and He will enable me to do the battle on my own account. Yes, I can have—and so can you—victory over appetite.

A Fire and a World of Iniquity

James tells us that if a man can control the tongue, he is a perfect man who will be able to bridle the whole body (James 3:2). But the danger of the tongue is not what goes in, but what comes out of the mouth. You can disarm a man by taking his sword away, but you cannot get rid of the sword which pierces—the faultfinding, gossiping, and accusing tongue. Isaiah understood this, for when he caught a view of the Lord, he said, “Woe is me, for I am undone! Because I am a man of unclean lips.” Isaiah 6:5, *first part*. In response, an angel came and took a live coal from off the altar and put it on his lips. Imagine, if that had been a literal thing, it would have been very painful. Are you and I willing to have this radical treatment applied to us so that we can be cured of faultfinding, accusation, and criticism? People who may have no interest in the world, who are not controlled by their appetite, may be especially prone to the temptation to criticize.

Remember the prayer of the Pharisee? “God, I thank You that I am not like other men.” Luke 18:11. He went on to list all the things he didn't do. He was a pretty good Pharisee, as Pharisees go, but he used his tongue to find fault and criticize even in prayer. It was a fixed habit with him. The publican on the other hand prayed, “God, be merciful to me a sinner!” Which of these men went down to his house justified? In this time, of all times, we need to be



*Continual
giving starves
covetousness to
death.*

delivered from this spirit of criticism and faultfinding.

This is God's church, His movement. We should view with suspicion anyone who comes with what they call light, new light, old light, any kind of light, all the while accusing and condemning those upon whom God has laid the burden of the work. No matter how it might try to conceal with the sheep's clothing of longing for the latter rain and the loud cry in an effort to hide the wolf that would tear and divide the flock, we must not be misled by the sheep's clothing when the growl of the wolf is still occasionally heard. The dragon cannot forever masquerade as a lamb.

“But men are to be condemned who start out with a proclamation of wonderful light, and yet draw away from the agents whom God is leading. This was the way in which Korah, Dathan, and Abiram did, and their action is recorded as a warning to all others. We are not to do as they have done—accuse and condemn those upon whom God has laid the burden of the work.” *Testimonies to Ministers and Gospel Workers*, 56

As we have looked over some of the various ways of being sifted out, we see that one side of the road to heaven is worldliness—conformity, a drifting away from God's standards—while on

the other side of the road is pharisaical conformity to the standards of reform, yet with the spirit of criticism and self-righteousness.

Can the Blind Lead the Blind?

“And He spoke a parable unto them: ‘Can the blind lead the blind? Will they not both fall into the ditch?’” Luke 6:39. If we follow anyone other than Jesus Christ, then we might find that we have fallen into the ditch, and the only question is, in which ditch will you land?

How horrible it would be to be so loyal to a church or doctrine that I would be willing to follow it even if it embraced worldly trends and participated in the wickedness of the world, then to discover that in the crisis hour when the mark of the beast is enforced, that I have lost heaven? Equally as tragic, if, in the name of reform and standing for standards, I become so pharisaical that I pull away from my brothers and sisters who may not agree with me and find myself outside the church of God. Do you think it will matter in the Day of Judgment if you followed a preacher or an elder or a teacher? If you are not following the testimonies of the Holy Spirit and the Bible, you eventually will find yourself not only disloyal to God's standards, but disloyal to His church as well.

“

Satan, clothed in angel robes, will deceive, if possible, the very elect.

Friend, the devil doesn't care which of these downward steps you take. His only interest is that you take one, and that you do it so committedly that you ultimately leave God's church and take up residence in Babylon.

He wants you to believe that you are a good Pharisee, all while you criticize and find fault. He wants you to think that food is just something that you need to survive and not something that can control your life, until the decisions you make are no longer those that would lead you to heaven. He wants you to be afraid to fail or too proud to try, instead sitting back in ease, satisfied to have no responsibility at all. The devil wants us to look at, listen to, and see the things of this world until our sinful hearts become so much a part of it, that they no longer yearn for heaven.

There is only one thing that will take us through.

“I know your works, that you are neither cold nor hot. I could wish you were cold or hot. So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth. Because you say, ‘I am rich, have become wealthy, and have need of nothing’—and do not know that you are wretched, miserable, poor, blind, and naked.” Revelation 3:15–17

This is Jesus' message to the Laodicean church, to the church of the judgment hour—to you and me. No matter what we think of ourselves, our true condition is pathetic—wretched, miserable, blind, and naked. But Jesus has the answer for us.

“I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed, that the shame of your nakedness may not be revealed, and anoint your eyes with eye salve, that you may see. As many as I love, I rebuke and chasten. Therefore be zealous and repent.” Verses 18, 19

That gold is faith and love. If we love Jesus, we will in love cling to His standards no matter who goes against them. Love is the

answer—love for God and love toward our fellow man.

“We must come up to a higher plane of action. Let the spirit of Jesus vitalize the souls of the workers. ... Do not allow all your strength and energy to be given to worldly, temporal things ... We have not a moment's time to use selfishly. Let all we do be done with an eye single to the glory of God.” *Sabbath-School Worker*, July 1, 1885

“In the instruction that Christ gave to His disciples, and to the people of all classes who came to hear His words, there was that which lifted them to a high plane of thought and action. If the words of Christ, instead of the words of men, were given to the learner today, we would see evidences of higher intelligence, a clearer comprehension of heavenly things, a deeper knowledge of God, a purer and more vigorous Christian life.” *The Review and Herald*, November 7, 1907

“Those who are looking for the Lord soon to come, looking for that wondrous change, when ‘this corruptible shall put on incorruption,’ should in this probationary time be standing upon a higher plane of action.” *Counsels to the Church*, 169

We must not be satisfied with doing only the minimum requirements in our work of developing perfection of character. God has an infinite purpose for us. He will show the points on which we must improve in order that we may measure up more perfectly with heaven's high ideals. With a glad heart, we must endeavor to grow every day in grace and in the knowledge of heavenly things. Let us set a quiet example of Christian living that others may follow and let us be ever loyal to God and His church. With one hand we must cling to what our Lord has said through His word and the Spirit of Prophecy, and with the other cling to His true church which He has placed here in this world to carry on His work. **LM**

Pastor W. D. Frazee studied the Medical Missionary Course at the College of Medical Evangelists in Loma Linda, California. In 1942, he began a faith ministry that would become the foundation for the establishment of the Wildwood Medical Missionary Institute. Pastor Frazee passed to his rest in 1996.


The Reward of Holiness

We believe without a doubt that Christ is soon coming. This is not a fable to us; it is a reality. We have no doubt, neither have we had a doubt for years, that the doctrines we hold today are present truth, and that we are nearing the judgment. We are preparing to meet Him who, escorted by a retinue of holy angels, is to appear in the clouds of heaven to give the faithful and the just the finishing touch of immortality.

When He comes, He is not to cleanse us of our sins, to remove from us the defects in our character, or to cure us of the infirmities of our tempers and dispositions. If wrought for us at all, this work will all be accomplished before that time.

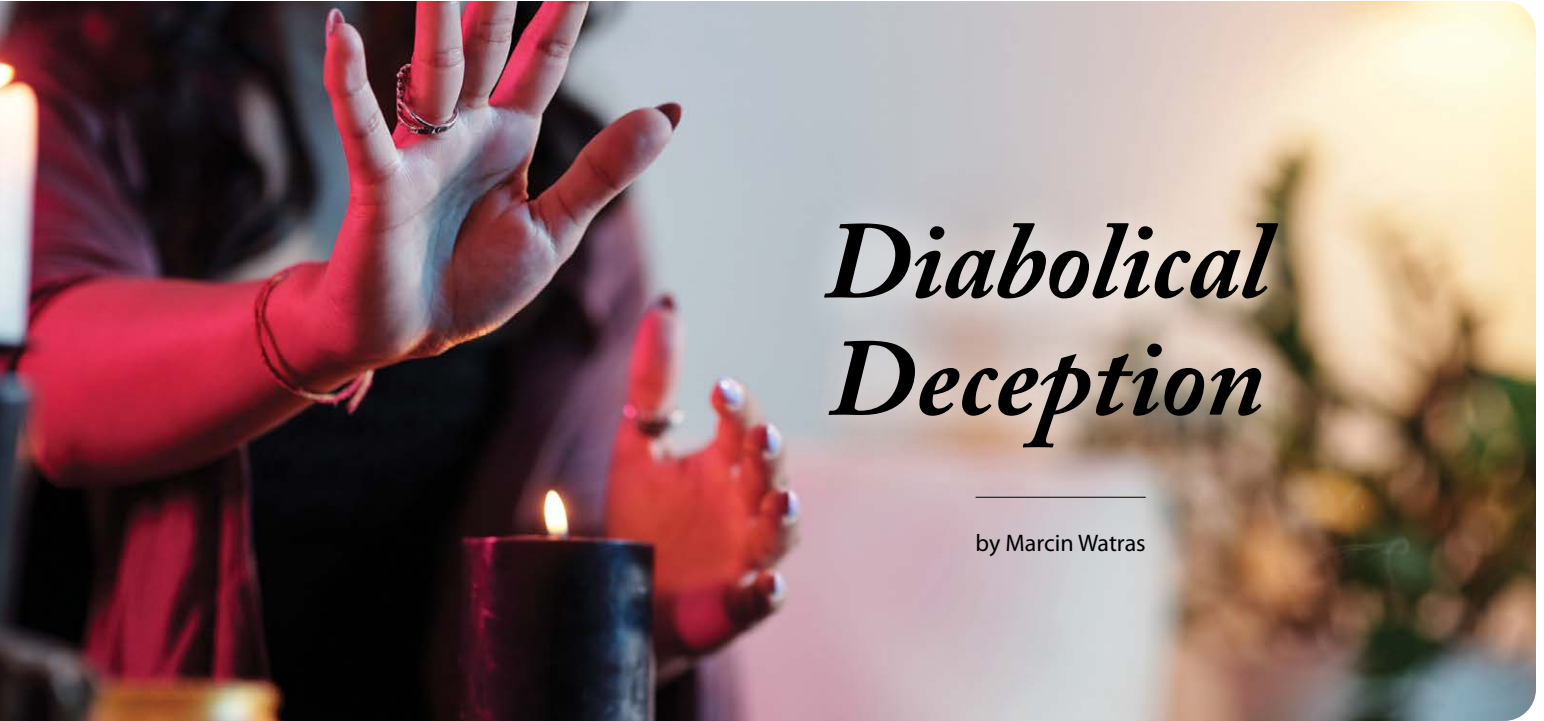
When the Lord comes, those who are holy will be holy still. Those who have preserved their bodies and spirits in holiness, in sanctification and honor, will then receive the finishing touch of

immortality. But those who are unjust, unsanctified, and filthy will remain so forever. No work will then be done for them to remove their defects and give them holy characters. The Refiner does not then sit to pursue His refining process and remove their sins and their corruption. This is all to be done in these hours of probation. It is now that this work is to be accomplished for us. ...

We are now in God's workshop. Many of us are rough stones from the quarry. But as we lay hold upon the truth of God, its influence affects us. It elevates us and removes from us every imperfection and sin, of whatever nature. Thus we are prepared to see the King in His beauty and finally to unite with the pure and heavenly angels in the kingdom of glory. It is here that this work is to be accomplished for us, here that our bodies and spirits are to be fitted for immortality. *Counsels on Health*, 43, 44 



*We
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the quarry.*



Diabolical Deception

by Marcin Watras

Many argued that belief in God would wane with the progress of modernity, becoming merely a memory. Since the Enlightenment in Europe, there was a strong conviction, especially among philosophers and sociologists, that the demise of religion in the face of modernity was inevitable.

Today, in the 21st century, religion is exploding with remarkable strength in areas around the world, particularly on the streets of European cities, both metaphorically and literally. It is impossible not to notice that the rise of faith in a globalized world will have a powerful impact on the shape of politics, economics, and religion itself in the present age. It is inevitable.

However, it is not just about the revival of religion per se. We are witnessing various mutations and hybrids of religiosity. This is evident in the fusion of faith with magic, science with parapsychology, philosophy with astrology, Christianity with Eastern religions—it's the New Age, a form of contemporary

spirituality that is a manifestation of occultism. The foundation of spirituality, in turn, is the belief in the immortality of the human soul. From the Catholic Church (the heir to pagan mysteries and cults) through mass culture, and ending with Protestantism, it is clear that occultism has dominated our religious and socio-cultural reality.

The Sanctity of Life

It is worth noting that the Bible, when it comes to matters of life and death, focuses with incredible passion on life. According to the Bible, death is considered an evil, and its surroundings, such as human corpses, as well as menstrual blood or mourning bread, pose a threat to life and its sanctity. The prevalent belief among people in spiritualism—that is, the belief in the spirits of the deceased and the possibility of establishing contact with them by the living—is practically absent in the Bible. When it is mentioned, it is strongly condemned. This is because the faith in Yahweh is irreconcilable with the belief in the

spirits of the deceased; the Hebrew faith is fundamentally intolerant of any forms of ancestor worship. God is the Living God and is for the living.¹ Indeed, the Hebrews never developed a cult of the dead, categorically rejecting all forms of ancestor worship as well as cults related to fertility. Any contact with the so-called “afterlife” was strictly forbidden under the threat of the death penalty.

Spiritualism in the Catholic Church

The situation looks quite different in Roman Catholicism. I remember being surprised, despite the awareness that the Catholic Church is considered apostate according to the Bible, at how profound this apostasy is. Certainly, there are many sincere individuals in the Catholic Church who believe in Jesus Christ, but they should be especially aware of the true nature of Catholicism. Catholicism involves the veneration of saints, their relics (such as the head, a piece of a hand, dried blood, bones, hair, nails), masses for the dead, and the

Holy Mass, which involves the offering of—as they believe it—the real body and blood of Jesus Christ, constituting an obvious heresy. The Bible clearly states, “... when Christ had offered for all time a single sacrifice for sins, He sat down at the right hand of God” and “For by a single offering He has perfected for all time those who are being sanctified.” Hebrews 10:12, 14 ESV

It is worth noting that a Catholic mass cannot take place unless the altar has been consecrated, meaning it must contain a fragment of a dead body—a relic of a saint.² In the Constitution of the Second Vatican Council, this is unequivocal: “... there exists a real communion between the living and the dead, which finds specific expression in the exchange of spiritual goods.”³ If you think about it more deeply, you will come to a rather frightening conclusion: Roman Catholicism is a real, mysterious cult of the dead. From the Catholic perspective, after death, a person as an immortal soul joins the world of spirits, a world divided into hell, purgatory, and heaven.

Catholic Hell

The lie of the theory of the immortality of the soul has become the basis of the Catholic doctrine of hell and purgatory. The image of eternal torment for sinners in hell is quite popular among Catholics and most Protestants. It is complete nonsense that cannot be reconciled with the character of a merciful and just God. The Catholic dogma of hell and its Protestant versions are perhaps among the most repulsive teachings that fallen Christianity can present to the world. What purpose would eternal, hellish torment serve, or even eternal separation from God, when such punishment cannot change the fate of the suffering individual? If there were such a hell, God would be a perverse sadist.

Indeed, Jesus stated that hell is a real place where sinners will end up at the end of the world (Matthew 13:40,

49). According to the Apocalypse, on the day of judgment, the surface of the earth will become a lake of fire—hell, where all sinners, including Satan and his angels, will be destroyed for eternity. What if the term “for eternity” is used in the Bible in the Apocalypse? This should also be explained through the Bible. In the book of Jude, we read that Sodom and Gomorrah serve as an example of eternal fire’s punishment (Jude 7). The “eternal fire” that consumed these cities has long since gone out. Therefore, the word *eternal* does not refer to the duration of the fire, but to its eternal consequences. The Bible presents only two options: eternal life with God for the saved or eternal death for the condemned, who will ultimately be annihilated in the lake of fire.

Purgatory—or how to buy salvation

The Catholic cult of the dead would be incomplete without the doctrine of purgatory. The doctrine of purgatory is not found anywhere in the Bible, but the idea of purgatory was inspired by demons and well-developed in pagan religions. According to Catholic doctrine, purgatory is a place where the souls of the dead suffer, atoning for unforgiven sins. Souls in purgatory can be redeemed by the living who offer sacrifices for the deceased, such as purchasing a so-called Holy Mass for the soul in purgatory. The living can also make offerings for the dead, such as prayer, indulgences, or other religious rituals.⁴ It is evident that the doctrine of purgatory is a demonic teaching, a fiction, a grand lie that the Catholic Church uses to enrich itself, capitalizing on the fear of its believers who never have certainty of salvation and do not believe in the certainty of the salvation of their loved ones. If salvation can be achieved through suffering in purgatory and the offering of sacrifices, then purgatory invalidates, cancels, mocks, and blasphemes the perfect sacrifice of Jesus Christ, which

is entirely sufficient to save every sinner who, repenting of their sins, accepts the salvation offered freely by Jesus, as clearly stated in the Bible: “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). The freedom from fear is good news because indeed, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” Romans 6:23

Catholic Heaven

Based on the belief in the immortal soul, if a person, after death, goes to heaven as a reward:

- Why the resurrection?
- Why the second coming of Jesus Christ if the saved are already in heaven?
- Why the final judgment if people have already gone to hell, purgatory, or heaven immediately after death?
- Why the sacrifice of the Son of God on Golgotha, who died to give people eternal life, if humans possess immortality inherently?

Mass culture shapes reality

German sociologist Max Weber—a classic in sociology at the turn of the 19th century—was deeply convinced of the ongoing rationalization in Western culture, associated with the process of the “disenchantment of the world.” The world becomes increasingly explainable and less mystical. It is a process of moving away from a magical view of reality. In the culture of the Western world, we can indeed observe such a process, which has accelerated significantly since the time of the Reformation and the Enlightenment. Paradoxically, today we can observe something exactly the opposite. It is a process of enchanting reality through the invasion of occultism into popular and mass culture. Occultism and its forms, such as spiritualism, are now commonplace for the average consumer of culture, more like fast food. Occultism is no longer something mysterious re-

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*The fusion of faith
 with magic, science with
 parapsychology, philosophy
 with astrology, Christianity
 with Eastern religions—
 it's the New Age*

served for the initiated but a widely accessible form of entertainment served by popular music, cinema, or streaming platforms such as Netflix, HBO Max, Amazon Prime Video, or Disney+. Mass culture, through its content, influences the way its audience thinks about the surrounding reality, thus affecting their language, beliefs, and value system. The language used, in turn, influences the perception of reality. And the cycle repeats.

Mechanisms of cultural industry

Theodor W. Adorno—a German philosopher, sociologist, psychologist, musicologist and composer in the early to mid 1900s—presented an interesting observation on how the mechanisms of the cultural industry work. He believed that popular culture imposes its products on the masses, who are unaware of this fact. According to the researcher, popular culture promotes emptiness, banality, and conformity, and its ideology is false and manipulative. Human masses are entirely defenseless in the face of these products of the cultural industry.⁵ If Adorno is right, the average consumer of occult media content becomes an easy prey for Satan.

What is Netflix serving today?

Saturated with occult and spiritual symbolism, the latest season of the popular series *Stranger Things*, created by the Duffer Brothers, is being advertised as even more brutal and terrifying. The series *Brand New Cherry Flavor* promotes the occult teachings of the Ordo Templi Orientis. The protagonist is an ambitious director seeking revenge on an unscrupulous producer by utilizing supernatural powers. The main themes of the series include witchcraft and cannibalism. Another series is *Chilling Adventures of Sabrina* in which the protagonist sells her soul to the devil. The main themes of this series are cannibalism and pedophilia. The next item on Netflix's menu is *The Order*, shamelessly

promoting Satanism. These are just a few productions inspired by demonic forces on an unprecedented scale, as it is now a global, mass phenomenon, and these series are incredibly popular. It seems we have reached a point in history where Satan's deception of the world through various forms of occultism is complete.

New Age—doors wide open to another dimension

A lot has been written about New Age ideology from a Christian perspective. Therefore, just a brief definition is in order. New Age ideology is a contemporary form of spiritualism, a syncretic hybrid combining occult practices, magic, parapsychology, science, philosophy, Gnosticism, Eastern religions, shamanism, and astrology.

The cornerstone of New Age ideology is Satan's lie from the garden of Eden. The serpent, serving as a medium through which Satan speaks, says: "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:4, 5

The New Age movement proclaims the same message as Satan's original lie: You will certainly not die; you will attain enlightenment—your eyes will be opened, you will be like God, deciding for yourself what is good and what is evil. A person engaging in any practice popular in the New Age movement stands at the threshold of widely open doors to another dimension filled with beings who hate and despise humanity. One might say that New Age doesn't concern us Christians. So what's the problem then?

New Age Church

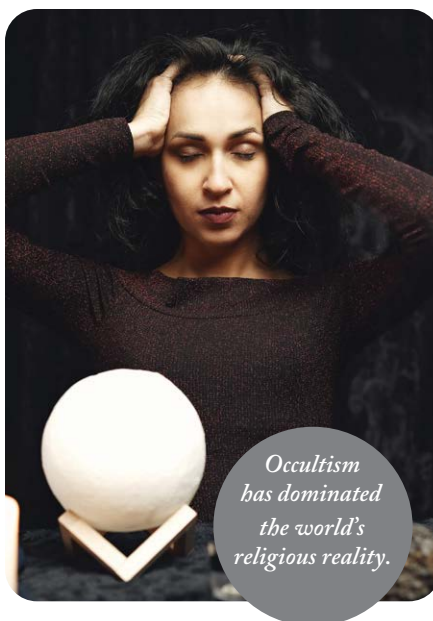
The problem is that the "ideas and practices of the New Age movement reflect those propagated by the new charismatics."⁶ The charismatic movement is a global religious movement that includes around 700 million charismatic Christians today—Protestants, Roman Catholics, Orthodox, and Messianic Jews—who have experienced the so-called "baptism in the Holy Spirit." It is the most dynamically-growing segment of Christianity. How is it possible that such different

Christian churches with mutually-exclusive belief systems are united by one “spirit,” one movement, one revival? It is only possible because what binds all these charismatic Christians together is occultism—supra-rational and supernatural phenomena attributed to the Holy Spirit. The phenomena present in the charismatic movement are not the work of the Holy Spirit but of the satanic spirit introducing a false “gospel of unity” based on “shared spirit experience” above the teachings of the word of God. Its aim is to create a “spiritual unity” that connects all Christians, essentially embracing and unifying people of all denominations and religions under one “syncretic spirit.”⁷

Beliefs and practices of charismatic churches

If we examine the teachings of leaders in some parts of the charismatic movement, they proclaim the same as leaders in the New Age movement:

1. Higher consciousness—the belief that people are “enlightened” through meditation, mystical experiences, revelations, visions, and speaking in tongues.
2. Guidance by higher intelligences—angels, extraterrestrial beings, spirits of the deceased—and the belief that they can bring hidden knowledge to people.
3. Spiritual revelations aimed at renewing the world and uniting people.
4. Media—every individual can become a spiritual medium or prophet to receive messages from God.
5. Techniques leading to altered states of consciousness that subject the mind to the influence of higher intelligence—visualization, meditation, self-hypnosis, mantra, speaking in tongues, chanting the same phrases in a loop.
6. Golden age of the Earth—preparing the world with its political and religious structures to welcome “Christ,” who will rule on Earth.⁸



During charismatic services in some churches, there are manifestations that cannot be explained by the work of the Holy Spirit. People imitating monkeys or chickens, barking like dogs, falling into convulsions on the ground, and bursting into uncontrollable laughter are just a few examples. Just turn on YouTube to see similarities between charismatic phenomena and the practices of Hindu gurus. For instance, when a guru touches the forehead of their followers, they may fall to the ground, laugh, shake, or experience ecstatic revelations. A similar power was wielded over his patients by the French physician Franz Anton Mesmer (1734–1815), the father of modern hypnosis and spiritualism. It is not a coincidence that such behaviors are typically the result of involvement in occultism and, at the same time, symptoms of possession, especially when spiritual manifestations are accompanied by convulsions, seizures, screams, uncoordinated movements, and the imitation of animals.⁹

Unity in diversity

Ellen G. White predicted with remarkable accuracy over 100 years ago this improbable religious syncretism, which is a characteristic sign of the contemporary era, in the final times:

“The Protestants of the United States will be foremost in stretching their hands across the gulf to grasp the hand of spiritualism; they will reach over the abyss to clasp hands with the Roman power; and under the influence of this threefold union, this country will follow in the steps of Rome in trampling on the rights of conscience. As spiritualism more closely imitates the nominal Christianity of the day, it has greater power to deceive and ensnare. Satan himself is converted, after the modern order of things. He will appear in the character of an angel of light. Through the agency of spiritualism, miracles will be wrought, the sick will be healed, and many undeniable wonders will be performed. And as the spirits will profess faith in the Bible, and manifest respect for the institutions of the church, their work will be accepted as a manifestation of divine power.”¹⁰

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Marcin Watras lives in Katowice, Poland. He is interested in the philosophy of religion and trends in society. He works for the European Union.

City of Refuge

Clues – KJV

Clues

B14	The angels left their own _____.	Jude 6
C4	The devil was a _____ from the beginning.	John 8:44
D12	God who _____ the dead.	Romans 4:17
F4	_____, because your name is written in heaven.	Luke 10:20
F14	Praise the Lord with _____ of heart.	Psalms 119:7
H2	By the _____ of one, many will be made righteous.	Romans 5:19
I11	Those who believe in the Son will have _____ life.	John 3:16
J7	God separated me from my mother's _____.	Galatians 1:15
J22	Before I was formed in the _____, I was known to God.	Jeremiah 1:5
L2	We have an _____ of the soul.	Hebrews 6:19
M8	None _____, none seek after God.	Romans 3:11
O6	Before the earth was _____, there was God.	Psalms 90:2
O14	The Lord is _____ with all our ways.	Psalms 139:3
Q8	People have become _____.	Romans 3:12
R2	The _____ of God dwelleth in you.	1 Corinthians 3:16
S12	There is a _____ who are pure in their own eyes.	Proverbs 30:12
U9	God's Son was in the _____ of His Father.	John 1:18
V16	The Son of God gave His life as a _____ for many.	Mark 10:45
X2	God _____ man in His own image.	Genesis 1:27
Y9	Satan has sinned from the _____.	1 John 3:8
Y21	The great _____ was cast out of heaven.	Revelation 12:9

Down

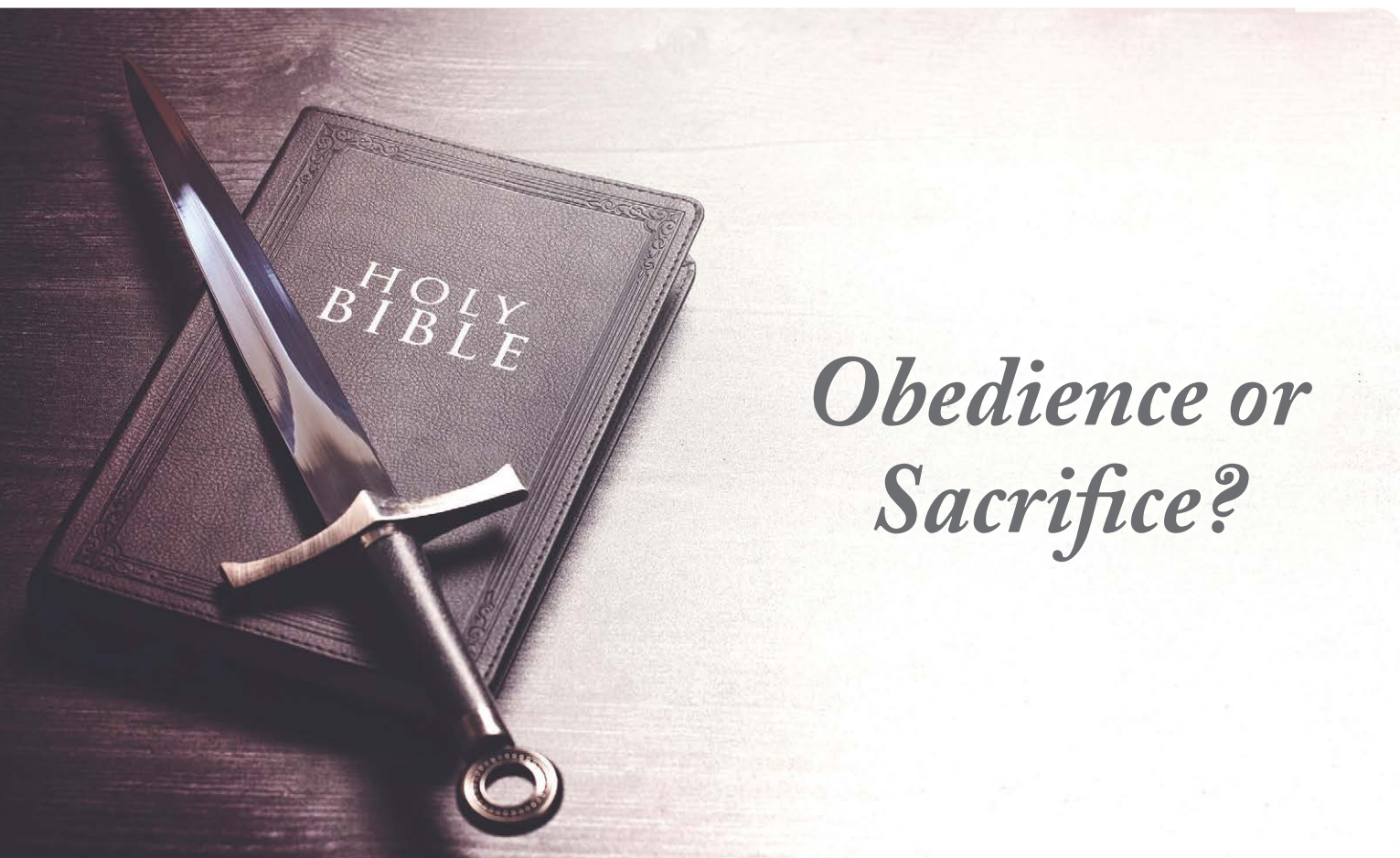
A4	Jesus promised another _____.	John 14:16
A6	The _____ in heart will see God.	Matthew 5:8
A17	Can anyone _____ from God?	Jeremiah 23:24
A21	Satan fell from heaven as _____.	Luke 10:18
D23	Evil angels are _____ for the judgment.	2 Peter 2:4
G2	The _____ of God stands sure.	2 Timothy 2:19
G12	There is no _____ besides the Lord.	Isaiah 43:11
H9	He who keeps God's _____ dwells in Him.	1 John 3:24
H14	Jesus is the _____ for our sins.	1 John 2:2
J25	Ten virgins took their _____ to meet the bridegroom.	Matthew 25:1
K18	The gates of hell will not _____ against the Rock, Jesus.	Matthew 16:18
L4	_____ guarded the gates to the tree of life.	Genesis 3:24
M11	Those who _____ to the end will be saved.	Matthew 24:13
O23	The temple where God _____ is not made with hands.	Acts 17:24
Q21	Those who do not believe are _____.	John 3:18
R2	The Lord is not _____ concerning His promises.	2 Peter 3:9
R6	Lucifer was perfect until _____ was found in him.	Ezekiel 28:15
S12	Man has come short of the _____ of God.	Romans 3:23
T10	There is no word in my _____ that is not known.	Psalms 139:4
V8	The mystery of God has been _____ from ages.	Colossians 1:26
V16	The husbandman patiently waits to receive the early and latter _____.	James 5:7
V19	Gather My _____ (singular) together unto Me.	Psalms 50:5

A	2	3		5		7	8	9	10	11	12	13	14	15	16		18	19	20		22	23	24	25	A
B																									B
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Z	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		20	21	22	23	24	25	Z

Answer Key:

Z	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		20	21	22	23	24	25	Z	
N	O	G	A	D	N	G	I	N	I	N	G	I	N	I	N	G	I	N	I	N	G	I	N	I	N	G
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Obedience or Sacrifice?

I wish I had lived in those times,” exclaimed Henry Sharp, a rather enthusiastic boy, as he finished reading the account of the death of Latimer and Ridley.

“Why?” inquired Mr. Severn, his tutor.

“Because I should like to have been a martyr,” replied Henry slowly; “it seems such a glorious thing to die for what you believe to be right.”

The opinion did not seem to be in the least shared by his school fellows, who showed their astonishment and dissent by various gestures; some were ready to laugh, and looked towards the master, with faces expressive of their ideas of their own superior wisdom, and anticipating the rebuke that was to fall upon their comrade.

But Mr. Severn was not a man to judge things hastily, or to pronounce a remark silly, so he said quietly: “Do you really think so, Henry? Do you believe that you would have courage and firmness to submit to the severe and often lingering agonies which those persecuted men endured?”

“Of course I can’t be sure that I should, sir,” replied Henry; “but it seems to me that the thought of gaining heaven must be enough to sustain anyone in ever so much pain.”

“I can sympathize with your feelings,” continued Mr. Severn, “for I remember that as a boy I, too, had the same idea; but as I grew older and was able to better understand the state of my own heart, I came to the conclusion that I was deceiving myself.

“I found out, in examining myself, that in longing for martyrdom as a means of gaining heaven, I was unconsciously looking upon that pain and suffering as more easy to bear than the yoke which Christ has laid upon us. Or to express myself more simply, I was really thinking that I would rather submit to a cruel death than struggle daily and hourly to live as Jesus would have me live. While I was wishing to give the strongest proof of my love to God, I was really shrinking from the service He had appointed to me, and trying to find an easier way for myself.

“I cannot of course tell what you feel,” continued Mr. Severn; “I only give you my own experience to guide you; but I must add further caution—martyrdom is not a certain means of entering heaven.”

“Not certain!” exclaimed several of his hearers, and Henry looked particularly astonished.

“I admit,” answered Mr. Severn, “that it is difficult to imagine a man, who did not have a firm and saving faith in his Saviour, would be willing to die for his religion; but we have Paul’s own testimony to guide us: ‘Though I give my body to be burned, and have not charity, it profiteth me nothing.’”

“Many have tried to find out paths that please them better than God’s narrow way. You remember the history of Naaman the Syrian. He went to Elisha to be cured of his leprosy, and was willing, as subsequent events proved, to do a great deal to be cured of his fearful and loathsome malady; but when the prophet sent out the message to him to go and dip seven times in the river Jordan, the very simplicity of the means to be employed offended him. If he had been told to undertake some weary pilgrimage, to go through some painful sufferings, no doubt he would have submitted cheerfully; but his pride rebelled against washing in the river Jordan. Nay, even if he must be cured by washing, why not let it be the mightier streams of his own land, Abana and Pharpar, rivers of Damascus! Thus he argued; anything rather than what God’s prophet appointed. And we are very much like Naaman. Sin is like leprosy, and when we ask to be cured of it, we are told that there is but one means—to wash in the fountain that is opened for all sin and for all uncleanness, to rely for cleansing upon the Lamb of God, who takes away the sin of the world. Human pride revolts against this, and would prefer a salvation which left man to ‘do some great thing’ for himself, and did not merely place him in the purifying stream humbly and confidently like a little child.

“We must not deceive ourselves but try and forget such fancies for doing some great thing, and endeavor instead to do the everyday duties that are before us. So many more are called upon to

perform such deeds, than to do great things, that I believe they are fully pleasing in the sight of God, when done from a simple desire to His glory. We do His will in striving to perform our daily duties, however trivial and simple, as He would have them done; and in believing that, let them be what they will, it is noble work, because it is what He has given us to do. In the Bible, how many instances we have of those who have employed their talents well, receiving more; of men called to greater honors, or more extensive labor, when they were simply employed in attending to their everyday concerns.

“A shepherd guarding his father-in-law’s flock upon Mount Horeb; a voice comes to him, and he is called to confront a powerful king—to free, by signs and wonders, an enslaved people from his unwillingly relaxed grasp—to become the leader and lawgiver of this rescued nation, and to be a favored servant of God.

“Another youth, also employed in keeping sheep; the prophet sent to his father’s house, sees all his brothers, but does not find among them the chosen of the Lord. This youngest is then sent for from his humble occupation, and upon his head is poured the anointing oil, and into his heart the sanctifying grace, which gains for him that glorious title, ‘The man after God’s own heart.’

“Another man plowing with twelve yoke of oxen; Israel’s great prophet passes by and casts his mantle upon him, calling him to be his successor; yes, even to receive a double portion of the Spirit which rested upon him, and he

had stood fearless and alone on the side of God among the multitudes of Baal’s prophets and the prophets of the groves.

“Where was Matthew when Jesus called him? At the receipt of custom. Where were Peter, James, and John? Fishing. Where was Gideon when

he was called to be a judge of Israel? Threshing wheat.

But I need not repeat any more examples; those I have quoted are sufficient to point out what I mean.”

“I suppose my wish was a very foolish one,” said Henry, “and I have been

deceiving myself as you suspected. I have not looked at things in the light you represent them.

The view you have would make us more contented with our lot, however humble. It certainly would cause us to feel more interest in our daily duties to think that they are a part of God’s work upon earth.”

“It does indeed” answered Mr. Severn. “Omitting the obvious duties we have been given to do, in the hope of being given a grander duty is a poor way of showing obedience to God. You might think it a greater merit, but it would not be what He has given you to do. The continual sense of our being about God’s work, and of His eye seeing us, gives importance and worth to all we have to do.”

Do you feel, like Henry, that it would be a more glorious thing to make some great sacrifice, rather than to yield your will in very trivial matters, or to submit to the discipline of parents and teachers? Do not forget that “to obey is better than sacrifice.”

Source: *Sabbath Readings for the Home Circle*, Vol. 1, ©1877, 239–245. **LM**

“
*And though I bestow
all my goods to feed the
poor, and though I give my
body to be burned, but have
not love, it profits me
nothing.*

1 Corinthians 13:3



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September Sermon of the Month

The Burden of Paul's Preaching

by John J. Grosboll

Paul's burden was to present every person perfect in Christ.

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

March 2024

Dear Friend,

We have missionary books in our vehicles, do you? If you do, then when you meet someone who is hungering and thirsting to know the peace that only Jesus can give, you will have “spiritual ammunition” to deliver to him or her. We are commissioned soldiers in the Lord’s army. To engage others’ interest in joining this army, they need to have some literature to know what they are signing up for.

“The example of Christ in linking Himself with the interests of humanity should be followed by all who preach His word, and by all who have received the gospel of His grace. We are not to renounce social communion. We should not seclude ourselves from others. In order to reach all classes, we must meet them where they are. They will seldom seek us of their own accord. Not alone from the pulpit are the hearts of men touched by divine truth. There is another field of labor, humbler, it may be, but fully as promising. It is found in the home of the lowly, and in the mansion of the great; at the hospitable board, and in gatherings for innocent social enjoyment. ...

“Christianity comes in contact with the world. Everyone who has received the divine illumination is to brighten the pathway of those who know not the Light of life.

“We should all become witnesses for Jesus. Social power, sanctified by the grace of Christ, must be improved in winning souls to the Saviour. Let the world see that we are not selfishly absorbed in our own interests, but that we desire others to share our blessings and privileges. Let them see that our religion does not make us unsympathetic or exacting. Let all who profess to have found Christ, minister as He did for the benefit of men.

“We should never give to the world the false impression that Christians are a gloomy, unhappy people. If our eyes are fixed on Jesus, we shall see a compassionate Redeemer, and shall catch light from His countenance. Wherever His Spirit reigns, there peace abides. And there will be joy also, for there is a calm, holy trust in God.” *The Desire of Ages*, 152, 153

Your brother in Christ,

John J. Grosboll

Even Demons Know

Demons know who Jesus is and believe His word. Can we say the same thing?

“When He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way. And suddenly they cried out, saying, ‘What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?’” Matthew 8:28, 29

“Then they went into Capernaum, and immediately on the Sabbath He entered the synagogue and taught. And they were astonished at His teaching, for He taught them as one having authority, and not as the scribes.

“Now there was a man in their synagogue with an unclean spirit. And he cried out, saying, ‘Let us alone! What have we to do with You, Jesus of Nazareth? Did You come to destroy us? I know who You are—the Holy One of God!’

“But Jesus rebuked him, saying, ‘Be quiet, and come out of him!’ And when the unclean spirit had convulsed him and cried out with a loud voice, he came out of him.” Mark 1:21–26

“Satan is the god of the world; his influence is to pervert the senses, control the human mind for evil, and drive his victims to violence and crime. He

sows discord and darkens the intellect. The work of Christ is to break his power over the children of men. Yet how many in every department of life, in the home, in business transactions, and in the church, turn Jesus from their doors but let the hateful monster in.”

The Spirit of Prophecy, Vol. 2, 317

“You believe that there is one God. You do well. Even the demons believe—and tremble!” James 2:19

We are sinful, evil by nature. Alone, we have no desire to put Satan out of our lives. But if we study the word of God and pray for Him to give us the willingness to believe and the power to act upon that belief, then we will come off more than conquerors, with Satan thrown out of our lives as surely as his minions were from those the Bible tells us about.

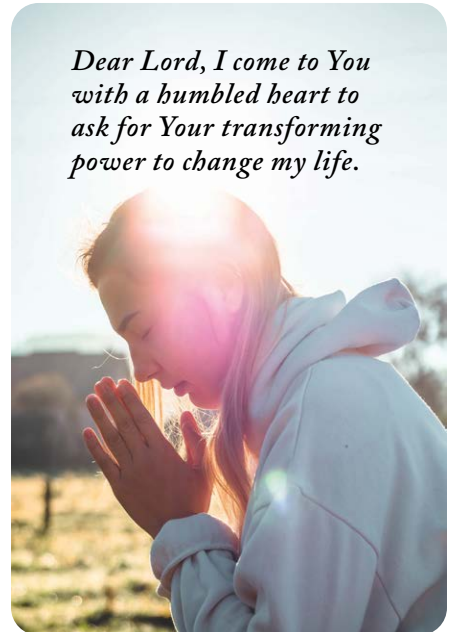
“Jesus knows the circumstances of every soul. He turns no weeping, contrite one away. He does not tell to anyone all that He might reveal, but He bids every trembling soul take courage. Freely will He pardon all who come to Him for forgiveness and restoration.” *The Signs of the Times*, October 25, 1905

“It is faith that connects us with heaven and brings us strength for coping with the powers of darkness. In Christ, God has provided means for subduing every sinful trait and resisting every temptation, however strong. But many

feel that they lack faith, and therefore they remain away from Christ. Let these souls, in their helpless unworthiness, cast themselves upon the mercy of their compassionate Saviour. Look not to self, but to Christ. He who healed the sick and cast out demons when He walked among men is the same mighty Redeemer today. Faith comes by the word of God. Then grasp His promise, ‘Him that cometh to Me I will in nowise cast out.’ Cast yourself at His feet with the cry, ‘Lord, I believe; help Thou mine unbelief.’” *Ibid.*, January 20, 1904

Let this be our prayer:

*Dear Lord, I come to You
with a humbled heart to
ask for Your transforming
power to change my life.*



from the
Mission Fields



In His Steps Children's Home
Central Nigeria

by Pastor Domingo Nunez

Since the first quarter of 2022, I have been coordinating the work in Makurdi, Central Nigeria, in part, working to establish a facility that provides a safe environment in which the children of Makurdi can live and learn. We are happy to announce that this facility is now operating under the name of *In His Steps Children's Home*. This orphanage has been a blessing to the community in Makurdi, but also to all the villages in the region. The children are learning to be better citizens, but more importantly, they are learning the three angels' messages and how to be better Christians. They are also being trained to be witnesses for the gospel at home and in their communities.



The children of the In His Steps Children's Home.



Daniel (far left) and Ruby (far right) with the orphanage staff.

“ *And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’*

Matthew 25:40

Sister Ruby and the staff of the orphanage are committed to working together to guide the children to become educators, and specifically, to learn the value and principles of the Seventh-day Adventist doctrines. By God’s grace, we have this wonderful opportunity to reach individuals and communities alike. Ruby and the orphanage staff have joined with Daniel Teryila and his staff at the Training Center to train the young people staying at the orphanage to be the Bible workers, evangelists, medical missionaries, and lay pastors of tomorrow.

Those living in Makurdi have taken notice of the facility and are curious

how the children are cared for, educated, and trained. As a result, the children work with Sister Ruby and Brother Daniel holding meetings to present the three angels’ messages and health classes to the community. What a blessing for both the children and those who attend!

In the last quarter of 2023, I went with Daniel and his staff into Makurdi and the surrounding areas and it is amazing the change that already can be seen in people. They are friendlier, more open. And because of the work the children have done—helping with health problems, witnessing, and sharing the word of God—there are 35 people from Makurdi

and the surrounding villages who are faithfully coming on Sabbath to worship with Ruby, her staff, the children, Daniel, and his staff. Praise the Lord!

Please keep these dedicated workers and the children in your prayers. There are many challenges, critical and stressful moments, but by God’s grace and your support in prayers and giving, the work of the orphanage, the educational opportunities for the children, and the training programs to prepare them to become tomorrow’s leaders, will reap a bountiful harvest in Makurdi.

To financially support the orphanage in Makurdi and its workers, please mark your donation *Missions*. [LM](#)



It's March and spring is on the way. I thought we could look at some of the things that start to happen in nature as winter's cold hand finally lets go and the warmer breezes of spring begin to blow.

Crocuses, daffodils, and tulips begin to bloom in early spring. Hyacinths begin to bloom in mid-spring. And when late spring arrives irises begin to bloom.

The animals that have hibernated through the cold winter months start waking up. Soon bears, ground squirrels and chipmunks, groundhogs, hedgehogs, woodchucks, prairie dogs, skunks, bats, box turtles, bumblebees, garter snakes, snails, lizards, ladybugs, and moths will be popping out of their sleeping places to welcome the sunshine and warmer temperatures.

Did you know? In Florida, it rains lizards. When the temperature drops below 45 degrees F, the lizards undergo a temporary cold shock and fall out of trees and off walls and fences. But don't worry, once the temperature gets warm again, they wake right up. Source: *news.miami.edu/as/stories/2022/why-do-lizards-plummet-in-the-cold*

Every spring, it is estimated that 3.5 million birds fly back home from the south where they have found food and warm temperatures during the winter months. These include meadowlarks, robins (though some robins do stick around), certain sparrows, bald eagles, ducks and geese, bluebirds, finches, and killdeers. Who hasn't seen flocks of Canada geese flying overhead on their way to warm southern fields. Some birds fly as much as 1,000 miles to reach their winter home. According to *The Old Farmer's Almanac*, when you hear the backyard birds—robins, sparrows, and the like—singing, that is one of the best predictors that spring is not far away.

"Bluebirds are a sign of spring; warm weather and gentle southern breezes they bring."

Did you know? The Baltimore oriole and the meadowlark are related. The bald eagle cruises at a leisurely 30 mph, but can dive up to 100 mph. A Ruppel's griffon vulture holds the record for the highest flying altitude at 37,000 feet (that's seven miles). The Arctic tern flies 49,700 miles in a year during their round-trip to and from the Arctic to their breeding grounds in the Antarctic. The bird lives 30 years, so that is the equivalent of three trips to the moon and back!

My favorite spring song is from the spring peepers. Frogs! Tiny amphibians singing loudly around dusk.

The barren trees and bushes show signs of life—the eastern redbud, southern magnolia, flowering dogwood, rhododendron and azalea, lilac (my

personal favorite), flowering cherry, crabapple, and forsythia. Oak, elm, maple, and sycamore will begin to leaf-out later in mid-April.

As winter's cold begins to give way to warm spring temperatures, we can praise God for His marvelous handiwork.

"The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard. Their line has gone out through all the earth, and their words to the end of the world." Psalm 19:1-4

Spring and summer bring the beautiful flowers of so many varying colors and green leaves that wave gently in the breezes, along with the fruits and vegetables that can be harvested and eaten during summer and fall or stored away for winter and spring.

Fall brings the bright red, gold, and orange leaves that signal the end of summer and the soon onset again of winter.

But even in winter, we are reminded that spring will soon come again by the beautiful evergreen trees—the spruce, cypress, juniper, fir, redwood, and cedar. The needles of the evergreen can change color in the winter, but they do not drop from the tree.

Did you know? The true definition of an evergreen is simply a tree that doesn't lose its leaves.

"The beauty of [the man who loves God is] his well-ordered life and godly conversation [that] inspires faith and hope and courage in others. This is Christianity in practice. Seek to be an evergreen tree." *My Life Today*, 50

Other sources: *bhg.com/gardening/trees-shrubs-vines/trees/best-flowering-trees-shrubs*; *Audubon.org/news/9-awesome-facts-about-bird-migration*; *faunafacts.com/birds/birds-that-fly-south-for-winter* [LM](#)





Fantastic Fiber

There are seven broad, needful categories to be considered when it comes to good nutrition—if we are going to experience vibrant health, not just the absence of disease or injury. These categories are carbohydrates, protein, fat, vitamins, fiber, minerals, and water. This article focuses on fiber.

Dietary fiber, unlike fats, proteins, or carbohydrates, includes the parts of plant foods your body can't digest or absorb. This can be thought of as the “skeleton” or outer coverings of plants and is often called roughage or bulk. So much of the fiber that passes through the stomach, small intestine, and colon, leaves the body relatively intact.

There are two categories of fiber—soluble and insoluble. Soluble fiber absorbs water like a sponge. Good examples of soluble fiber are oats, barley, peas, carrots, beets, beans, apples,

bananas, grapes, berries, citrus fruits, avocados, chia seeds, some nuts and seeds. Good examples of insoluble fiber are whole wheat flour, wheat bran, quinoa, grains, nuts, flax seeds, artichokes, carrots, cauliflower, broccoli, Brussels sprouts, green beans, dark greens, popcorn, potatoes, apples, rhubarb, berries, peaches, avocados, and tomatoes. Many, if not most foods in these categories, are composed of a mixture of both soluble and insoluble fiber.

Did You Know? Not one good source of fiber is listed for meat, fish, and animal products. Some would say there is no fiber in these items.

There are many benefits and possible advantages to eating a wide variety of both types of fiber:

- Lowers total cholesterol including low-density lipoprotein (LDL) commonly known as the “bad” cholesterol

- Lowers glucose levels
- May prevent development of type 2 diabetes
- Increases insulin sensitivity in the body
- May help with constipation and may also help with loose stools by adding bulk
- May curb the appetite by adding fullness with fewer calories consumed
- Helps with weight loss
- May lower your risk of developing hemorrhoids and diverticulitis
- May help protect against colon cancer, breast cancer, and gallstones
- Feeds the microbiome (a community of microorganisms living in a given habitat) in the gut
- Boosts the immune system
- May lower blood pressure and decrease inflammation, which is a contributing factor to many chronic diseases

The amount of soluble and insoluble fiber varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods.

So how much fiber do we need to eat each day to receive the health benefits listed above? As with just about everything else related to health and lifestyle, the literature varies. Health organizations such as the Academy of Nutrition and Dietetics, the Institute of Medicine, and the National Academy of Medicine recommend 25 grams for women, or 21 grams for those over 50 years old; 38 grams for men, or 30 grams for those over 50. Other integrative or functional health advocates recommend 40 to 60 grams of fiber per day. For example, 43 grams of fiber can be found in ½ cup of oats, a piece of whole wheat toast with peanut butter, ½ cup of blueberries, ½ cup of almond milk, an ounce of almonds, ½ cup of pinto beans, ½ cup of brown rice, 1 cup of kale salad with tomatoes, carrots, and celery, 1 ounce of sunflower seeds, 1 tablespoon of chia seeds, or 1 cup of popcorn snack.

The Hadza tribe of Tanzania is one of the last hunter-gatherer tribes in the world. They are a living example of the connection between dietary fiber and microbiome health. They eat a spectacular *100 grams (one study showed up to 150 grams)* of fiber a day at certain times of the year when much food can be gathered. This results in their diet being primarily plant based. “The Hadza consume no processed foods or agriculturally farmed foods—their diet is as natural as it gets! It’s high in fiber and phytochemicals, and low in processed sugars, all of which contribute to the fact that the Hadza experience almost no autoimmune diseases, obesity, diabetes, colon cancer, Crohn’s disease, and other chronic ailments.” During the very dry times of the year, when they have to subsist on more meat obtained from hunting, their fiber content drops greatly, even approaching that of the Western world.

According to the American Institute for Cancer Research, eating at least 30 grams of fiber a day can lower your risk of colon cancer. They state that every extra 10 grams of fiber may lower your cancer risk by 7%. Is it any wonder the Hadza experience almost no colon cancer?

If there’s one thing the standard American diet (SAD) lacks, it is fiber. Many Americans consume 10 to 15 grams of fiber daily with less than 3% of Americans consuming the recommended grams per day.

By contrast, among more than 71,000 subjects participating in the Adventist Health Study-2 from 2001 to 2007, those consuming a vegan diet (5,694 subjects) consumed an average of 46 grams of fiber daily. As Adventists eat more processed foods, consume more oil and sugar, and eat out more frequently, it is likely that, if the study were repeated today, there would be vastly different results.

On the flip side, can consuming too much fiber cause problems or be contraindicated? Too much fiber, especially increasing intake too rapidly, can cause intestinal gas, abdominal bloating, and pain. The key to not experiencing these symptoms is to slowly increase the servings of fiber over time, maybe even over several weeks, especially if previous fiber intake was low. This gives the intestines and gut microbiome some time to adjust to this change in diet.

In order to see all of the benefits of eating fiber, you also need to make sure that you are drinking enough water every day. If the above side effects persist despite a gradual increase in fiber and

good water intake, consult your doctor. There are also some specific medical conditions for which a high fiber diet is not recommended. Consult your doctor about increasing your fiber intake if you have any questions. In spite of the few risks that come with a high-fiber diet, the greater risk for Americans is more


likely to be consuming less fiber than is recommended and needed.

There is no doubt that getting the recommended amounts or more of fiber per day promotes better all-around health and helps

prevent health issues

and disease. If you want to find out how much fiber you are getting on a daily basis, you can use a Power Plate Quick Fiber Check, a handy tool to help keep track of your daily intake.

Hurray for fabulous fiber.

Sources: mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-dept/fiber/art-20043983; hsph.harvard.edu/nutritionsource/carbohydrates/fiber/; healthline.com/nutrition/22-high-fiber-foods; nutrition.gov/topics/whats-food/fiber/; Wikipedia.org/wiki/Dietary_fiber; goodrx.com/well-being/diet-nutrition/what-is-fiber-why-is-it-good-for-you; Steps to Life, *Health and Happiness, Fiber*; healthline.com/nutrition/seventh-day-adventist-diet; adventisthealthstudy.org/studies/AHS-2; healthyfocus.org/the-hadza-diet-and-the-key-to-a-healthy-microbiome; Quote taken from vitalplan.com/blog/the-6-secrets-of-the-hadza-tribe-what-we-can-learn-about-health-and-longevity; For the Power Plate Quick Fiber Check – livelifestylemedicine.com/fiber?lightbox=dataItem-kxt02xer 

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*The Hadza
experienced almost no
autoimmune diseases,
obesity, diabetes, colon
cancer, Crohn’s disease,
or other chronic
ailments.*”

Self Must Die

by John J. Grosboll

“Let every word and each desire and all my days be Thine.”
*My Maker and My King**

Do you believe that every word you speak and every desire you have should be in harmony with God’s will? Or do you have desires that are not in harmony with God’s will?

While the fundamental principle of God’s law is divine love, and the two great commandments are love to God and love to man—which are the ten commandments in action—we still must cooperate with Him and take up our cross and follow Jesus. When Adam and Eve sinned, the natural selfishness that took the place of God’s principle of righteousness in their hearts was passed on to their subsequent generations, making all of mankind sinful, but not just in action. Sin is a part of the human race, just as much as an arm or an eye; sinful is what we are. Man cannot cut it out; there is no medicine he can concoct that can cure it. Sin can only be removed by the miraculous recreative power of the almighty God. And that miracle began 6,000 years ago.

We find in Genesis 3:15 God promises that the devil would not have control over mankind forever. He said that if a man chose to return his loyalty to God, then He would change that man’s heart and mind, replacing his selfishness with His law of love, and would supernaturally give the man the ability to hate sin, going against his carnal nature. He further



promised that He would send His Son to be man's Saviour, who, though killed by the very people He came to save, would rise again and at the end of the present world, completely destroy sin and Satan. Restoration to the image of God and the absolute destruction of sin—this was the covenant promise of God to His people.

How does God supernaturally put this hatred—this enmity—for sin in the heart? “By looking constantly to Jesus with the eye of faith, we shall be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Saviour. As they feed upon His word, they find that it is spirit and life. The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus.” *The Desire of Ages*, 391

“It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” John 6:63

“God is love and love is life.” *Christ's Object Lessons*, 258

Satan Misrepresents the Character of God and Deceives the World

During our study of the mystery of godliness, we have found that this mystery deals directly with the nature of Jesus Christ.

“Never before had there been a being upon the earth who hated sin with so perfect a hatred as did Christ. He had seen its deceiving, infatuating power upon the holy angels, causing them to revolt, and all His powers were enlisted against Satan. In the purity and holiness of His life, Christ flashed the light of truth amid the moral darkness with which Satan had enshrouded the world. Christ exposed his falsehoods and deceiving character, and spoiled his corrupting influence.

“It was this that stirred Satan with such an intense hatred of Christ.” *Manuscript Releases*, Vol. 16, 118

So, what caused the revolt? “With his [Satan's] hosts of fallen beings he determined to urge the warfare most vigorously; for there stood One in the world who was a perfect representation of the Father, and in His character and practices was a refutation of Satan's misrepresentations of the character of God.” Ibid.

And he continues still to misrepresent God's character in the world today.

“It was the purity and sinlessness of Christ's humanity that stirred up such satanic hatred. His truth revealed their falsehoods.

Satan saw God, whom he had charged with the attributes which he himself possessed, revealed in Christ in His true character—a compassionate, merciful God, not willing that any should perish but that all should come to Him in repentance and have eternal life.” Ibid.

Jesus came to this world and lived a life that was the very essence of God's true nature. Satan could lie all he wanted, but Jesus came as a man, compassionate, loving, merciful, pleading with all to choose to return to their Maker—He was God's law personified and thus could not lie.

But Satan still charges God with his own attributes, and people all around the world believe that if there is a God in heaven, He must not be very loving or merciful. Many so-called Christian doctrines are devices of the devil to misrepresent the character of God to deceive people, but these doctrines are totally contradictory to the Bible's description of God's true character.

God Offers Transformation

Many people believe, including many Adventists, that God sent His Son in the same sinful flesh as fallen man, and thereby are unwittingly echoing the very same accusations against God that the devil has been making for thousands of years. Satan said that God was unfair

and unjust, even cruel because it was impossible for man to keep the law, to offer perfect obedience to God. And God knows that, but demands it anyway. But God sent Jesus to prove that man, with his human nature, could keep the law and could become a partaker of the divine nature, both of which existed in Jesus—the fleshly nature we have, and the holy nature that God offers to sinful, fallen mankind.

“He [Jesus] came not to our world to give the obedience of a lesser God to a greater, but as a man to obey God's holy law, and in this way He is our example.” *Selected Messages*, Book 3, 140

“Satan is ever seeking to bring about a state of things in which righteousness may be termed unrighteousness, and unrighteousness righteousness.” *The Review and Herald*, April 15, 1890

“If this matter were rightly understood and closely guarded, God's servants would feel a continual burden of responsibility to counterwork the efforts of the men who do not know what they are about, because they are enchanted by the delusive allurements of Satan. When God's people are fully awake to the danger of the hour, and work fully on Christ's side, there will be seen a sharp contrast between their course and that of those who are saying, ‘Good Lord, and good devil,’ and we shall see

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*Sin can only be removed
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much firmer and more decided work done to counterwork the schemes of satanic agencies.” *Testimonies for the Church Containing Letters to Physicians and Ministers Instruction to Seventh-day Adventists*, 11

In the humanity of Christ, the covenant promise was fulfilled. God prepared for His Son a human body and inscribed in His human heart His own divine attributes—the principles of righteousness and His law of love. The covenant promise was forever established and ratified when Jesus died on the cross, and the penalty demanded for man’s transgression was paid.

This natural enmity, this hostility that exists in the natural heart of man hates God’s law and the principles of righteousness and the love on which that law is founded. Man cannot love both selfishness and righteousness; the principles are diametrically opposite. If man is willing to return his loyalty to God, then He has promised to supernaturally give to man this enmity against sin through the process of sanctification, which begins with justification by faith. We are told that by studying God’s word, our natural, carnal nature will be destroyed and, in its place a new life in Christ Jesus will be found. This is sanctification.

The Example of Cain

Genesis 4 tells us that in response to God’s request for a burnt sacrifice, Cain brought an offering of fruit from his field. The Bible tells us that there is no remission of sin without the shedding of blood, so did Cain’s offering meet that requirement? And what are the implications of his offering?

1. There was no confession of sin. The apostle John said “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. According to this verse you cannot expect to be forgiven if you do not confess.

2. There was no acknowledgment that he was in need of a Saviour.

Yes, Cain brought an offering, but his offering did not meet God’s requirements, instead, it showed a reliance on self. Today, there are tens of thousands of people making the same mistake as Cain. Trusting to themselves and to their own wisdom, their self-righteousness prevents them from realizing their own spiritual poverty. The Lord addressed this problem in Revelation 3:17 when He said, “Because you say, ‘I am rich, have become wealthy, and have need of nothing’—and do not know that you are wretched, miserable, poor, blind, and naked.” If we fail to see the spiritual nature of the law and therefore fail to recognize our own spiritual poverty and sinfulness, then we are in the Laodicean condition. “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.” 1 John 1:8–10

“Those who have permitted their minds to become beclouded in regard to what constitutes sin are fearfully deceived. Unless they make a decided change, they will be found wanting when God pronounces judgment upon the children of men. They have transgressed the law and broken the everlasting covenant, and they will receive according to their works.” *Testimonies*, Vol. 9, 267

This fearful, Laodicean deception involves breaking the everlasting covenant. Jesus counsels those in the Laodicean church to come to Him for a change of clothing—putting off their own filthy rags and putting on His white raiment—so that they are properly dressed for the wedding supper of the Lamb. We cannot attend the wedding supper clothed in our man-made, natural, fig-leaf garments. We must have a garment woven in the loom of heaven, and this we cannot make for ourselves.

Cain was not an atheist. He came to worship God, but he came to worship Him in his own way rather than according to God’s

“

Man cannot love both selfishness and righteousness; the principles are diametrically opposite.

instruction. He decided that God should be satisfied with what he offered.

The Example of Paul

Before Paul was a Christian, he was an exemplary Pharisee, stringent in his belief that he followed the law implicitly. And in his outward life, Paul was blameless in terms of his outward actions (Philippians 3; Acts 26:5). It would be difficult to find anything that he had said or done that was contrary to the law of God, but true obedience involves more than just how a person behaves on the outside.

The problem with the religion of the Pharisees was that it did not touch the soul. Paul was not seeking Godlikeness of character, or for a heart filled with love and mercy. He was satisfied with the religion that touched only the outward life. His righteousness was the fruit of his own works.

But, when Paul was convicted of the spiritual nature of the law he said, “I was alive once without the law, but when the commandment came, sin revived and I died.” Romans 7:9. He was alive as a Pharisee without the law and thought he was perfect, but when he understood the spiritual nature of the law, he could see that his heart was evil. “For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.” Verse 18. When Paul understood the spirit of the law, he could see himself for the sinner he was, and then self was able to die.

“When the spiritual character of the law was discerned, when he [Paul] looked into the holy mirror, he saw himself a sinner. Judged by a human standard, he had abstained from sin, but when he looked into the depths of God’s law, and saw himself as God saw him, he bowed in humiliation, and confessed his guilt.” *The Review and Herald*, July 22, 1890

When sin is limited narrowly to a choice of action, rather than regarded as



encompassing every aspect of our existence, the spiritual character of the law is not discerned, and a human standard is set up in the place of the great moral standard of righteousness.

Paul was convicted by the tenth commandment. “I had not known sin except by the law. I had not known lust except the law had said, ‘You shall not covet.’” Romans 7:7. How is the sin of covetousness related to false gods and false worship?

“All covetousness is condemned as idolatry.” *Christ’s Object Lessons*, 261

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

“No selfishness is of Christ. Selfishness lies at the foundation of all sin.” *The Signs of the Times*, April 11, 1900

A person who is not selfish will never commit a sin. You see, this is our problem: we believe that sin is just something we do, but really sin is what is on the inside. Our outward actions are simply an expression of our inward condition. If I have a selfish heart, then I am a sinner, and because of that selfish heart, I will covet what my neighbor has;

I will be prideful, desiring worldly fame and fortune, power, and recognition; I will resent that my friend has a better job than I do or a bigger house. These are all feelings, part of a person’s sinful nature and character. They don’t require action to be sin.

“Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrongdoing. We need to understand that imperfection of character is sin.”

Christ’s Object Lessons, 330

“The time demands greater efficiency and deeper consecration. . . ‘Raise up and send forth messengers filled with a sense of their responsibility, messengers in whose hearts self-idolatry, which lies at the foundation of all sin, has been crucified.’” *Testimonies*, Vol. 9, 27

We see, then, that selfishness is not only a natural human trait of character, it is an imperfection of character that must be crucified. Since imperfection of character is sin, our natural selfishness is sin. All selfishness is covetousness and is therefore idolatry. Self was the idol of Cain and his descendants, and also the Pharisees. Laodicea believed they were worshiping God, but in fact were worshiping at the idol of self.

“Self must be crucified, else sin will remain to defile the whole being. The Cain-spirit must not be allowed to enter the heart; for the hatred it brings is next of kin to murder. . .

“They love themselves and their own ways, failing to realize that their ways, their words, and their characters are opposed to God. Such can never reach perfection unless they see themselves as they are.” *The Youth’s Instructor*, September 21, 1899

Once I understood the spiritual nature of the law, I could see that unless I allow a change in my heart and mind, I am lost, even though I profess to be religious. It was then that I went to the Lord, admitting that I am totally lost unless He saves me. I must put my trust in Him for I cannot save myself.

“Blessed is the soul who can say, ‘I am guilty before God: but Jesus is my Advocate. I have transgressed His law. I cannot save myself; but I make the precious blood that was shed on Calvary all my plea.’” *Sons and Daughters of God*, 120

On the road to Damascus, Paul met Jesus and realized that he was a sinner in need of a Saviour. He also realized that if his natural disposition wasn’t miraculously changed, he would be lost.

While in prison, Paul wrote the book of Philippians and in its chapters we find Paul’s story of transformation—no longer a Pharisee, but now a disciple of Christ.

“For we are the circumcision who worship God in the Spirit, rejoice in Christ Jesus, and have no confidence in the flesh, though I also might have confidence in the flesh. If anyone else thinks he may have confidence in the flesh, I more so: circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, a Hebrew of the Hebrews; concerning the law, a Pharisee; concerning zeal, persecuting the church; concerning the righteousness which is in the law, blameless.

“But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.

“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren,

I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.” Philippians 3:3–14

The Example of Christ

While Jesus possessed the likeness of sinful flesh in the mortal body of man, He did not possess the same sinful flesh, the disposition of the carnal mind (Romans 8:3; Philippians 2:7; 3:21). Suffering was more keenly felt by Him, for His spiritual nature was free from every taint of sin, and it is this nature, the character of Christ, that He wants to give to you and me.

“Christ’s perfect humanity is the same that man may have through connection with Christ.” *Manuscript Releases*, Vol. 16, 181. “It is the privilege of every believer in Christ to possess Christ’s nature, a nature far above that which Adam forfeited by transgression.” *The Upward Look*, 18

“The law of God is an expression of His very nature; it is an embodiment of the great principle of love, and hence is the foundation of His government in heaven and earth. If our hearts are renewed in the likeness of God, if the divine love is implanted in the soul, will not the law of God be carried out in the life? When the principle of love is implanted in the heart, when man is renewed after the image of Him that created him, the new-covenant promise is fulfilled.” *Steps to Christ*, 60

In the old covenant, the law was written on tables of stone, but in the new covenant, God says that He will put His law in the hearts of His people, and when the law is written in your heart, you will want to always seek to do what is right. “And if the law is written in the heart, will it not shape the life? Obedience—the service and allegiance of love—is the true sign of discipleship.” Ibid.

It is the love of self that brings unrest. Jesus invites us to accept from Him a new heart and mind. When we are re-born from above, we will have the same mind as Jesus, only then will we find the peace that He offers. “‘Come to Me, all you who labor and are heavy laden, and I will give you rest.’” Matthew 11:28

It is the glory of God to give His virtue to His children. Jesus said to His disciples, “‘Peace I leave with you. My peace I give to you.’” John 14:27, *first part*. The peace that Jesus gives is the result of His love for the law of God and the principles of righteousness written in His human heart, just as they were written in the heart of Adam before his fall.

“From eternal ages it was God’s purpose that every created being, from the bright and holy seraph to man, should be a temple for the indwelling of the Creator.” *The Desire of Ages*, 161 That was God’s purpose from eternal ages. “Because of sin, humanity ceased to be a temple for God. Darkened and defiled by evil, the heart of man no longer revealed the glory of the Divine One. But by the incarnation of the Son of God, the purpose of heaven is fulfilled.” Ibid.

Friends, we were meant to be a temple for the indwelling of our Creator. It is sin that has made us unfit to be His dwelling place.

It is Christ’s mission to deliver you from sin and to make your heart and mind a temple for the indwelling of the Holy Spirit. Will you let Him?

* The words to *My Maker and My King*, were written by Anne Steele as an “expression of praise to her Maker and a heart of thankfulness for all the blessings of life.” Christianmusicandhymns.com/2019/09/my-maker-and-my-king-hymn-story LM

Pastor John J. Grosboll is Director of *Steps to Life* and pastors the *Prairie Meadows Church* in Wichita, Kansas. He may be contacted by email at historic@stepstolife.org, or by telephone at 316-788-5559.

Onward and Upward

Onward—ever 'mid the strife,
Nobly act thy part in life;
Upward—Onward—ever right,
Be thou foremost in the fight;
Do not languish with despair,
Bravely do and boldly dare;
The strong in heart shall never fail
Thou wilt o're life's ills prevail.

Fear not though the waves be dark
That shall gather round thy bark;
Steadfast as the ocean-rock,
Stem the tide, receive the shock;
Strength will conquer, never fear,
Let no doubts disturb thee here;
Onward be thy great desire,
Soaring upward—higher—higher.

As the eagle upward flies
Where the sun in gladness lies,
Far above the clouds of day
That have dimmed the earthly ray.
So mayest thou, with purpose true,
And a worthy end in view,
Rise above the shades of earth
That would check all lofty birth.

Onward, then! Though dark and drear
Be the sky above thee here;
Thou shalt reach the goal at last,
Every toil and danger past;
Pause not, then, to mourn or weep,
Onward up the rugged steep;
Every step will bear thee nigher,
Every day still upward higher.

Onward, then, and upward stray,
Minding not the thorny way,
Heeding not the wayside snares,
Pausing not at worldly cares;
Gaining courage day by day,
Walking in the better way;
With a purpose firm and true,
Thou shalt gain the end in view.



March 31 – April 6, 2024

God

Key Text

“Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God.” Psalm 90:2

Study Help: *Testimonies*, Vol. 8, 255–289

Introduction

“God always has been. He is the great I AM. ... He is infinite and omnipresent. No words of ours can describe His greatness and majesty.” *Medical Ministry*, 92

Sunday

1 A PRACTICAL REVELATION OF GOD

1.a. How near is God to us? Acts 17:24–27; Jeremiah 23:24

1.b. After the Exodus, God dwelt in what way among humanity so that people could see His glory and character? Exodus 25:8; Psalm 63:2. What was the name of the mountain where God’s sanctuary stood? Psalms 9:11; 76:2

1.c. What did the sanctuary service teach about God and the plan of redemption? Psalms 77:13; 68:24

Note: “The solemn service of sacrifice and worship at the sanctuary and the utterances of the prophets were a revelation of God.” *Patriarchs and Prophets*, 592

“The great truths set forth by the types in the service of the sanctuary were brought to view, and faith grasped the central object of all that system—the Lamb of God, that was to take away the sin of the world.” *Education*, 47

1.d. How did King David feel when he looked up to the place of the sanctuary in Jerusalem? Psalms 122:1; 134:3

Monday

2 THE SANCTUARY’S PURPOSE

2.a. Why did God ask for Israel to build Him a sanctuary? Exodus 25:8

Note: “From a race of slaves the Israelites had been exalted above all peoples to be the peculiar treasure of the King of kings. God had separated them from the world, that He might commit to them a sacred trust. He had made them the depositaries of His law, and He purposed, through them, to preserve among men the knowledge of Himself. Thus the light of heaven was to shine out to a world enshrouded in darkness, and a voice was to be heard appealing to all peoples to turn from their idolatry to serve the living God.” *Patriarchs and Prophets*, 314

“God commanded Moses for Israel, ‘Let them make Me a sanctuary; that I may dwell among them’ (Exodus 25:8), and He abode in the sanctuary, in the midst of His people. Through all their weary wandering in the desert, the symbol of His presence was with them.” *The Desire of Ages*, 23

2.b. On what condition could God's people dwell, by faith, in His sanctuary? Psalm 15:1-5. What assurance was theirs? Psalm 91:1-9. What assurance do we have as a steadfast anchor for the soul? Hebrews 6:19, 20; 10:19, 20

Note: "To Israel, whom He [God] desired to make His dwelling place, He revealed His glorious ideal of character. The pattern was shown them in the mount when the law was given from Sinai. ...

"But this ideal they were, in themselves, powerless to attain. The revelation at Sinai could only impress them with their need and helplessness. Another lesson the tabernacle, through its service of sacrifice, was to teach—the lesson of pardon of sin, and power through the Saviour for obedience unto life." *Education*, 35, 36

"God designed that the temple at Jerusalem should be a continual witness to the high destiny open to every soul. ... The courts of the temple at Jerusalem, filled with the tumult of unholy traffic, represented all too truly the temple of the heart, defiled by the presence of sensual passion and unholy thoughts. In cleansing the temple from the world's buyers and sellers, Jesus announced His mission to cleanse the heart from the defilement of sin—from the earthly desires, the selfish lusts, the evil habits, that corrupt the soul." *The Desire of Ages*, 161

Tuesday

3 GOD'S OMNIPRESENCE

3.a. Through whom does God dwell with each one of His servants? Isaiah 57:15; 66:1, 2; John 14:16, 17, 23. What is His condition for dwelling in us?

Note: "The Holy Spirit is Christ's representative, but divested of the personality of humanity, and independent thereof. Cumbered with humanity, Christ could not be in every place personally. Therefore it was for their interest that He should go to the Father, and send the Spirit to be His successor on earth. No one could then have any advantage because of his

location or his personal contact with Christ. By the Spirit the Saviour would be accessible to all. In this sense, He would be nearer to them than if He had not ascended on high." *The Desire of Ages*, 669

"If we know God, and Jesus Christ whom He has sent, unspeakable gladness will come to the soul. Oh, how we need the divine presence! For the baptism of the Holy Spirit every worker should be breathing out his prayer to God. Companies should be gathered together to call upon God for special help, for heavenly wisdom, that the people of God may know how to plan and devise and execute the work." *Testimonies to Ministers and Gospel Workers*, 170

3.b. How do the apostles Paul and John present the condition on which we may have the presence of God with us? 1 Corinthians 3:16, 17; 1 John 3:24

Note: "In the human heart, cleansed from all moral impurity, dwells the precious Saviour, ennobling, sanctifying the whole nature, and making the man a temple for the Holy Spirit." *Testimonies to Ministers and Gospel Workers*, 387, 388

"This is the test; the proof of our love is that faith that works by love and purifies the soul. 'He that loveth Me not keepeth not My sayings.' 'He that hath My commandments, and keepeth them, he it is that loveth Me: and he that loveth Me shall be loved of My Father, and I will love him, and will manifest Myself to him.' Here is a promise on condition. Shall we not rationally conclude that why the church has so little of the realizing sense of the presence of God, is their indifference to do the things He has specified, and they are giving to the world a misrepresentation of the character of Christ." *The Ellen G. White 1888 Materials*, 1037

Wednesday

4 GOD'S MANIFESTATIONS

4.a. Since no human being has ever seen God the Father, what are we to realize about our need of Christ's revelation? John 1:18

Note: “What speech is to thought, so is Christ to the invisible Father. 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, that man might bear the image of the invisible God. He made known in His words, His character, His power and majesty, the nature and attributes of God. Divinity flashed through humanity in softening, subduing light. He was the embodiment of the law of God, which is the transcript of His character.” *The Seventh-day Adventist Bible Commentary*, Vol. 5, 1131

4.b. What is promised to the pure in heart? Matthew 5:8.
How should this affect our life in a practical way?

Note: “The pure in heart discern the Creator in the works of His mighty hand, in the things of beauty that comprise the universe. In His written word, they read in clearer lines the revelation of His mercy, His goodness, and His grace. The truths that are hidden from the wise and prudent are revealed to babes. The beauty and preciousness of truth, which are undiscovered by the worldly-wise, are constantly unfolding to those who have a trusting, childlike desire to know and to do the will of God. We discern the truth by becoming, ourselves, partakers of the divine nature.” *Thoughts from the Mount of Blessing*, 26, 27

“The pure in heart shall see God. His presence can be revealed; comprehended it cannot be. This knowledge is too wonderful for us. There are feelings that cannot be communicated. Some things one cannot say. Words are tame, and our thoughts come far short of taking all in; for there is an infinity beyond our thoughts.

“If we are to be collaborators with God, we must hold direct communion with Him: we must ask His guidance in everything we undertake.” *Manuscript Releases*, Vol. 6, 381

Thursday

5 WHAT IS GOD LIKE?

5.a. What is the character of God like? Deuteronomy 32:4; 1 Peter 1:16

5.b. What other attributes belong to God’s character? Exodus 34:6; 1 John 4:8

5.c. God’s throne is established upon what principles? Psalm 89:14. What is round about God’s throne? Revelation 4:3. Explain how justice and mercy go together in the plan of God. Psalm 85:10

Note: “It is not justice alone that is to be maintained; for this would eclipse the glory of the rainbow of promise above the throne; men could see only the penalty of the law. Were there no justice, no penalty, there would be no stability to the government of God.

“It is the mingling of judgment and mercy that makes salvation complete. It is the blending of the two that leads us, as we view the world’s Redeemer and the law of Jehovah, to exclaim, ‘Thy greatness hath made me great’ (2 Samuel 22:36).” *God’s Amazing Grace*, 70

5.d. What is the evidence that God created not only angels but also humans with free will? Deuteronomy 30:19; Joshua 24:15

Note: “He [God] takes no pleasure in a forced obedience; and to all He grants freedom of will, that they may render Him voluntary service.” *Patriarchs and Prophets*, 34

Friday

PERSONAL REVIEW QUESTIONS

- 1 Where does God want to dwell right now?
- 2 What condition does God require in His “temple” before He will dwell there?
- 3 Do we reflect the characteristics of God revealed in the sanctuary?
- 4 How can we see God?
- 5 Describe the character of God. How can we prove from the Bible that men and women were created free moral agents?

April 7 – 13, 2024

The Origin of Evil

Key Text

“And He said to them [the seventy], ‘I saw Satan fall like lightning from heaven.’” Luke 10:18

Study Help: *Patriarchs and Prophets*, 33–43; *The Story of Redemption*, 13–19

Introduction

“Sin originated with him who, next to Christ, had been most honored of God and who stood highest in power and glory among the inhabitants of heaven.” *The Great Controversy*, 493

Sunday

1 THE ORIGIN OF SIN

1.a. Who was the originator of sin? John 8:44; 1 John 3:8

Note: “Sin originated with him who, next to Christ, had been most honored of God and was highest in power and glory among the inhabitants of heaven. Lucifer, ‘son of the morning,’ was first of the covering cherubs, holy and undefiled. He stood in the presence of the great Creator, and the ceaseless beams of glory enshrouding the eternal God rested upon him.” *Patriarchs and Prophets*, 35

1.b. How does the Bible describe the original character of Lucifer and the sinful thoughts that arose in his mind? Ezekiel 28:15, 17

1.c. In what sense did Lucifer exalt himself? Isaiah 14:13, 14. Using the symbol of the prince of Tyre, how does Ezekiel describe Lucifer’s self-exaltation? Ezekiel 28:2

Note: “Lucifer allowed his jealousy of Christ to prevail, and became the more determined.

“To dispute the supremacy of the Son of God, thus impeaching the wisdom and love of the Creator, had become the purpose of this prince of angels.” *Patriarchs and Prophets*, 36

Monday

2 WAR IN HEAVEN

2.a. Who sided with Lucifer against God’s sovereignty? Jude 6; 2 Peter 2:4

Note: “Leaving his place in the immediate presence of the Father, Lucifer went forth to diffuse the spirit of discontent among the angels. He worked with mysterious secrecy, and for a time concealed his real purpose under an appearance of reverence for God. He began to insinuate doubts concerning the laws that governed heavenly beings, intimating that though laws might be necessary for the inhabitants of the worlds, angels, being more exalted, needed no such restraint, for their own wisdom was a sufficient guide. They were not beings that could bring dishonor to God; all their thoughts were holy; it was no more possible for them than for God Himself to err.” *Patriarchs and Prophets*, 37

2.b. Describe the result of Lucifer’s rebellion and the warning we should take from it. Revelation 12:7–9

Note: “All the heavenly host were summoned to appear before the Father, to have each case determined. Satan unblushingly made known his dissatisfaction that Christ should be preferred before Him. He stood up proudly and urged that he should be

equal with God and should be taken into conference with the Father and understand His purposes. God informed Satan, that to His Son alone He would reveal His secret purposes, and He required all the family in heaven, even Satan, to yield Him implicit, unquestioned obedience; but that he (Satan) had proved himself unworthy of a place in heaven. Then Satan exultingly pointed to his sympathizers, comprising nearly one half of all the angels, and exclaimed, ‘These are with me! Will you expel these also and make such a void in heaven?’ He then declared that he was prepared to resist the authority of Christ and to defend his place in heaven by force of might, strength against strength.” *The Story of Redemption*, 18

“Rebellion and apostasy are in the very air we breathe. We shall be affected by them unless we by faith hang our helpless souls upon Christ.” *Selected Messages*, Book 2, 394

Tuesday

3 THE LAW OF GOD UNDER ATTACK

3.a. In that war of arguments, what was Lucifer’s false claim about God and His law? John 8:44, *last part*

Note: “He [Lucifer] had sought to falsify the word of God and had misrepresented His plan of government, claiming that God was not just in imposing laws upon the angels; that in requiring submission and obedience from His creatures, He was seeking merely the exaltation of Himself.” *Patriarchs and Prophets*, 42

“Before he was expelled from heaven, Satan had an acquaintance with God. He knew His character; but ever since then, his effort has been to misrepresent that character. It is at his suggestion that religion has been made a series of penances and mortifications, or of splendid sights and pageantries. There are many forms of religion instituted by the enemy of God, that are as Christless as was the offering of Cain.” *The Signs of the Times*, March 3, 1898

3.b. What other sins were manifest in Lucifer’s early rebellion? Isaiah 14:13. Besides using self-exaltation and covetousness, what other transgression did Lucifer commit from the early phase of his rebellion? John 8:44, *first part*

Note: “He [Lucifer] had artfully presented his side of the question, employing sophistry and fraud to secure his objects. His power to deceive was very great. By disguising himself in a cloak of falsehood, he had gained an advantage. All his acts were so clothed with mystery that it was difficult to disclose to the angels the true nature of his work.” *Patriarchs and Prophets*, 41

3.c. Explain why we need not be deceived by Satan’s charges against God’s law and character. Psalm 119:7–12, 18

Note: “The law of God is the only true standard of moral perfection. That law was practically exemplified in the life of Christ. He says of Himself, ‘I have kept My Father’s commandments’ (John 15:10). Nothing short of this obedience will meet the requirements of God’s word. ‘He that saith he abideth in Him ought himself also so to walk, even as He walked’ (1 John 2:6). We cannot plead that we are unable to do this, for we have the assurance, ‘My grace is sufficient for thee’ (2 Corinthians 12:9).” *The Sanctified Life*, 80, 81

Wednesday

4 EXPELLED FROM HEAVEN

4.a. When Satan and his angels were expelled from heaven, where were they exiled? Isaiah 14:12; Revelation 12:9. Why was Satan exiled and not destroyed?

Note: “Even when it was decided that he could no longer remain in heaven, Infinite Wisdom did not destroy Satan. Since the service of love can alone be acceptable to God, the allegiance of His creatures must rest upon a conviction of His justice and benevolence. The inhabitants of heaven and of other worlds, being unprepared to comprehend the nature or consequences of sin, could not then have seen the justice and mercy of God in the destruction of Satan. Had he been immediately blotted from existence, they would have served God from fear

rather than from love. The influence of the deceiver would not have been fully destroyed, nor would the spirit of rebellion have been utterly eradicated. Evil must be permitted to come to maturity. For the good of the entire universe through ceaseless ages Satan must more fully develop his principles, that his charges against the divine government might be seen in their true light by all created beings, that the justice and mercy of God and the immutability of His law might forever be placed beyond all question.

“Satan’s rebellion was to be a lesson to the universe through all coming ages, a perpetual testimony to the nature and terrible results of sin. The working out of Satan’s rule, its effects upon both men and angels, would show what must be the fruit of setting aside the divine authority. It would testify that with the existence of God’s government and His law is bound up the well-being of all the creatures He has made.” *The Great Controversy*, 498, 499

4.b. What claim and title has Satan falsely maintained ever since he was thrown to the earth? Luke 4:6; John 14:30

Note: “When Satan declared to Christ, The kingdom and glory of the world are delivered unto me, and to whomsoever I will I give it, he stated what was true only in part, and he declared it to serve his own purpose of deception. Satan’s dominion was that wrested from Adam, but Adam was the vicegerent of the Creator. His was not an independent rule. The earth is God’s, and He has committed all things to His Son. Adam was to reign subject to Christ. When Adam betrayed his sovereignty into Satan’s hands, Christ still remained the rightful King.” *The Desire of Ages*, 129

Thursday

5 SATAN’S INFLUENCE IN THIS WORLD

5.a. What name does the Bible use to depict the spiritual and social atmosphere of Satan’s domain? Matthew 16:18; 23:15; 2 Peter 2:4, first part

5.b. What has been the main occupation of Satan and his angels since they were hurled down to the earth? Revelation 12:9. Give an example showing how the powers of hell operate. Luke 11:24–26

Note: “Ever since his fall, Satan has worked by means of deception.” *Thoughts from the Mount of Blessing*, 31

“His [Satan’s] spirit now reigns in the children of disobedience. Like him they seek to break down the restraints of the law of God and promise men liberty through transgression of its precepts.” *The Great Controversy*, 500

5.c. What will be the outcome of the war between light and darkness? Revelation 17:14; 19:11–16

Note: “The warfare against God’s law, which was begun in heaven, will be continued until the end of time. Every man will be tested. Obedience or disobedience is the question to be decided by the whole world. All will be called to choose between the law of God and the laws of men. ...

“Then the end will come. God will vindicate His law and deliver His people. Satan and all who have joined him in rebellion will be cut off.” *The Desire of Ages*, 763

Friday

PERSONAL REVIEW QUESTIONS

- 1 How did Lucifer the “light bearer” become Satan the “adversary”?
- 2 How did he sow discontent among the angels?
- 3 With what sins did he begin his rebellion against God?
- 4 Why would it have been too early to destroy Satan when he had to be expelled from heaven?
- 5 How has he continued his rebellion after he was confined to this earth?

April 14 – 20, 2024

The Creation and Fall of Humanity

Key Text

“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned.” Romans 5:12

Study Help: *Patriarchs and Prophets*, 44–62

Introduction

“Satan exulted in his success. He had now tempted the woman to distrust God, to question His wisdom, and to seek to penetrate His all wise plans. And through her he had also caused the overthrow of Adam.” *The Story of Redemption*, 38

Sunday

1 THE CREATION OF HUMANITY

1.a. What was God’s purpose in creating the human family? Genesis 1:26–28

Note: “God created man for His own glory, that after test and trial the human family might become one with the heavenly family. It was God’s purpose to repopulate heaven with the human family, if they would show themselves obedient to His every word.” *God’s Amazing Grace*, 344

1.b. Even though our first parents were created in God’s image, why did they have to be tested? Genesis 2:16, 17; Isaiah 43:7

Note: “Adam was to be tested to see whether he would be obedient, as the loyal angels, or disobedient. If he stood the test, his instruction to his children would have been only of loyalty. His mind and thoughts would have been as the mind and thoughts of God.” *God’s Amazing Grace*, 344

Monday

2 THE TEMPTATION AND FALL

2.a. What simple test did God give to Adam and Eve to see whom they would believe—God the Creator or Satan the deceiver? Genesis 2:16, 17; 3:1–5

Note: “Like the angels, the dwellers in Eden had been placed upon probation; their happy estate could be retained only on condition of fidelity to the Creator’s law. They could obey and live, or disobey and perish. God had made them the recipients of rich blessings; but should they disregard His will, He who spared not the angels that sinned, could not spare them; transgression would forfeit His gifts and bring upon them misery and ruin.

“The angels warned them to be on their guard against the devices of Satan, for his efforts to ensnare them would be unwearied. While they were obedient to God the evil one could not harm them; for, if need be, every angel in heaven would be sent to their help. If they steadfastly repelled his first insinuations, they would be as secure as the heavenly messengers. But should they once yield to temptation, their nature would become so depraved that in themselves they would have no power and no disposition to resist Satan.” *Patriarchs and Prophets*, 53

2.b. Which commandment of God’s law did Adam and Eve transgress by believing and obeying Satan? Exodus 20:3. How did their transgression affect all their descendants? Romans 3:23; 5:12, 19

Note: “How attentively the angels listened to the words of Satan, the originator of sin, as he placed his own ideas above the commands of God and sought to make of none effect the law

of God through his deceptive reasoning! How anxiously they waited to see if the holy pair would be deluded by the tempter and yield to his arts. They asked themselves, Will the holy pair transfer their faith and love from the Father and Son to Satan?" *The Signs of the Times*, May 12, 1890

"Adam was endowed with a nature pure and sinless, but he fell because he listened to the suggestions of the enemy. His posterity became depraved; by one man's disobedience many were made sinners." *The Youth's Instructor*, June 2, 1898

Tuesday

3 WORTHLESS ARTIFICIAL COVERING

3.a. As soon as their eyes were opened, what did Adam and Eve realize? And what did they do? Genesis 3:7

Note: "The love and peace which had been theirs was gone, and in its place they felt a sense of sin, a dread of the future, a nakedness of soul. The robe of light which had enshrouded them, now disappeared, and to supply its place they endeavored to fashion for themselves a covering; for they could not, while unclothed, meet the eye of God and holy angels." *Patriarchs and Prophets*, 57

3.b. Describe the spiritual condition of humanity since the Fall. Ecclesiastes 7:20; Romans 3:10–18

Note: "Through sin the whole human organism is deranged, the mind is perverted, the imagination corrupted. Sin has degraded the faculties of the soul. Temptations from without find an answering chord within the heart, and the feet turn imperceptibly toward evil." *Maranatha*, 91

3.c. Nevertheless, how are many still trying to cover their spiritual nakedness? Proverbs 30:12; Luke 18:9–12



Sin
brought
death to all
men.

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

"This is what the transgressors of God's law have done ever since the day of Adam and Eve's disobedience. They have sewed together fig leaves to cover the nakedness caused by transgression. They have worn the garments of their own devising, by works of their own they have tried to cover their sins and make themselves acceptable with God." *Christ's Object Lessons*, 310, 311

Wednesday

4 SELF-JUSTIFICATION

4.a. What questions did God ask Adam before pronouncing the death sentence upon him? Genesis 3:9–11

4.b. How did Adam and Eve try to justify themselves?
Genesis 3:12, 13

Note: “Adam could neither deny nor excuse his sin; but instead of manifesting penitence, he endeavored to cast the blame upon his wife, and thus upon God Himself: ‘The woman whom Thou gavest to be with me, she gave me of the tree, and I did eat.’ He who, from love to Eve, had deliberately chosen to forfeit the approval of God, his home in paradise, and an eternal life of joy, could now, after his fall, endeavor to make his companion, and even the Creator Himself, responsible for the transgression. So terrible is the power of sin.

“When the woman was asked, ‘What is this that thou hast done?’ she answered, ‘The serpent beguiled me, and I did eat.’ ‘Why didst Thou create the serpent? Why didst Thou suffer him to enter Eden?’—these were the questions implied in her excuse for her sin. Thus, like Adam, she charged God with the responsibility of their fall.” *Patriarchs and Prophets*, 57, 58

4.c. What is the tendency of sinful men and women when their eyes are opened to their guilt? Romans 2:1–3

Note: “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, or upon God—making even His blessings an occasion of murmuring against Him.” *Patriarchs and Prophets*, 58

Thursday

5 THE SENTENCE

5.a. What sentence did God pronounce upon our first parents and upon the earth? Genesis 3:16–19

Note: “So long as Adam remained loyal to heaven, all nature was in subjection to him. But when he rebelled against the divine law, the inferior creatures were in rebellion against his rule. Thus the Lord, in His great mercy, would show men the sacredness of His law, and lead them, by their own experience, to see the danger of setting it aside, even in the slightest degree. ...

“The warning given to our first parents—‘In the day that thou eatest thereof thou shalt surely die’ (Genesis 2:17)—did not imply that they were to die on the very day when they partook of the forbidden fruit. But on that day the irrevocable sentence would be pronounced. Immortality was promised them on condition of obedience; by transgression they would forfeit eternal life. That very day they would be doomed to death.” *Patriarchs and Prophets*, 59, 60

5.b. What did humanity lose by the Fall? Genesis 3:22–24

Note: “Had man after his fall been allowed free access to the tree of life, he would have lived forever, and thus sin would have been immortalized. But cherubim and a flaming sword kept ‘the way of the tree of life’ (Genesis 3:24), and not one of the family of Adam has been permitted to pass that barrier and partake of the life-giving fruit. Therefore there is not an immortal sinner.” *The Great Controversy*, 533, 534

Friday

PERSONAL REVIEW QUESTIONS

- 1 On what condition do we have the privilege of taking the place of those who were expelled from heaven?
- 2 How were our first parents put to the test?
- 3 What have men and women tried to do over a period of 6,000 years?
- 4 Why is self-justification in wrongdoing a greater sin than disbelief and disobedience?
- 5 What were the immediate results of Adam’s transgression?

April 21 – 27, 2024

The Plan of Redemption

Key Text

“For even the Son of man did not come to be served, but to serve, to give His life a ransom for many.” Mark 10:45

Study Help: *Early Writings*, 149–153; *Patriarchs and Prophets*, 63–70

Introduction

“As soon as there was sin, there was a Saviour. ... As soon as Adam sinned, the Son of God presented Himself as surety for the human race.” *The Faith I Live By*, 75

Sunday

1 GOD’S PROVISION IN OUR BEHALF

1.a. Since when has fallen humanity had a Saviour? Revelation 13:8. How is God able to consider Christ as having already died for them from the foundation of the world? Romans 4:17, *last part*

Note: “The plan of salvation had been laid before the creation of the earth.” *Patriarchs and Prophets*, 63

1.b. Why was no one except the Son of God able to redeem the fallen race? Isaiah 43:11; John 14:6; Acts 4:12

Note: “Only one equal with God could make atonement for its [the law’s] transgression. None but Christ could redeem fallen man from the curse of the law and bring him again into harmony with heaven.” *Patriarchs and Prophets*, 63

1.c. Why did Christ have to die for us? Hebrews 9:22; Ephesians 1:7

Note: “To many it has been a mystery why so many sacrificial offerings were required in the old dispensation, why so many bleeding victims were led to the altar. ... In every bleeding sacrifice was typified ‘the Lamb of God, which taketh away the sin of the world.’ John 1:29.” *Our High Calling*, 47

Monday

2 THE PLAN OF SALVATION ANNOUNCED

2.a. What did our first parents understand when they heard the sentence pronounced upon Satan? Genesis 3:15

Note: “God declares: ‘I will put enmity.’ This enmity is not naturally entertained. When man transgressed the divine law, his nature became evil, and he was in harmony, and not at variance, with Satan. There exists naturally no enmity between sinful man and the originator of sin. Both became evil through apostasy. The apostate is never at rest, except as he obtains sympathy and support by inducing others to follow his example. For this reason fallen angels and wicked men unite in desperate companionship.” *The Great Controversy*, 505

“‘I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise His heel.’ This sentence, uttered in the hearing of our first parents, was to them a promise. While it foretold war between man and Satan, it declared that the power of the great adversary would finally be broken.” *Patriarchs and Prophets*, 65, 66

2.b. Upon what was the plan of salvation established? John 3:16

Note: “The time came that a change must be made, or the image of God would be wholly obliterated from the hearts of the beings He had created. All heaven watched the move-

ments of God with intense interest. Would He once more manifest His wrath? Would He destroy the world by fire? The angels thought that the time had come to strike the blow of justice, when, lo, to their wondering vision was unveiled the plan of salvation. Wonder, O heavens, and be astonished, O earth! God sent His only begotten Son into the world to save the world! Amazing grace! 'Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins.'

"God sent not His Son into the world to condemn the world, but that the world through Him might be saved. Outraged justice might have passed speedy sentence upon man. But in love and mercy God gave him another opportunity." *The Ellen G. White 1888 Materials*, 569, 570

2.c. To how many is the plan of salvation made available?
1 John 2:2; Revelation 22:17; 2 Peter 3:9

Tuesday

3 GOD'S FOREKNOWLEDGE

3.a. How does the psalmist convey the reality of God's foreknowledge of every human being? Psalm 139:1-4

3.b. What does the apostle Paul mean when he says, "The Lord knoweth them that are His." 2 Timothy 2:19? Give examples: Jeremiah 1:5; Galatians 1:15

3.c. How did God reveal His foreknowledge concerning Esau and Jacob? Genesis 25:23

Note: "God knows the end from the beginning. He knew, before the birth of Jacob and Esau, just what characters they would both develop. He knew that Esau would not have a heart to obey Him. He answered the troubled prayer of Rebekah and informed her that she would have two children, and the elder should serve the younger. He presented the future history of her two sons before her, that they would be two nations, the one greater than the other, and the elder should serve the younger. The firstborn was entitled to peculiar advantages and special privileges, which belonged to no other members of the family." *The Story of Redemption*, 87

3.d. In what sense is everyone predestined for salvation? Ephesians 1:3-6, 11, 12. Why, then, will anyone be lost? John 3:18, 36; 6:37

Note: "God wills that all men should be saved; for ample provision has been made, in giving His only begotten Son to pay man's ransom. Those who perish will perish because they refuse to be adopted as children of God through Christ Jesus. The pride of man hinders him from accepting the provisions of salvation. But human merit will not admit a soul into the presence of God. That which will make a man acceptable to God is the imparted grace of Christ through faith in His name. No dependence can be placed in works or in happy flights of feelings as evidence that men are chosen of God; for the elect are chosen through Christ. ...

"When the repenting sinner comes to Christ, conscious of his guilt and unworthiness, realizing that he is deserving of punishment, but relying on the mercy and love of Christ, he will not be turned away." *Our High Calling*, 78

Wednesday

4 ONGOING ACCOUNTABILITY

4.a. Where are our names written when we turn from the kingdom of Satan to the kingdom of God? Luke 10:20. Where are our actions recorded? Philippians 4:3

Note: “All who choose Christ’s kingdom of love and righteousness and peace, making its interest paramount to all other, are linked to the world above, and every blessing needed for this life is theirs. In the book of God’s providence, the volume of life, we are each given a page. That page contains every particular of our history; even the hairs of the head are numbered. God’s children are never absent from His mind.” *The Desire of Ages*, 313

4.b Explain why the doctrine “once-saved-always-saved” is in conflict with the Bible. 1 Corinthians 9:27; Hebrews 6:4–6; Revelation 3:5

Note: “When we become children of God, our names are written in the Lamb’s book of life, and they remain there until the time of the investigative judgment. Then the name of every individual will be called, and his record examined by Him who declares, ‘I know thy works.’ If in that day it shall appear that all our wicked deeds have not been fully repented of, our names will be blotted from the book of life, and our sins will stand against us.” *The Signs of the Times*, August 6, 1885

4.c What is required of those who have been called and elected? Matthew 24:13; 2 Peter 1:1–11

Note: “Every soul is to strive with ‘all diligence’ to add constantly to his spiritual attainments, strengthening every grace, increasing in efficiency that he may grow in usefulness and holiness, as a fruit-bearing tree in the Lord’s garden. He is to be neither barren nor unfruitful in the knowledge of our Lord and Saviour Jesus Christ. True religion leads to the cultivation of the gifts that make a man more precious in God’s sight than the gold of Ophir.” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 943

Thursday

5 THE ETERNAL PURPOSES OF GOD

5.a By what name is the plan of redemption called in the Bible? Romans 16:25, 26; Colossians 1:26, 27

Note: “God had a knowledge of the events of the future, even before the creation of the world. He did not make His purposes to fit circumstances, but He allowed matters to develop and work out. He did not work to bring about a certain condition of things, but He knew that such a condition would exist. The plan that should be carried out upon the defection of any of the high intelligences of heaven—this is the secret, the mystery which has been hid from ages.” *The Seventh-day Adventist Bible Commentary*, Vol. 6, 1082

5.b How do we know that the door of probation will not remain open forever, and that there will come a time when there will be no second chance for unrepentant sinners? Revelation 10:6, 7. Compare Luke 13:23–25; 17:28–30

Note: “The gospel dispensation is the last period of probation that will ever be granted to men. Those who live under this dispensation of test and trial and yet are not led to repent and obey will perish with the disloyal. There is no second trial.” *The Seventh-day Adventist Bible Commentary*, Vol. 7, 971, 972

Friday

PERSONAL REVIEW QUESTIONS

- 1 Since redemption is through the blood of Jesus Christ (Ephesians 1:7; Colossians 1:14), how were God’s faithful servants saved before the cross of Calvary?
- 2 What was the first gospel message preached to Adam and Eve?
- 3 Give examples revealing the foreknowledge of God.
- 4 What do you know about the book of life?
- 5 What is “the mystery which hath been hid from ages”? Colossians 1:26

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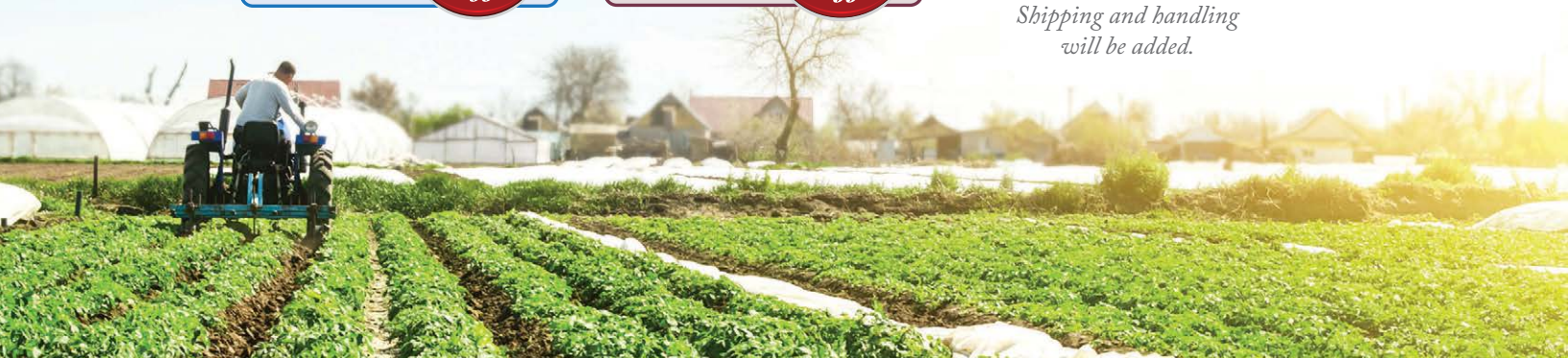
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hydrate, protein, and fat metabolism. Dry cannellini beans hold 388 µg (mcg) of folates (97% of daily value). Folate, along with vitamin B₁₂, is one of the essential cofactors for DNA synthesis and cell division.

The U.S. Dietary Guidelines for Americans recommends eating about 3 cups of legumes per week. To meet the weekly Dietary Guidelines for legumes, eat half a cup of beans every day. Round out the meal by incorporating cannellini beans in salads, pasta dishes, spreads, and soups.

Sources: foodtolive.com/healthy-blog/cannellini-beans-challenge-dangerous-illnesses/; nutrition-and-you.com/cannellini-beans 

Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



COZY CANNELLINI BEAN AND SPINACH SOUP

Ingredients

2 Tbs. olive oil, or water
½ medium red onion, finely chopped
1 large carrot, cut in small chunks
¾ tsp. salt
2 Tbs. flour of choice
1 cup unsweetened oat milk
3 cups vegetable broth
2 ½ tsp. Italian seasoning
1 ¼ tsp. garlic granules or powder
½ tsp. dried tarragon
2-15 oz. cans of cannellini beans, drained, rinsed
3 Tbs. nutritional yeast (optional)
1 packed cup baby spinach

Process

In a large pot add olive oil or water, and onion. Cook for about 2 minutes, stirring often. Add carrot and salt, and stir. Cover pot and cook for 4-6 minutes. Stir flour into vegetables until coated. Gradually pour in milk while stirring. Add broth, seasonings, beans, and nutritional yeast. Bring to a boil, then lower to a simmer and stir in spinach to wilt. Serve soup with crackers, sourdough bread, pita bread, or flat bread.





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Health benefits of cannellini beans

- *Full of bean-y fibre*
- *Loaded with protein*
- *Can help support healthy bones*
- *Can help you keep a healthy blood pressure*
- *A great source of folate*

www.hollandandbarrett.com/the-health-hub/food-drink/nutrition/health-benefits-of-cannellini-beans/

