

HISTORIC
LANDMARKS

OF ADVENTISM

*Manifestation
of God's Love*

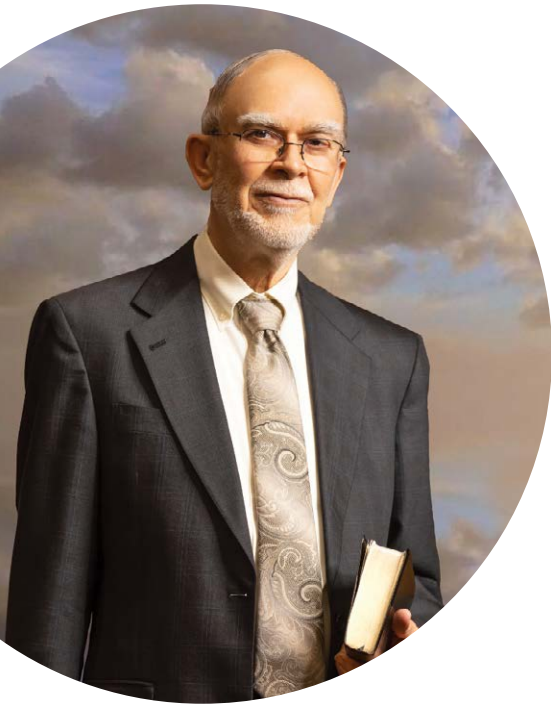
*We can understand parents'
love for a child, but do we
understand the depths of
God's love?*

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*The
Loud
Cry*

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From the Editor

John J. Grosboll

Your Nature Can Be Changed

It is only the overcomer who at last will receive a crown and eternal life. (See Revelation 21:5-7; 1 John 5:4, 18.)

All must overcome sin if they are to have eternal life, but there are many who become discouraged, believing they cannot overcome because they inherited evil tendencies (propensities) from Adam; tendencies they cannot change. Consequently, overcoming is not possible for them, or so they say. However, Inspiration tells us it is possible.

“You may claim much leniency because of your human nature, of your temptations and trials, and seek to excuse yourself for sin because of inherited tendencies, but Christ gave Himself in behalf of humanity, and there is no reason for failure. Christ bore temptations such as you will never be called upon to bear. He suffered as you will never suffer. He knew all your griefs, He has carried your sorrows. He has made it possible for you to be an overcomer. Do not say it is impossible for you to overcome. Do not say, ‘It is my nature to do thus and so, and I cannot do otherwise. I have inherited weaknesses that make me powerless before temptation.’ We

know you cannot overcome in your own strength; but help has been laid upon One who is mighty to save. When God gave His only begotten Son, He provided everything essential to your salvation. . . . The resources of heaven are open to us. We should believe this precious truth. And when the enemy comes in like a flood to discourage and to dishearten, the Spirit of the Lord will raise up a standard against him. . . . All heaven was poured out to us in Christ, and He that spared not His own Son will not withhold any good thing from those who walk uprightly.” *The Upward Look*, 154

The true child of God will be made free of every defect of character by the blood of the Lamb and the transforming power of God. And it is the privilege of every believer to possess Christ’s nature. Jesus spoke of this change in the human heart when He said to Nicodemus, “Except a man be born again, he cannot see (discern) the kingdom of God.” John 3:3

“The blessings of salvation are for every soul. Nothing but his own choice can prevent any man from becoming a partaker of the promise in Christ by the gospel.” *Conflict and Courage*, 297 **LM**

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Subscriptions

United States: 1 year, \$35.00
Other countries: Cost of postage only

If you are unable to purchase a subscription, please request a gift subscription.

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

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Manifestation of God's Love

Pastor John J. Grosboll

Love is a sentiment, a feeling, an emotion; rarely, and only under divine influence, is it a deep and abiding condition of a repentant heart. Man, in his sinful condition, cannot create true love in his heart, and he is too selfish to sacrifice himself and his wants and desires for someone else, even those he believes he loves. But the love of God is much more and of an entirely different nature than the world's love. It is a principle established in the heart and manifested in action.

Do I really understand love?

God first manifested His love toward us in the works of creation. Both holy and beautiful, God pronounced His creative work as “very good.” (See Genesis 1 and 2.)

“Every flower, every shrub, every tree, answered the purpose of its Creator. Everything upon which the eye rested was lovely and filled the mind with thoughts of the love of God. Every sound was music in harmony with the voice of God.” *Testimonies*, Vol. 6, 358



However, we now live in a fallen world where we have but a faint conception of the beauty and glory of Eden. Yet even today, in the natural world, unmistakable signs and sounds display the love of God. The Bible says that the earth is full of the goodness of the Lord (Psalm 33:5). It still reveals the master Artist's skill and holy passion for the things He creates and declares that God is omnipotent, great in goodness and mercy.

When we look at green fields or lofty mountains, sunshine and clouds, dew sparkling on the grass and on the leaves of the trees in the early morning rays of the sun, the moon and the glory of the starry heavens at night, or hear the robin sing at the first signs of spring, it is clear that they all testify of God's great forbearance and love toward us. Love paints the sunset, crafts the delicate rose, and sends the gentle rain and soft breezes; all poured out upon an unthankful and rebellious world.

For thousands of years, Satan has attempted to counteract the tide of divine love flowing to the human family, tempting man to sin, and thus separating him from God. But his efforts failed, for in redemption, God revealed His love for the human race in sacrifice, a sacrifice so broad, so deep, so high that it is immeasurable. God's mercy and deep love were manifested in a way never seen before.

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." John 3:16

"When Adam's sin plunged the race into hopeless misery, God might have cut Himself loose from fallen beings. He might have treated them as sinners deserve to be treated. He might have commanded the angels of heaven to pour out upon our world the vials of His wrath. He might have removed this dark blot from His universe. But He did not do this. Instead of banishing them from His presence, He came still nearer to the fallen race. He gave His Son to become bone of our bone and flesh of our flesh. ...



*God
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creation.*

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

"Those who have professed to love Christ, have not comprehended the relation which exists between them and God, and it is still but dimly outlined to their understanding. They but vaguely comprehend the amazing grace of God in giving His only-begotten Son for the salvation of the world.

"In order to secure man to Himself and ensure his eternal salvation, Christ left the royal courts of heaven and came to this earth, endured the agonies of sin and shame in man's stead, and died to make him free." *God's Amazing Grace*, 176

"Christ by His human relationship to men drew them close to God. He clothed His divine nature with the garb of humanity, and demonstrated before the heavenly universe, before the un-fallen worlds, how much God loves the children of men." *Ibid.*, 53

The One who was with the Father before the worlds were created submitted to humiliation that He might uplift humanity. Prophecy draws back the veil that we may behold the throne of heaven and see, upon that throne high and lifted up, the One who came to this world in human form to suffer, lacerated with stripes and bruised for our iniquities. "The chastisement for our peace was upon Him, and by His stripes we are healed." Isaiah 53:5, *last part*

The heavenly universe watched as the Lord of glory—that sin might be pardoned and sinners redeemed—suffered in human form. He died so that the love of God might flow to every human being. It is true that in yielding to sin, the human race was under Satan's control and helpless captives, but God sent His Son into the world to break the devil's power and set the will of man free.

"To preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and

recovery of sight to the blind, to set at liberty those who are oppressed.” Luke 4:18

“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?” Isaiah 58:6

By pouring out heaven’s treasury in this one gift and giving me all heaven,

God has purchased my will, affections, mind, and body, and is true of every human being in the world. If we place ourselves under God’s control, our wills will become steadfast in doing what is right, and our hearts will no longer be selfish but changed, filled with Christlike love.

When the mind yields to the authority of the law, “bringing every thought into captivity to the obedience of Christ,” (2 Corinthians 10:5, *last part*), men and women—once unrighteous and servants of sin—will then be consecrated to the service of God and man. This redemption is effective only because God withheld not even Himself.

“Now all things are of God, who has reconciled us to Himself through Jesus Christ ... God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to use the word of reconciliation.” 2 Corinthians 5:18, 19

Just as the father and mother of a sick child share in their child’s suffering, so our heavenly Father suffered all the humiliation and agony of Jesus, His beloved Son. He came to save mankind, to pay the penalty for the world’s sins, bearing them in the sinner’s stead. He was rejected, mocked, beaten, slandered, stripped, humiliated, and finally, hung on a cross—a symbol of torture and death, raised between heaven and earth, a representation of the tie that can never be broken except by our own choice. Our human heart understands a parent’s love for their child, and what a mother or father will do or suffer for their beloved one. But we can never comprehend the depths of God’s self-sacrifice.

“

Every flower, every shrub, every tree, answered the purpose of its Creator.

Abraham and Isaac

Of all humanity, Abraham came closest to a true understanding of God’s love and sacrifice.

We all know the story. God told Abraham he would be the father of a great nation devoted to God. He promised Abraham he would have a son and that through his son Isaac, that nation would be numbered as the sands of the sea and the stars of heaven (Genesis 22:17). But best of all, it would be through this promised son that God’s own Son would come as the Messiah to save His people from their sins (Matthew 1:21).

When Isaac was a young man, God directed Abraham to take him to “the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you.” Genesis 22:2

“The command was expressed in words that must have wrung with anguish that father’s heart: ‘Take now thy son, thine only son Isaac, whom thou lovest, ... and offer him there for a burnt offering.’” *Patriarchs and Prophets*, 148

Abraham did not, at that moment, nor for the following three days, understand why God would promise him a son and then command such an incomprehensible action—sacrificing children was a heathen practice. But with faith like Job, Abraham did all that God had asked.

“At the appointed place they built the altar and laid the wood upon it. Then, with trembling voice, Abraham unfolded to his son the divine message. It was with terror and amazement that Isaac learned his fate, but he offered no resistance. He could have escaped his doom, had he chosen to do so; the grief-stricken old man, exhausted with the struggle of those three terrible days, could not have opposed the will of the vigorous youth. But Isaac had been trained from childhood to ready, trusting obedience, and as the purpose of God was opened before him, he yielded a willing submission. He was a sharer in Abraham’s faith, and he felt that he was honored in being called to give his life as an offering to God. He tenderly seeks to lighten the father’s grief, and encourages his nerveless

hands to bind the cords that confine him to the altar.

“And now the last words of love are spoken, the last tears are shed, the last embrace is given. The father lifts the knife to slay his son ...” Ibid., 152

The moment had come, but an angel of God stopped him: “Abraham ... Do not lay your hand on the lad, or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from Me.”

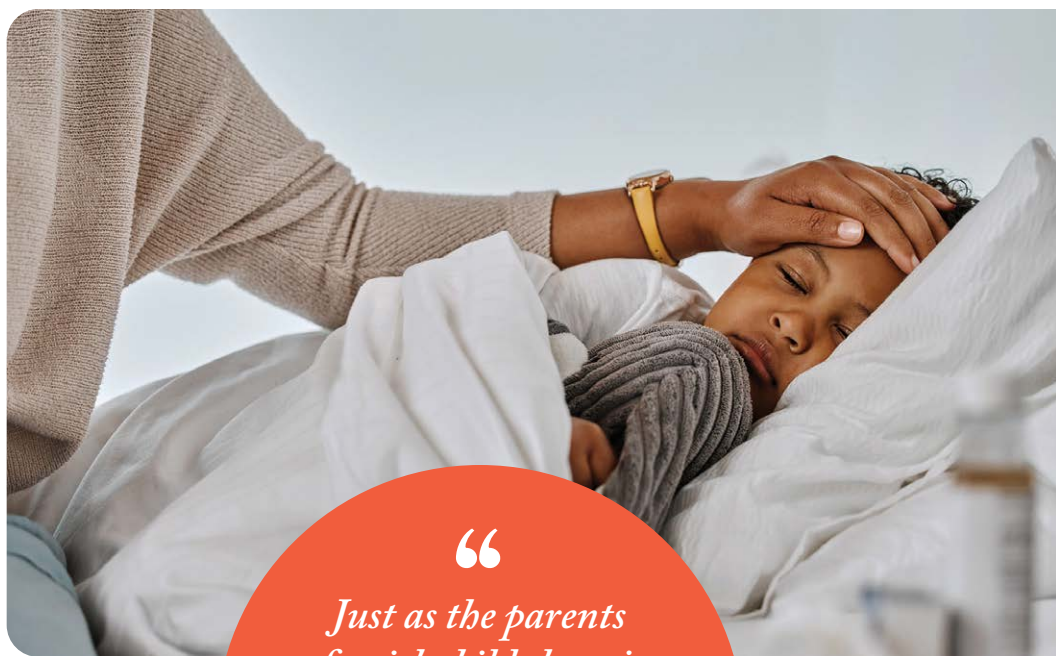
Genesis 22:11, 12

It is essential to understand that God did not create mankind and then over time fall in love with him. God created mankind because He wanted children to love, children who would return that love. This love, God's never-ending, all-encompassing love, is the reason He sent Jesus, withholding nothing, to be a sacrifice to save humanity.

Abraham's love for God enabled him to obey. To the human mind, God had made a monstrous request, but Abraham trusted that He would keep His promise regarding his son. His love and trust were so strong that he obeyed, knowing that God would provide, however the outcome. This love does not happen in a moment. It is cultivated as we daily exercise our faith in God's promises and love.

And what about Isaac? Once he knew what God had asked his father to do, though fear filled his heart, his love and trust, cultivated throughout his young life, allowed him, without argument or struggle, to obey God and put himself on that altar of stone, considering it an honor “to give his life as an offering to God.” *Patriarchs and Prophets*, 152

The plan of salvation didn't stop with Christ's life as an example for us to follow, nor with His death to pay sin's price. God appointed Jesus as our Advocate, standing before His altar, clothed with our nature, as Intercessor on our behalf. Christ has pledged Himself to be our substitute and our surety of salvation. His work is to introduce His children to the Father as His sons and daughters,



“
*Just as the parents
of a sick child share in
their child's suffering, so our
heavenly Father suffered
all the humiliation and
agony of Jesus, His
beloved Son.*”

and He neglects no one.

“There is an inexhaustible fund of perfect obedience accruing from His obedience. In heaven, His merits, His self-denial, and self-sacrifice, are treasured as incense to be offered up with the prayers of His people. As the sinner's sincere, humble prayers ascend to the throne of God, Christ mingles with them the merits of His own life of perfect obedience. Our prayers are made fragrant by this incense. Christ has pledged Himself to intercede in our behalf, and the Father always hears the Son.” *Sons and Daughters of God*, 22

Christ took on human nature and lived a life of humiliation so that He might elevate man's moral worth with the Father. He carried His adopted nature to the throne of God, and it is there that He presents His children to the Father, conferring upon them an honor exceeding that conferred upon angels.

“In Him we live and move and have our being.” Acts 17:28. Every heartbeat,

each breath comes to us from the great I AM, the ever-present God, who breathed the breath of life into the nostrils of Adam.

The great and infinite God lives not unto Himself but for the benefit and blessing of every human being, every object of His creation.

The Opposite Principle

Satan lives by the principle of self-serving, which he attributes to the Father by misrepresenting His character to the world. Satan leads man to accept this principle, making him believe that he would be happiest serving himself. However, the Son of God demonstrated this principle to be false.

Jesus committed to God that He would live a life that would rightly represent His character. True ministry and true service were exemplified in Jesus' life so that His people might not be misled by the selfishness that dwells in the unconverted heart and which

is strengthened by self-serving. Christ Himself set an example of service and ministering to others throughout His life (Acts 10).

“He saw the work of Satan revealed in all their woe, and He made every case of need and sorrow His own. With a power that never quailed, He cast out the evil spirits that possessed both mind and body. The power of love was in all His healing, and of the suffering multitudes that were brought to Him, it was said, ‘He healed them all.’

“The Saviour saw a still greater need than bodily suffering. He saw symptoms of a deeper illness. The sufferings of the body excited His pity, but He was moved to still greater pity by the need of the soul.

“With a love that never faltered, Christ spoke to men the words of eternal life. ... To the weary and sin-burdened He said, ‘Come unto Me, all ye that labour and are heavy laden, and I will give you rest.’ He invited them, ‘Take My yoke upon you, and learn of Me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For My yoke is easy, and My burden is light.’

“Before men and angels, by His life of obedience and ministry, Christ represented the character of God. ‘God was in Christ, reconciling the world unto Himself.’

“In His work on earth, Christ lifts the veil that conceals the invisible world from our view, and reveals the power that is constantly exercised for our good. The same ministry which He performed on earth was continued after His ascension to heaven. Through His representative, the Holy Spirit, God in Christ

still ministers to the children of men.” *Australasian Union Conference Record*, June 1, 1900

The immeasurable gift of the Holy Spirit is promised to each of us. God grants the riches of His grace to flow earthward to men, and if all would accept it, then the power of the Holy Spirit would be poured out upon the church. All the powers of the heavenly world are enlisted and engaged in executing God’s plans to bring man back from rebellion to reconciliation with Himself. With intense earnestness, everything that can be done is being done to bring man back to moral efficiency, and then in Christ, he may be more than a conqueror. Do you long for that day?

“Invisible armies of light and power attend the meek and lowly ones who believe and claim the promises of God. Cherubim and seraphim, and angels that excel in strength—‘ten thousand times ten thousand, and thousands of thousands’—stand at His right hand, ‘all ministering spirits sent forth for them who shall be heirs of salvation.’” *Ibid.*

But even more than this, God has manifested His love to mankind by making you and me partners with Himself in the work of salvation. “We are laborers together with God.” 1 Corinthians 3:9. We are called to represent Him as ambassadors of His love. We are to cooperate as delegates of heaven, to do a work that the angels cannot do because man is meant to communicate with his fellow man.

Through the ministry of angels, God sends light to His people; so that through His people, light is to be given

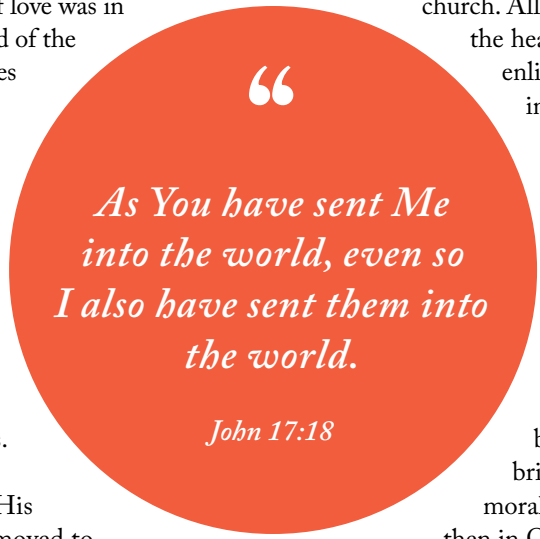
to the world. Man is to be connected with his fellow man as God’s instrumentalities to work on their behalf. We are given the privilege to unite with God for the salvation of humanity, to experience His joy in the redeemed, and to bring honor and praise to His exalted name.

God manifested His love to us in creation, the plan of redemption, His innumerable gifts and infinite sacrifice, and by the service of His Son, the Holy Spirit, and the angels. And He asks, “Do you appreciate My love for you?” If we do, He desires us to accept the salvation He freely offers us, realize our high privilege of being His children, and walk with Him in obedience and humble thanksgiving, serving Him in the newness of life with gladness every day. He longs to see gratitude swelling in our hearts. We have an Advocate by whom we can approach the mercy seat and the Father’s throne of grace because our names are written in the book of life. He tells us that we can now rejoice because we are the heritage of the Lord.

The righteousness of Christ is the white robe we will wear while rejoicing in the blessed hope of the soon appearing of our Lord as the King of kings. We must form a habit of praising the Lord for what He has done for us. To glorify God in fullness and sincerity of heart is just as much a Christian duty as it is to pray or study His word because we must show, not just to people in this world but to all the heavenly intelligences as well, how much we appreciate the wonderful love of God manifested to fallen humanity. They must see that we expect still greater blessings from our Father in heaven.

After a special outpouring of the Holy Spirit, our joy in the Lord and efficiency in His service will greatly increase. We must speak of the precious chapters in our experience, recounting His goodness, blessings, and wonderful works for His children.

God knows the future, and He knows far in advance how He will answer the



“As You have sent Me into the world, even so I also have sent them into the world.”

John 17:18

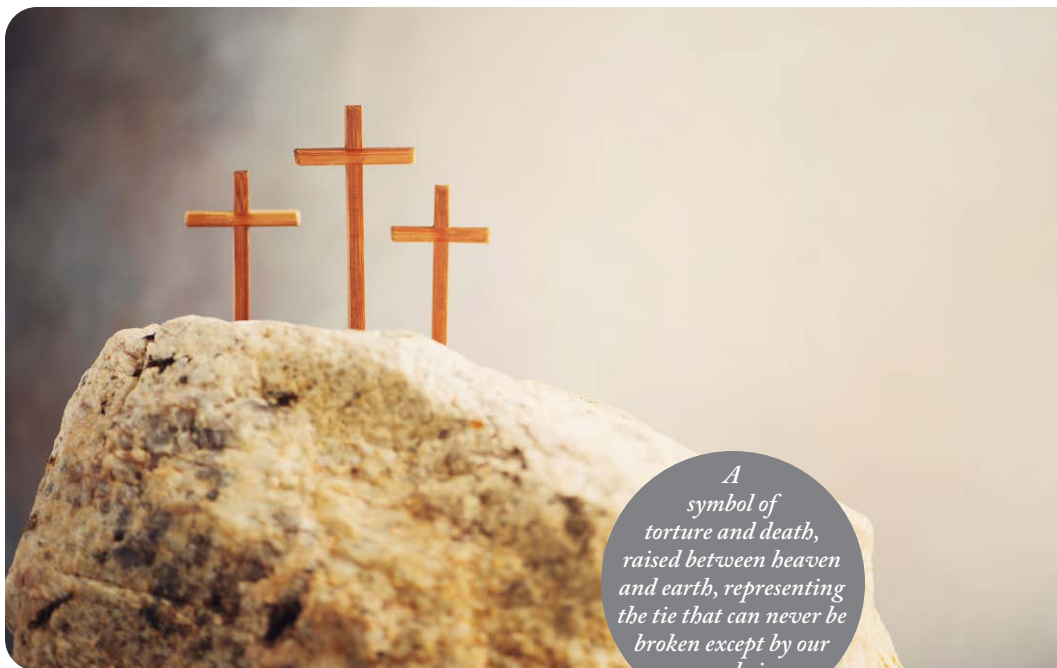
prayer, though not yet uttered, and He will have the answer ready. We will never catch God by surprise for He is constantly planning for our good, not just now but in the future. Some people fear the time of trouble that is soon to come. But remember, God says, "I am with you always, even to the end of the world." (Matthew 28:20, *last part*, KJV) He knows what you need and is able and willing to supply it. He says to cast all your cares on Him because He cares for you (1 Peter 5:7).

Over and over again, God has answered our prayers and delivered us out of trouble. Now, we must do our part by demonstrating the strength of our faith in Him to do just as He said He would do for us. Our trust is not in vain, and our thankfulness and joy to our heavenly Father is shown, not just by praise services or by the words that we speak but also by what we do. It is time for us to be engaged in personal ministry and sacrifice for the good of others.

In His prayer to His Father, Jesus said of His disciples, "As You have sent Me into the world, even so I also have sent them into the world." John 17:18. The great commission (Matthew 28:19, 20) was not given just to Jesus' disciples, ministers, or church leaders. He also gives it to all who would believe in Him until the end of time on this earth.

Jesus said to go into all the world, preach the gospel to every creature, heal the sick, cleanse the lepers, raise the dead, and cast out devils. "As every man has received the gift, even so, minister the same to one another, as good stewards of the manifold grace of God." 1 Peter 4:10. In this way, God desires us to fulfill His purpose of grace by the power of His love. Through obedience, fallen man—made from the dust of the earth—is to be transformed, fitted to be a member of the heavenly family, a companion of God, Christ, and holy angels throughout the eternal ages.

Then all of heaven will triumph, as the vacancies in the heavenly host,



A symbol of torture and death, raised between heaven and earth, representing the tie that can never be broken except by our own choice.

made by the expulsion of Satan and the angels who followed him, will be filled with the redeemed of the Lord. God's plan for you is higher than the highest human thought can reach, too big for our polluted minds to comprehend just now.

Do not turn your back on God's plans for you. Do not let the tinsel or noise of this world distract you from the blessings now and the future to come. Satan and the things of this world have nothing for us compared with what God has planned.

We do not, at the end of the millennium, want to be among those who are standing outside of the city saying, "This could have been mine," never to walk the streets of gold, to hear the rushing of the river, or to taste the fruit of the tree of life, or to kneel at the feet of Jesus and touch the scars on His hands, scars He bears for all, the sacrifice made, the salvation offered, although rejected by so many.

"The last tear for sinners had been shed, the last agonizing prayer offered, the last burden borne, the last warning given. The sweet voice of mercy was no more to invite them. When the saints,

and all heaven, were interested for their salvation, they had not interest for themselves. Life and death had been set before them. Many desired life, but made no effort to obtain it. They did not choose life, and now there was no atoning blood to cleanse the guilty, no compassionate Saviour to plead for them and cry, 'Spare, spare the sinner a little longer.' All heaven had united with Jesus, as they heard the fearful words, 'It is done. It is finished.' The plan of salvation had been accomplished, but few had chosen to accept it. And as mercy's sweet voice died away, fear and horror seized the wicked. With terrible distinctness, they heard the words, 'Too late! Too late!' " *The Story of Redemption*, 404

It is not too late now. Now is the time. Every human being who responds to God's love will be saved. Don't miss out on what God has prepared for you. **LM**

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The Loud Cry

Lawrence Nelson

Studying the second coming of Christ thrills us with anticipation. The next most exciting subject is the loud cry, for it stirs our hearts for the climax of victory. Surrounding the loud cry is a large cluster of events that begins with the national Sunday law and ends with the close of probation.

Courage or Compromise?

Revelation 18 contains the introduction of the loud cry that is to be given to the entire world.

“After these things I saw another angel coming down from heaven, having great authority, and the earth was illuminated



with his glory. And he cried mightily with a loud voice, saying, 'Babylon the great is fallen, is fallen, and has become a dwelling of demons, a prison for every foul spirit, and a cage for every unclean and hateful bird! For all the nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth have become rich through the abundance of her luxury.'

"And I heard another voice from heaven saying, 'Come out of her, My people, lest you share in her sins, and lest you receive of her plagues. For her sins have reached unto heaven, and God has remembered her iniquities.'" Verses 1-5

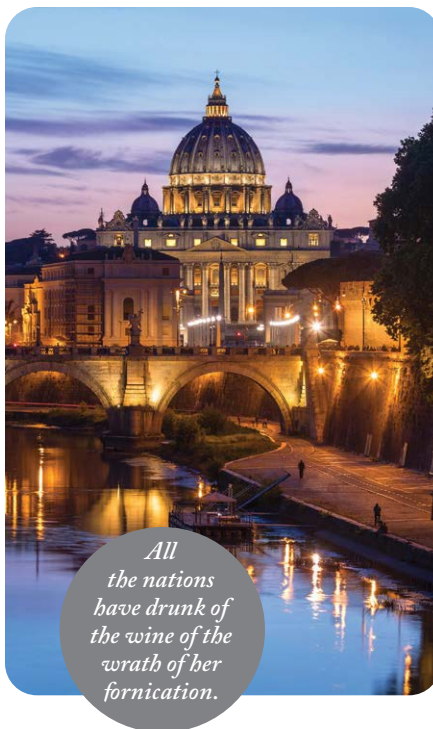
This most powerful message of the loud cry will begin as soon as the United States of America enacts the national Sunday law. Immediately, Rome will compel every nation on earth to follow the United States and declare Sunday the universal day of worship.

"Foreign nations will follow the example of the United States. Though she leads out, yet the same crisis will come upon our people in all parts of the world." *Testimonies*, Vol. 6, 395

"All nations and tongues and peoples will be commanded to worship this spurious sabbath. This is Satan's plan to make of no account the day instituted by God, and given to the world as a memorial of Creation.

"The decree enforcing the worship of this day is to go forth to all the world." *Maranatha*, 214

Here, the loyal Sabbathkeepers will face the crisis of their lives. Would they rather die than sin against God, or will they compromise to avoid conflict and death? Will they accept the mark of the beast or the seal of God? Only a small remnant will receive the seal of God, and the Holy Spirit will pour out the latter rain, enabling them to give the loud cry quickly to the entire world. Keep in mind that the sealing is a progressive work, and as men and women



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fornication.*

all over the world come to understand what is taking place in the loud cry, they will make their decisions in response to the three angels' messages to accept or reject God's final appeal. Divine power will be displayed in their lives by the words they will speak.

Satan will manifest himself as Christ returning to the earth.

"Satan sees that he is about to lose his case. He cannot sweep in the whole world. He makes one last desperate effort to overcome the faithful by deception. He does this in personating Christ. He clothes himself with the garments of royalty which have been accurately described in the vision of John. He has power to do this. He will appear to his deluded followers, the Christian world, who received not the love of the truth but had pleasure in unrighteousness (transgression of the law), as Christ coming the second time.

"He proclaims himself Christ, and he is believed to be Christ, a beautiful, majestic being clothed with majesty and, with soft voice and pleasant words, with glory unsurpassed by anything

their mortal eyes had yet beheld. Then his deceived, deluded followers set up a shout of victory, 'Christ has come the second time! Christ has come! He has lifted up His hands just as He did when He was upon the earth, and blessed us.'"

Last Day Events, 164

I believe this to be Satan's attempt to counterfeit the mighty work of the fourth angel.

Let's look at the sequence once again.

- National Sunday law
- Universal Sunday law
- Sealing
- Latter rain
- Loud cry, which Satan tries to counterfeit with his satanic manifestations

God provides tremendous information to us as He sends the fourth angel to empower the loud cry so that nothing on earth can stop it. This makes it possible to reveal that Babylon is fallen, unmask her sins, and call His people to come out of her lest they should participate in her plagues.

We must be aware that the Lord has people in all other churches.

"The Lord has His representatives in all the churches. These persons have not had the special testing truths for these last days presented to them under circumstances that brought conviction to heart and mind; therefore, they have not, by rejecting light, severed their connection with God." *Testimonies*, Vol. 6, 70, 71

"Notwithstanding the spiritual darkness and alienation from God that exist in the churches which constitute Babylon, the great body of Christ's true followers are still to be found in their communion." *The Great Controversy*, 390

We are not to be discouraged by the many within our church who are captivated by false teachings. Though they may leave God's true church by the millions, millions in other churches will heed the loud cry and come out of Babylon, taking their place among God's people. This is encouraging!

How are God's people to react to this Sunday law?

We must never give the impression that we are resting on Sunday in honor of the Sunday sabbath. We may quietly work within our home on Sunday; we may quietly rest during part of Sunday as we do on any other day, remembering it is a work day as God has spoken, "Six days you shall labor and do all your work." Exodus 20:9

"We must take a firm stand that we will not reverence the first day of the week as the Sabbath, for it is not the day that was blessed and sanctified by Jehovah, and in reverencing Sunday, we should place ourselves on the side of the great deceiver." *Selected Messages*, Book 3, 388

What a wonderful God we serve. He cares so much for us that He tells us what we may or may not do so that we do not have to fail.

"The people will soon find out what you believe about Sunday and the Sabbath for they will ask questions. Then you can tell them, but not in such a manner as to attract attention to your work. You need not cut short your work by yourself laboring on Sunday. ...

"Refraining from work on Sunday is not receiving the mark of the beast. ... In places where the opposition is so strong as to arouse persecution, if work is done on Sunday, let our brethren make that day an occasion to do genuine missionary work." *Last Day Events*, 139

Years ago, an attempt was made to pass a Sunday law in Australia. Notice the counsel Ellen White offered.

"At one time those in charge of our school at Avondale inquired of me, saying: 'What shall we do? The officers of the law have been commissioned to arrest those working on Sunday.' I replied: 'It will be very easy to avoid that difficulty. Give Sunday to the Lord as a day for doing missionary work. Take the students out to hold meetings in different places, and to do medical missionary work. They will find the people at home and will have a splendid opportunity to

present the truth. This way of spending Sunday is always acceptable to the Lord.'" *Testimonies*, Vol. 9, 238

Conducting Sabbath school for the children on Sunday is acceptable, but never conduct a worship service on Sunday. There is a vast difference between these two programs.

"When the practices of the people do not come in conflict with the law of God, you may conform to them. If the workers fail to do this, they will not only hinder their own work, but they will place stumbling blocks in the way of those for whom they labor, and hinder them from accepting the truth. On Sunday there is the very best opportunity for those who are missionaries to hold Sunday schools, and come to the people in the simplest manner possible, telling them of the love of Jesus for sinners, and educating them in the Scriptures. ...

"The light that I have is that God's servants should go quietly to work, preaching the grand, precious truths of the Bible—Christ and Him crucified. His love and infinite sacrifice—showing that the reason why Christ died is because the law of God is immutable, unchangeable, eternal. The Sabbath must be taught in a decided manner, but be cautious how you deal with the idol Sunday. A word to the wise is sufficient." *Maranatha*, 177

Mrs. White provides straightforward counsel regarding obedience to the laws of earthly government and God's law.

"The people of God will recognize human government as an ordinance of divine appointment and will by precept and example teach obedience to it as a sacred duty so long as its authority is exercised within its legitimate sphere. But when its claims conflict with the claims of God we must choose to obey God rather than men. The word of God must be recognized and obeyed as an authority above that of all human legislation. 'Thus saith the Lord' is not to be set aside for a 'Thus saith the church or the state.' The crown of

Christ is to be uplifted above all the diadems of earthly potentates." *Last Day Events*, 142

The loud cry is the second angel's message found in Revelation 14:8.

A fearful judgment will come upon those who will worship the beast and his image. This test prepares a people to obey God in the final conflict.

"This warning is brought to view in Revelation 14. Here is a threefold message represented as proclaimed by heavenly beings and immediately followed by the coming of the Son of man to reap 'the harvest of the earth.'" *The Great Controversy*, 311

Notice what makes the loud cry so different from what the men of God preached for years.

"Heretofore those who presented the truths of the third angel's message have often been regarded as mere alarmists. Their predictions that religious intolerance would gain control in the United States, that church and state would unite to persecute those who keep the commandments of God, have been pronounced groundless and absurd. ... But as the question of enforcing Sunday observance is widely agitated, the events so long doubted and disbelieved is seen to be approaching, and the third message will produce an effect which it could not have had before. ...

"Men of faith and prayer will be constrained to go forth with holy zeal, declaring the words which God gives them. The sins of Babylon will be laid open. The fearful results of enforcing the observances of the church by civil authority, the inroads of spiritualism, the stealthy but rapid progress of the papal power—all will be unmasked. By these solemn warnings, the people will be stirred." *Ibid.*, 605, 606

The loud cry includes far more.

The loud cry is a mighty appeal with a message of obedience to the law of

God made possible by the enabling grace of Christ. It is a message of righteousness and justification by faith. Revelation 14:12, “Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.” This is a revelation of the righteousness of Christ, the sin-pardoning Saviour.

“The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth.” *Selected Messages*, Book 1, 363. The message is to be a revelation of God’s character, how God’s love can lift a man out of the pit of sin and give him complete victory over every sin.

“The last message of mercy to be given to the world is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them.” *Christ’s Object Lessons*, 415, 416

“The message of Christ’s righteousness is to sound from one end of the earth to the other to prepare the way of the Lord. This is the glory of God, which closes the work of the third angel.” *Testimonies*, Vol. 6, 19

When will this glory of God be manifested to all the earth?

“When do her sins reach unto heaven [Revelation 18:2–5]? When the law of God is finally made void by legislation.” *Last Day Events*, 198. This is the clear result of the universal Sunday law.

Now is the time for God to act.

God commissions the fourth mighty angel to join with the third angel’s message.

“I saw another mighty angel commissioned to descend to the earth, to unite his voice with the third angel, and give power and force to his message. Great



power and glory were imparted to the angel, and as he descended, the earth was lightened with his glory. The light which attended this angel penetrated everywhere, as he cried mightily, with a strong voice, ‘Babylon the great is fallen, is fallen.’” *Early Writings*, 277

The loud cry will penetrate the deepest darkness.

“Amidst the deepening shadows of earth’s last great crisis, God’s light will shine brightest, and the song of hope and trust will be heard in clearest and loftiest strains.” *Education*, 166

The message will be given all over the earth.

“During the loud cry, the church, aided by providential interpositions of her exalted Lord, will diffuse the knowledge of salvation so abundantly that light will be communicated to every city and town.” *Evangelism*, 694

“In every city in America, the truth is to be proclaimed. In every country of the world, the warning message is to be given. ...

“In heathen Africa, in the Catholic lands of Europe and of South America, in China, in India, in the islands of the sea, and in all the dark corners of the earth, God has in reserve a firmament

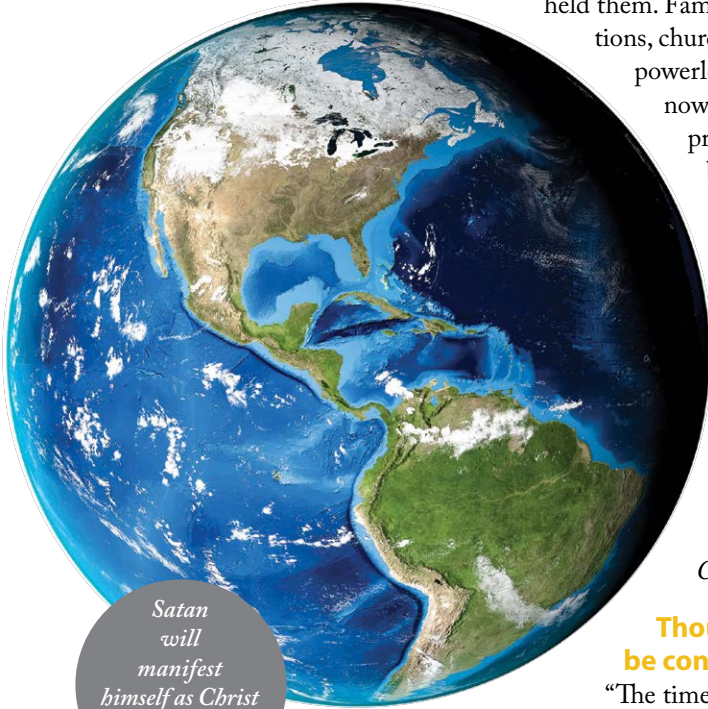
of chosen ones that will yet shine forth amidst the darkness, revealing clearly to an apostate world the transforming power of obedience to His law.” *Last Day Events*, 208, 211, 212

The whole earth is to be enlightened.

“Servants of God, with their faces lighted up and shining with holy consecration, will hasten from place to place to proclaim the message from heaven. By thousands of voices, all over the earth, the warning will be given. Miracles will be wrought, the sick will be healed, and signs and wonders will follow the believers. Satan also works, with lying wonders, even bringing down fire from heaven in the sight of men. Revelation 13:13. Thus the inhabitants of the earth will be brought to take their stand.

“The message will be carried not so much by argument as by the deep conviction of the Spirit of God. The arguments have been presented. The seed has been sown, and now it will spring up and bear fruit. The publications distributed by missionary workers have exerted their influence, yet many whose minds were impressed have been prevented from fully comprehending the truth or from yielding obedience. Now the rays

of light penetrate everywhere, the truth is seen in its clearness, and the honest children of God sever the bands which have held them. Family connections, church relations, are powerless to stay them now. Truth is more precious than all besides. Notwithstanding the agencies combined against the truth, a large number take their stand upon the Lord's side." *The Great Controversy*, 612



Satan will manifest himself as Christ returning to the earth.

The loud cry message will go rapidly.

The loud cry will spread like lightning, flashing from the east to the west.

"The bright light going among the living creatures with the swiftness of lightning represents the speed with which this work will finally go forward to completion." *Testimonies*, Vol. 5, 754

In other places, we are told that it will spread like the fire in the stubble.

"When divine power is combined with human effort, the work will spread like fire in the stubble. God will employ agencies whose origin man will be unable to discern; angels will do a work which men might have had the blessing of accomplishing, had they not neglected to answer the claims of God." *Selected Messages*, Book 1, 118

Thousands will be converted.

"The time is coming when there will be as many converted in a day as there were on the day of Pentecost, after the disciples had received the Holy Spirit." *Evangelism*, 692

The evil concepts taught by the ministers and priests of Babylon will be swept away.

"The safeguards which false shepherds have thrown around their flocks will become as nought; thousands will step out into the light, and work to spread the light. Heavenly intelligences will combine with the human agencies. Thus encouraged, the church will indeed arise and shine, throwing all her sanctified energies into the contest; thus the design of God is accomplished; the lost pearls are recovered." *Ibid.*, 692, 693. Oh, how we should praise God for the return of many backsliders.

"When the storm of persecution really breaks ... many who have strayed from the fold will come back to follow the great Shepherd. The people of God will draw together and present to the enemy a united front." *Testimonies*, Vol. 6, 401

The prophet Amos describes the finishing of God's work on earth in this way:

"Behold, the days come, saith the Lord, that the plowman shall overtake the reaper, and the treader of grapes him that soweth seed." Amos 9:13 KJV. Yes, we shall be overwhelmed with the speed of which the gospel will go.

"These conversions to truth will be made with a rapidity that will surprise the church, and God's name alone will be glorified." *Selected Messages*, Book 2, 16

"The final movements will be rapid ones." *Testimonies*, Vol. 9, 11

"For He will finish the work and cut it short in righteousness, because the Lord will make a short work upon the earth." Romans 9:28

The loud cry will come with great power.

The latter rain will fall with ten times the power of the midnight cry given in 1844.

"I saw the latter rain was coming as [suddenly as] the midnight cry, and with ten

times the power.” *Spalding and Magan Collection*, 4

How can we contain ourselves when we realize what’s soon to come?

“Souls that were scattered all through the religious bodies answered to the call, and the precious were hurried out of the doomed churches, as Lot was hurried out of Sodom before her destruction.”

Early Writings, 279

The vast majority will reject the message.

“Some will listen to these warnings, but by the vast majority they will be disregarded.” *In Heavenly Places*, 343

God never forces the will, but false ministers will denounce the truth to hold the people.

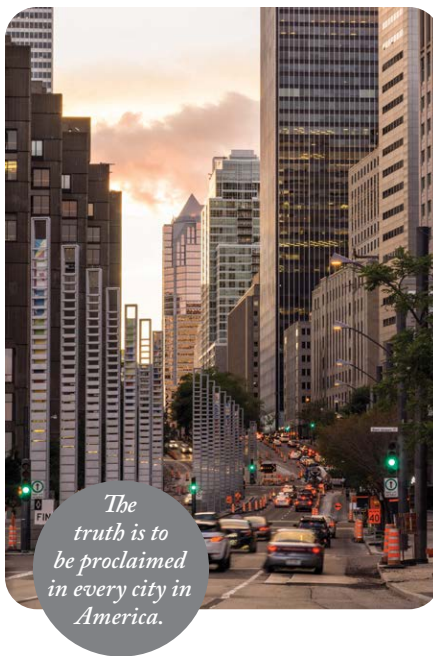
“The popular ministry, like the Pharisees of old, filled with anger as their authority is questioned, will denounce the message as of Satan and stir up the sin-loving multitudes to revile and persecute those who proclaim it.” *The Great Controversy*, 607

What a thrill to our souls! Laymen of faith and prayer will finish the work of the loud cry.

“As the time comes for it to be given with greatest power, the Lord will work through humble instruments, leading the minds of those who consecrate themselves to His service. The laborers will be qualified rather by the unction of His Spirit than by the training of literary institutions. Men of faith and prayer will be constrained to go forth with holy zeal, declaring the words which God gives them.” *Ibid.*, 606

Uneducated men and even children will finish this work.

“Many ... will be seen hurrying hither and thither, constrained by the Spirit of God to bring the light to others. The truth, the word of God, is as a fire in their bones, filling them with a burning desire to enlighten those who sit in



darkness. Many, even among the uneducated, now proclaim the words of the Lord. Children are impelled by the Spirit to go forth and declare the message from heaven. The Spirit is poured out upon all who will yield to its promptings, and, casting off all man’s machinery, his binding rules and cautious methods, they will declare the truth with the might of the Spirit’s power. Multitudes will receive the faith and join the armies of the Lord.” *Evangelism*, 700

God Himself will take charge of this final work.

“Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. There will be those among us who will always want to control the work of God, to dictate even what movements shall be made when the work goes forward under the direction of the angel who joins the third angel in the message to be given to the world. God will use ways and means by which it will be seen that He is taking the reins in His own hands. The workers will be surprised by the simple means that He will use to bring about and per-

fect His work of righteousness.” *Testimonies to Ministers and Gospel Workers*, 300

“Those who receive Christ as a personal Saviour will stand the test and trial of these last days. Strengthened by unquestioning faith in Christ, even the illiterate disciple will be able to withstand the doubts and questions that infidelity can produce, and put to blush the sophistries of scorners.

“The Lord Jesus will give the disciples a tongue and wisdom that their adversaries can neither gainsay nor resist. Those who could not, by reasoning, overcome satanic delusions will bear an affirmative testimony that will baffle supposedly learned men. Words will come from the lips of the unlearned with such convincing power and wisdom that conversions will be made to the truth. Thousands will be converted under their testimony. ...

“There are many men in our world who are like Cornelius. ... As God worked for Cornelius, so He works for these true standard-bearers. ... They will obtain a knowledge of God as Cornelius did through the visitation of angels from heaven.

“When divine power is combined with human effort, the work will spread like fire in the stubble. God will employ agencies whose origin man will be unable to discern. Angels will do a work which men might have had the blessing of accomplishing had they not neglected to answer the claims of God.” *Last Day Events*, 207

Indeed, the loud cry will finish the work many today consider impossible. The work will be finished quickly, and Jesus will come. **LM**

Pastor Lawrence Nelson served the Seventh-day Adventist church for over fifty years as a pastor and evangelist, then in Conference, Union, and General Conference leadership. He was also the director of Keep the Faith Audio Tape Ministry. Pastor Nelson passed to his rest on April 18, 2012.



Managing Our Emotions

Pastor Domingo Nunez

When creating humanity, God imbued us with His likeness, enriching us with emotions such as love, joy, happiness, and peace. Yet, with the dawn of sin, additional emotions—guilt, anger, disappointment, fear, and insecurity—emerged, emotions that were never part of God’s original design. Often, life’s circumstances can pull these emotions to the forefront, nudging us away from our spiritual path. It is crucial, then, that we learn to effectively manage and harness our emotions.

As followers of God’s teachings, we should be guided by principles of humility, discipline, and obedience. As we fully surrender our hearts, souls, and minds to Him, we allow His will to lead our emotions, enabling us to think and act as He does, thereby reflecting His character.

This mindset is vital to spiritual growth. The essence of this journey involves constant prayer and striving to mirror God’s character. By aligning our emotions and actions with His will, we prepare ourselves for the promised everlasting life.

God designed us to feel deeply. The Lord Himself felt pain, suffering, love, and compassion, demonstrating that emotions are integral to our humanity. However, our challenge is to ensure that these emotions do not govern us. Misguided beliefs that God is not in control can lead to fear and anger. Our feelings should lead us to self-reflection and align our hearts with divine truth. Identifying the root of our emotions and addressing them with biblical principles can lead us to live a life that glorifies God.

James underscores this in his epistle, urging us to listen carefully, speak thoughtfully, and practice patience. We are encouraged to embrace the wisdom of God's word, which has the power to save our souls. Allowing God's word to be deeply embedded within us is essential, preparing us for life's challenges and ensuring that our reactions and choices reflect divine wisdom rather than impulsive emotions. When faced with trials, we must ask, "What is God's guidance in this situation?" rather than letting emotions dictate our responses.

Romans 6 tells us that when we surrender to Jesus, we shed our old selves and embrace a life aligned with Christ. We are reminded not to revert to past behaviors but to stride forward in faith and maturity.

Ephesians 5 advises us to conduct ourselves wisely, making the most of our time and staying filled with the Spirit. Our actions should resonate like a melody to God—prompting us to meditate on how our reactions honor Him.

The Bible teaches us that if we claim to stand in Christ, our actions should reflect this commitment. Our emotions, though powerful, should be brought before God, allowing Him to guide our actions and sometimes prompting us to forgive or seek forgiveness.

Bringing our emotions to God is exemplified in the Psalms, expressing them openly while seeking His truth and righteousness. Allowing God to direct our emotional responses helps us mature in faith, embodying the virtues of holiness and righteousness.

Furthermore, God wants us to support each other, as highlighted in Galatians 6. Bearing one another's burdens exemplifies Christ's law of love. Judgment and reproach should be replaced with empathy and support, allowing the Holy Spirit to work through us.

Finally, self-reflection, as advised in Galatians, ensures that we seek God's guidance instead of selfish desires. We

are urged to bear our own responsibilities and, through diligence and determination, God will provide help in our struggles.

Ultimately, living according to the gospel requires discipline. The gospel offers blessings to those committed to its principles. We are also taught in Galatians to share what we learn, spreading its goodness, and thus enriching both teacher and learner alike.

"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:7-9. This text reminds us of the paramount responsibility we have toward our fellow believers. As members of the church, our primary obligation is to nurture one another's faith. Often, we focus on preaching the gospel and sharing the three angels' messages, yet we must first embody these principles ourselves. It is a grave error to neglect this personal transformation, as the Lord evaluates our service potential based on our personal adherence to His teachings.

"Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith." Verse 10. This text highlights the importance of mutual support among believers. Fellow Christians can offer comfort, encouragement, and a fresh perspective during times of discouragement. Instead of judgment, we should extend compas-

sion and assistance, helping each other overcome personal challenges. It is akin to teaching someone to fish rather than just providing a fish for a meal. Our goal should be to cultivate independence, enabling individuals to stand on their own and seek personal salvation.

"Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also

told you in time past, that those who practice such things will not inherit the kingdom of God." Galatians 5:19-21. We must meditate on these texts, which will help us understand the importance of allowing God to manage our emotions. Without His guidance, we risk exacerbating problems rather than providing assistance and creating joy.

"Every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven men." Matthew 12:31. This passage emphasizes the significance of controlling our words and thoughts. Every idle word is accountable on the day of judgment. Therefore, it is critical to ensure our emotions are governed by God. Prayer and meditation on God's attributes are vital for transforming our minds and emotions through the Holy Spirit, which fosters self-control.

Christian fellowship is an essential aspect of spiritual growth. By supporting

“

God imbued us with His likeness, enriching us with emotions such as love, joy, happiness, and peace.

Continued on page 32

Preparing for Eternity

Clues – NKJV

Across

- B2 Do not be _____ by evil. Romans 12:21
 B15 By your _____ possess your souls. Luke 21:19
 D3 Eli did not _____ his sons. 1 Samuel 3:12
 D13 Arise, shine for your _____ has come. Isaiah 60:1
 F17 The glory of the Lord is _____ upon you. Isaiah 60:1
 G10 God will surely _____ all of you. Micah 2:12
 H2 _____ from every form of evil. 1 Thessalonians 5:22
 I11 Bind up the broken and _____ what was sick. Ezekiel 34:16
 K7 God has _____ us to Himself through Jesus Christ. 2 Corinthians 5:18
 K18 By this, My Father is _____, bearing much fruit. John 15:8
 N8 Take heed and beware of _____. Luke 12:15
 Q8 There is a _____ that curses its father. Proverbs 30:11
 Q19 In the last days, _____ times will come. 2 Timothy 3:1
 T7 Do not lay up _____ on earth. Matthew 6:19
 U17 Where is the _____ that was given to you? Jeremiah 13:20
 V3 Behold, the _____ shall cover the earth..... Isaiah 60:2
 W12 They told you there would be _____ in the last time. Jude 17
 W23 Grace is the _____ of God. Ephesians 2:8
 Y2 I have trodden the _____ alone. Isaiah 63:3
 Y13 The _____ shall come to your light. Isaiah 60:3

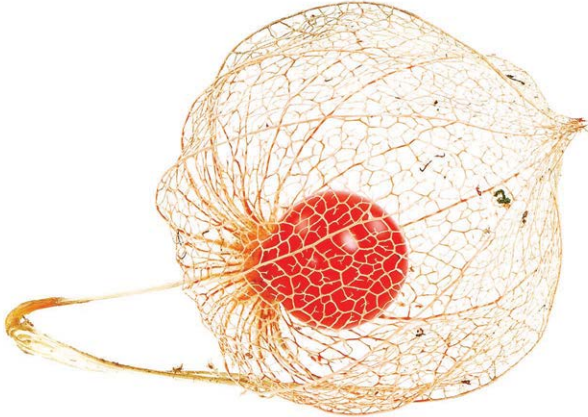
Down

- B4 A man's _____ will be those in his own household. Matthew 10:36
 B20 Your daughters shall be _____ at your side. Isaiah 60:4
 D17 Do not be afraid of their _____ or be troubled. Isaiah 8:12
 F7 _____ are a heritage from the Lord. Psalm 127:3
 F13 God has not given us a spirit of _____. 2 Timothy 1:7
 G2 A hen _____ her chicks under her wings. Matthew 23:37
 G15 The _____ you have been given displayed the truth. Psalm 60:4
 G22 A _____ of camels shall cover your land. Isaiah 60:6
 G24 You who are _____, restore with gentleness. Galatians 6:1
 H5 O Zion, you who bring good _____. Isaiah 40:9
 H19 Have no _____ with the unfruitful works of darkness. Ephesians 5:11
 J9 We _____ our wickedness. Jeremiah 14:20
 M17 Always be ready to give a _____ for your faith. 1 Peter 3:15
 P11 Even children are known by their _____. Proverbs 20:11
 P21 Do not _____ your children. Ephesians 6:4
 P23 The Lord will make _____ clouds. Zechariah 10:1
 S7 The Spirit of the Lord will lift up a _____ against him. Isaiah 59:19
 S14 Job _____ out the case he did not know. Job 29:16
 T4 The _____ was enraged with the woman. Revelation 12:17

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Answer Key:

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Be Ye Therefore Perfect

As ye have therefore received Christ Jesus the Lord, so walk ye in Him, rooted and built up in Him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.” “For in Him dwelleth all the fullness of the Godhead bodily. And ye are complete in Him.”

There is opened before all Christians a path of continual advancement. They have an object to reach, a standard to gain, which includes everything good, and pure, and noble, and elevating; and they should make constant progress toward perfection of character. The ideal of Christian character is Christlike-

ness. The religion of Jesus Christ never degrades the receiver, never makes him coarse or rough, discourteous or self-important, passionate or hard-hearted. On the contrary, it refines the taste, sanctifies the judgment, and softens the heart. It purifies and elevates the thoughts, bringing them into captivity to Christ.

The living God has given us in His law a transcript of His character, and this law He calls upon us to obey, saying, “Be ye therefore perfect, even as your Father which is in heaven is perfect.” As God is perfect in His high sphere of action, so man may be perfect in his human sphere.

The case of Daniel may be studied with profit by all who desire perfection of character. He and his companions were sincere, faithful Christians. To them the will of God was the supreme law of life. They knew that in order to glorify God all their faculties must be developed, and they sought to gain knowledge, that they might perfect a Christian character, and stand in that heathen nation as fitting representatives of the true religion. In order to preserve health, they resolved to avoid the luxuries of the king’s table, they refused to partake of any stimulating drink, but practiced strict temperance in all things,

that they might not enfeeble brain or muscle. They exerted all their powers to work out their own salvation, and God worked in them to will and to do of His good pleasure. Under His training, their faculties were able to do the highest service for Him . . .

When Nebuchadnezzar's golden image was set up on the plains of Dura, Daniel's three companions were commanded to fall down and worship it; but their principles forbade them to pay homage to the idol, for it was a rival to the God of heaven. They knew that they owed every faculty they possessed to God, and while their hearts were full of generous sympathy toward all men, they had a lofty aspiration to prove themselves entirely loyal to their God.

These faithful witnesses were cast into the fire for refusing to obey the command of the king, but God manifested His power for the deliverance of His servants. One like unto the Son of man walked with them in the midst of the flame, and when they were brought forth, not even the smell of fire had passed upon them.

Thus these three Hebrew youth, imbued with the Holy Spirit, declared to the whole nation their faith that He whom they worshiped was the only true and living God. This demonstration of their faith was the most eloquent presentation of their principles. In order to impress others with the power and greatness of the living God, His servants must reveal their own reverence for Him, making it manifest that He is the only object of their honor and worship, and that no consideration, not even the preservation of life itself, can induce them to make the least concession to idolatry.

The fear of the Lord is the beginning of wisdom, and all who live in communion with their Creator, will have an understanding of His design in their creation, and a sense of their own obligation to employ their faculties to the very best purpose. They will seek neither to glorify nor to depreciate themselves,

but they will glorify God; for the man who consents to be molded and fashioned after the divine similitude, is the noblest specimen of the work of God.

But the Lord wants no man to wait until he thinks he has repented, before he turns his steps toward Jesus.

The Saviour is continually drawing men to repentance; they need only to submit to be drawn, and their hearts will be melted and subdued, fit temples for the indwelling of Christ. . . .

God calls upon all men to avail themselves of the blessings He has set before them, that they may cooperate with Him in carrying forward the great work of redemption. He has given His Holy Spirit as a power sufficient to overcome all man's hereditary and cultivated tendencies to wrong. By yielding his capabilities to the control of this Spirit, man will be impressed with God's perfect character, and will become an instrument through which He can reveal His mercy, His goodness, and His love. . . .

The knowledge which will give the highest culture, is obtained from God's word. The words of revelation, carefully studied, strengthen the intellect as well as the heart. The experimental knowledge of true godliness, found in daily consecration and service for God, gives true culture of the mind, soul, and body. This consecration of our powers prevents self-exaltation; and the impartation of divine power honors our sincere striving after wisdom in order that we may know how to use our faculties to honor God and to bless our fellow men.

This is the will of God concerning every human being, even your sanctifi-

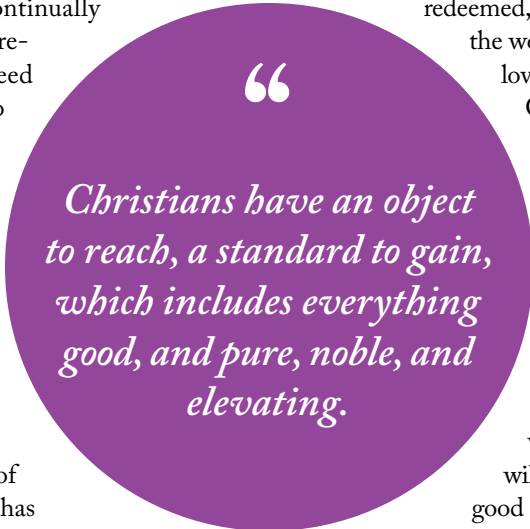
cation. In urging our way heavenward, every faculty must be kept in the most perfect condition, in order that it may do the most faithful service. The powers with which God has endowed man are to be put to the test. That which God requires

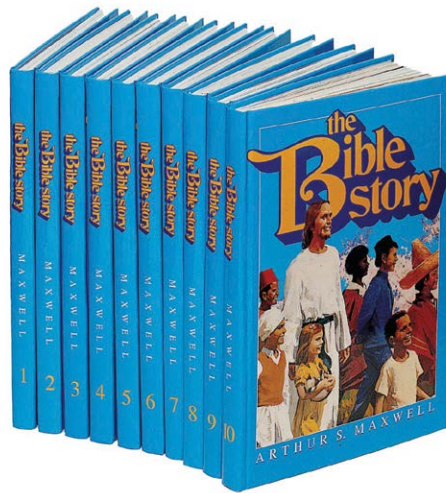
of those whom He has created and redeemed, is summed up in the words: "Thou shalt

love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength." "Work out your own salvation with fear and trembling; for it is God which worketh in you, to will, and to do of His good pleasure."

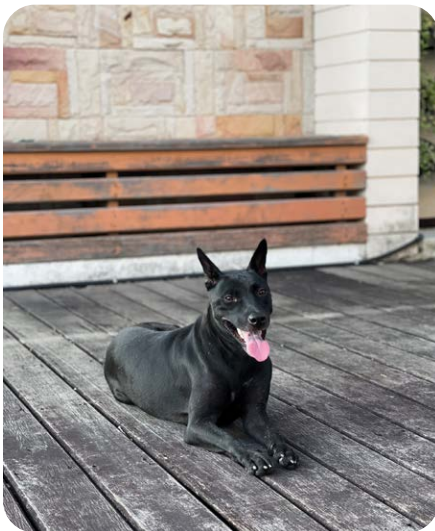
Man is allotted a part in the great struggle for everlasting life. He must respond to the working of the Holy Spirit. It will require a struggle to break through the powers of darkness, but the Spirit that works in him can and will accomplish this. . . . He is called upon to strain every muscle in the struggle for immortality, yet it is God that supplies the efficiency. No human being can be saved in indolence.

Christ assumed human nature, to demonstrate to the fallen world, to Satan and His synagogue, to the universe of heaven, and to the worlds unfallen, that human nature, united to His divine nature, could become entirely obedient to the law of God, that His followers by their love and unity would give evidence that the power of redemption is sufficient to enable man to overcome. And He rejoices to think that His prayer that His followers might be sanctified through the truth, will be answered; they will be molded by the transforming influence of His grace into a character after the divine similitude. *The Signs of the Times*, November 5, 1896 LM





The Dog That Sold a Book



To 16-year-old Leon, Monday morning meant a new week of ringing doorbells or knocking on doorposts. Selling Christian books door to door was a challenging job, but Leon loved the opportunity to help his customers learn about God.

First, he knelt by his bed and asked for courage and strength. Then he slipped into his brown slacks, noting the cuff that his landlady had mended. A dog had grabbed him as he approached a house a few days before.

Leon was not afraid of dogs. He and Gyp, his shaggy shepherd, had had many a fierce tussle, and both had learned that the quickest one wins. Dogs were Leon's friends in selling the little children's books he always carried with him. Whenever he saw a dog at a house, usually there were children also.

This Monday morning Leon came to a house set far back from the road at the top of a slope of beautiful green grass. It was a long, low, wood-colored home that didn't seem at all friendly. Yet there was a big black dog lying on the porch, and Leon had the habit of never passing a house with a dog without giving the folks inside a chance to purchase the children's book he was selling.

As Leon neared the house, the dog took his stand at the top of the porch steps.

When Leon spoke to him, he growled and lunged. But Leon was quicker and gave him a smack on the nose with the corner of his traveling case.

It hurt enough to change the dog's mind, and the canine went off quite disgruntled.

The woman of the house would not buy the children's book even though the

eyes of her little girl danced with joy at the pictures of Jesus. All Leon's talking and the girl's begging were in vain.

"No, we have more books now than I can get time to read to her," the mother stated firmly. Leon noted two or three well-worn Mother Goose books on the couch.


As he showed the book, he prayed in his heart, "Please help me to leave the stories of Jesus for this little girl." But he had to depart without an order, with the children's book still in his hand.

When he was halfway down the path to the highway, there came the big dog, snarling as he ran. He leaped for Leon's throat, but again Leon was quicker, and he stuffed the book right into the dog's open jaws. The dog bit clear through the covers of the book.

Just then the woman, who had come running to help, jerked the dog away by his heavy collar and sent him to the house.

"I'll take the book," she said, smiling rather sheepishly. "I guess Dodger wanted to help Linda get it."

But Leon thought he knew Who really had helped the eager little girl get her book.

Source: guidemagazine.org July 2007 

Evil Has a Face



Friends and neighbors who were interviewed after the Son of Sam killer was apprehended had all found him to be nice, and never would have suspected he was a serial killer. Evil had a face, David Berkowitz.

Jeffrey started killing animals at a young age. He killed his first human when he was 16 but killed 17 more young men before he was finally stopped. Evil had a face, Jeffrey Dahmer.

David was so faithful that God helped him to defeat Goliath and become the king of Israel. God referred to David as a man after His own heart. But then evil was found in his heart, and he lusted after Bathsheba, the wife of Uriah, one of his best friends. David committed adultery with her, and then he killed Uriah to keep it a secret. However, neither the adultery nor the murder was secret. Evil had a face, King David.

On September 11, 2001, terrorists pulled off attacks against America, killing nearly 3,000 people, including eight children. Evil had a face, 19 terrorists, and a culture of hatred.

On October 7, 2023, Hamas executed well-coordinated armed incursions at the southern border of Israel, resulting in the deaths of more than 1,200 Israelis and others of different nationalities, murdered in some of the most horrendous and inhumane ways, and took 251 hostages. Evil had a face that day, Hamas, and a culture that has hated Israel and Western culture for centuries.

A short time after the attacks on October 7, I was watching a day-in-the-life video of a Palestinian journalist in Gaza. I could see the abject fear in his eyes and sense it in his body as he cowered on the floor. He was certain that he would die at any moment. However, at that moment,

I felt nothing for him, all of my sympathies being with those who had suffered and the families of those who had died. I don't dislike Palestinians, so I can't explain why I felt as I did for this man's fear, and I saw something in myself that I had not seen before, something that needed to change. As Christians, God calls us all to love our neighbors. But as sinners, evil can have a face any day, and it could be any one of us.

"Love is the principle that underlies God's government in heaven and on earth, and this love must be interwoven in the life of the Christian. The love of Christ is not a fitful love; it is deep, and broad, and full. Its possessor will not say, 'I will love only those who love me.' The heart that is influenced by this holy principle will be carried above everything of a selfish nature." *The Youth's Instructor*, June 10, 1897

"Love does no harm to a neighbor; therefore, love is the fulfillment of the law." Romans 13:10

Who is our neighbor?

"Everyone who is in suffering need is our neighbor. ...

"Our neighbors are not merely our associates and special friends; they are not simply those who belong to our church or who think as we do. Our neighbors are the whole human family. ... We are to give to the world an exhibition of what it means to carry out the law of God. We are to love God supremely and our neighbor as ourselves.

"He who truly loves God and his fellow man is he who shows mercy to the destitute, the suffering, the wounded, those who are ready to die." *My Life Today*, 232

Dear Lord, we know evil has a face; we pray it isn't ours. **LM**

“Thank you for the continuation of the much-needed *LandMarks* magazine.”
—MP, Virginia

“The *LandMarks* magazine, with the Bible study guides and the many divine articles, is such a blessing to me.”
—AC, United Kingdom

“Thanks so much for the *LandMarks* magazine. I like the articles and enjoy the crossword puzzle.”
—AC, California

“I want to tell you how blessed I am to receive the *LandMarks* magazine. All the articles are outstanding. I shared the history of the hymn *Shall We Gather at the River* with a chit-chat group I meet with each week. I look forward to trying the Pistachio Biscotti recipe from the November issue.”
—ML, South Dakota

February Sermon of the Month

The Holy Spirit Will Glorify Christ

John J. Grosboll

Through the Spirit, Jesus dwells with us by faith, which is the beginning of life eternal.

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

February 2025

Dear Friend,

Do you know anyone professing to be a Christian who says they don't know how to witness for Jesus? There are many ways a Christian can witness for Jesus. Let me share just one.

You can visit people who are in trouble—financially or health-wise—and encourage them. The apostle James says, “Pure and undefiled before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.” James 1:27

“We too often neglect the afflicted, the sorrowing, and choose to visit those who need not our sympathy and assistance. Do we live out our religion? Do we carry out our profession in our acts, in our works? Is there not a lack with some of bearing burdens? Is the duty all done when we hand out our abundance to relieve the pressing wants of others? The afflicted need words of comfort and tenderness. Then let your voice be often heard in prayer for the Lord to give strength and courage to the sick and afflicted, and that His light may cheer them in their suffering loneliness. Let everyone of us think that we can do something to make the burden a little lighter for our brother or sister, who has more to bear and suffer than ourselves. Young and old, let your life be made up of good deeds and of kind acts. ...

“If there are poor, sick, and afflicted among you, do not wait to be invited to see them and have a care for them. Go to them at once. ... Angels keep a faithful record of it all, and your own conscience will commend you. Right doing will not go unrewarded. Think of the self-denying, self-sacrificing life of Jesus, our pattern, who went about doing good. Who imitates His example? It is time we were awake to our duty, and that we realized that it takes more than a name to make a Christian. It is to be Christ-like. ... Reader, What kind of an account will be opened of your case? ... Embrace every opportunity that presents itself for doing good.” *The Good Samaritan*, February 1, 1860

Your brother in Christ,



John J. Grosboll



Flint

Flint is a sedimentary cryptocrystalline form of mineral quartz. Resistant to weathering, flint is a hard stone that is not easily broken. When it is broken, it breaks and chips into sharp-edged pieces, making it a hard and useful stone historically used in the making of tools and weapons. When struck, it sparks enough to start a fire.

Flint was a primary and important material used during the Stone Age. Its importance to mankind's survival during this period cannot be underestimated. People traveled long distances to obtain the stone. It was also used for many years as trading "currency."

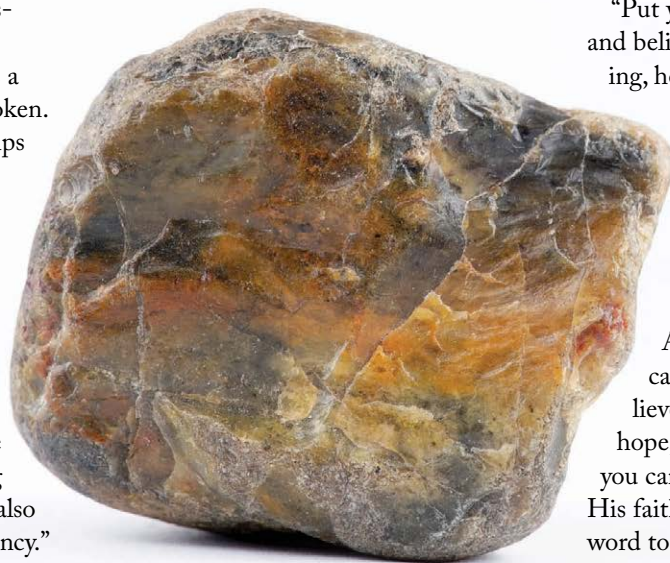
Flint is found in several different colors—dark grey, black, green, white, reddish brown, red, pink, blue, and a marbled combination of any of these—and can have either a waxy or glossy appearance. Its origin remains shrouded in uncertainty.

Source: [wikipedia.org/wiki/Flint](https://en.wikipedia.org/wiki/Flint)

There is a lot of information about flint on the internet. However, almost every source I consulted talked about flint having existed for millions of years, flint fields found in Jurassic or Cretaceous beds, and flint mining started in the Paleolithic period. You get the idea.

So, I want us to look at the one time the Bible uses flint as a metaphor.

"For the Lord God will help Me; therefore will I not be disgraced;



therefore have I set My face like a flint, and I know that I will not be ashamed." Isaiah 50:7

This is a description of Jesus' unwavering determination to persevere in the excruciating task set before Him.

Flint is used here to express the steadfastness of our resolve to complete the work both in our own lives and the lives of all that the Lord brings into our path; a determination to follow God's will and carry out His commands no matter what, a hardening of resolution and courage against all opposition.

"Never let your courage fail. Never talk unbelief because appearances are against you. ...

"Put your trust in God. Pray much, and believe. Trusting, hoping, believing, holding fast the hand of Infinite Power, you will be more than conquerors.

"True workers walk and work by faith. ...

"Work in faith ... Pray in faith, and the mystery of His providence will bring its answer. At times, it may seem that you cannot succeed. But work and believe, putting into your efforts faith, hope, and courage. After doing what you can, wait for the Lord, declaring His faithfulness, and He will bring His word to pass. Wait, not in fretful anxiety, but in undaunted faith and unshaken trust.

"If God be for us, who can be against us?" *Testimonies*, Vol. 7, 244, 245

May we always say with Paul, "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ...

"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." Romans 8:35, 38, 39

Keep your face set like flint. [LM](#)

from the
Mission Fields



Mission Headquarters in Accra, Ghana

Pastor Domingo Nunez

“Godliness—Godlikeness—is the goal to be reached.”

Counsels to Parents, Teachers and Students, 24

We are living in the last days of this world’s history and we must focus on and be passionate about preparing ourselves and others to be ready for the Lord’s soon return.

“Every man and woman in our ranks, whether a parent or not, ought to be intensely interested in the Lord’s vineyard. We cannot afford to allow our children to drift away into the world and to fall under the control of the enemy. Let us come up to the help of the Lord, to the help of the Lord against the mighty. Let us do all in our power to make our schools a blessing to our youth. Teachers and students, you can do much to bring this about by wearing the yoke of Christ, daily learning of Him His meekness and lowliness. Those who are not directly connected with the school can help to make it a blessing by giving it their hearty support. Thus we shall all be ‘laborers together with God,’ and receive the reward of the faithful, even an entrance into the school above. ...



Top left: Exterior shot of church building.

Top right: Headquarters building after second floor is poured.

Bottom left: Interior shot of church building from front to back of the church.

“In every school that is established among us, the teachers should begin humbly, not grasping the higher rounds of the ladder before they have climbed the lower ones. They are to climb round after round, beginning at the bottom. They are to be learners even as they teach the common branches. When they have learned the meaning of the simplicity of true education they will better understand how to prepare students for advanced studies. Teachers are to learn as they teach. Advancement is to be made, and by advancement experience is to be gained.

“Our teachers should not think that their work ends with giving instruction from books. Several hours each day should be devoted to working with the students in some line of manual training. In no case should this be neglected.

“In every school there should be those who have a store of patience and disciplinary talent, who will see to it that every line of work is kept up to the highest standard. Lessons in neatness, order, and thoroughness are to be given.

Students should be taught how to keep in perfect order everything in the school and about the grounds.

“Before he attempts to guide the youth, a teacher should learn to control himself. If he is not a constant learner in the school of Christ; if he has not the discernment and discrimination that would enable him to employ wise methods in his work; if he cannot govern those in his charge with firmness, yet pleasantly and kindly, how can he be successful in his teaching?” *Ibid.*, 210, 211

As 2024 is swiftly drawing to a close, I traveled to Ghana to inspect the progress of the construction of the Steps to Life Global Evangelism of Free Seventh-day Adventists headquarters in Accra, the capital of Ghana.

We are committed to establishing this place in Ghana as a center of education and training to prepare Bible workers and medical missionaries to spread the good news gospel to Ghana and beyond.

We are making tremendous progress in the construction of the headquarters building. The first building will

be the church with a capacity of 350 people. The second building will be a multi-purpose facility, housing offices, a conference room, classrooms, the printing department, and the Bible correspondence program.

A full-time staff of teachers, printers, Bible workers, and medical missionaries is committed to preparing foot soldiers in God’s gospel army to carry forward the three angels’ messages. As the completion of the headquarters draws near, we will need to purchase the office and printing equipment and furniture and provide salaries for the staff. Your prayers and financial support of this great effort are needed so that this facility and the workers in Accra can fulfill Christ’s gospel commission.

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the world.” Matthew 28:19, 20 **LM**

Gratitude

“

*God gave you a gift
of 86,400 seconds today.
Have you used one to say
thank you?*

William Arthur Ward

“

*Oh, give thanks to the
Lord, for He is good! For
His mercy endures forever.*

1 Chronicles 16:34

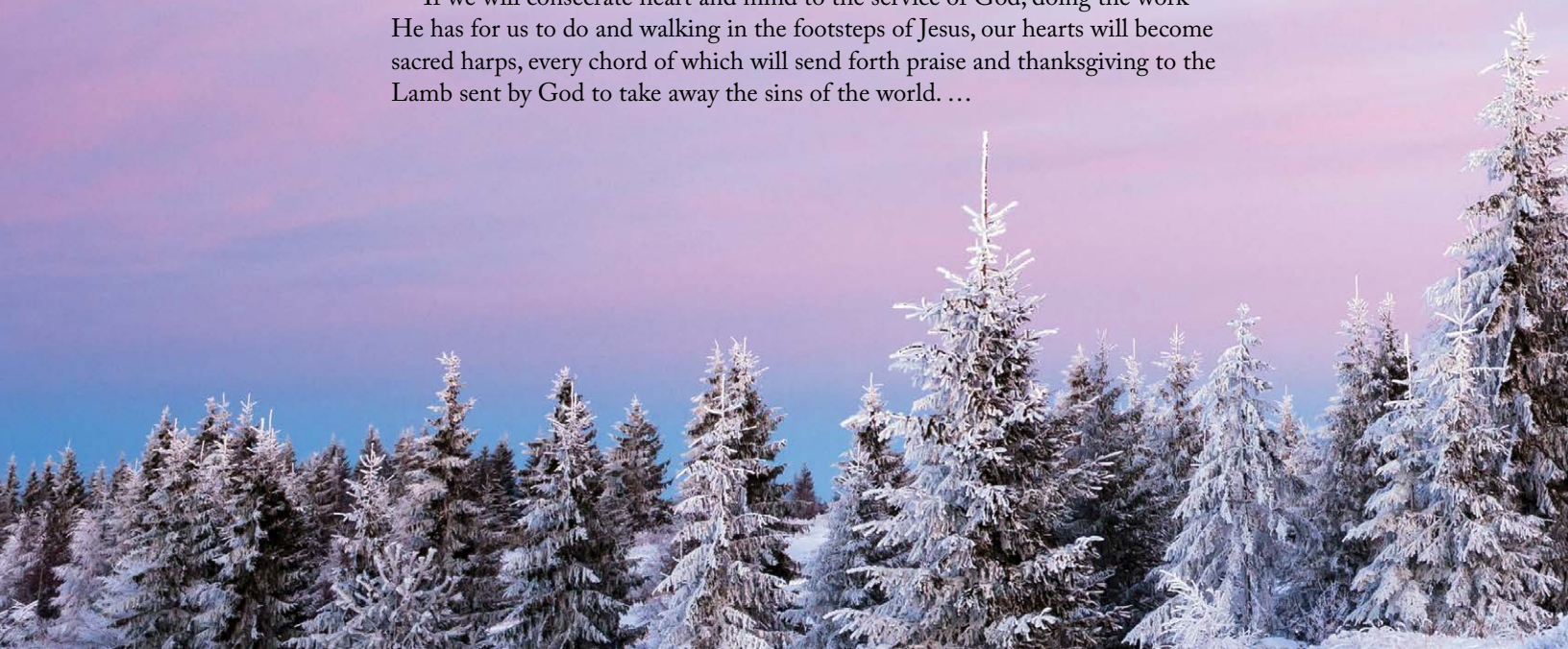
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*It is impossible to feel
depressed and grateful at
the same moment.*

Naomi Williams

“The hearts of those who reveal the attributes of Christ glow with divine love. They are imbued with the spirit of gratitude. ... Lift up Jesus. Lift Him up, the man of Calvary, with the voice of song and prayer. Seek earnestly to spread the gospel. Tell the precious story of God’s love for man.

“If we will consecrate heart and mind to the service of God, doing the work He has for us to do and walking in the footsteps of Jesus, our hearts will become sacred harps, every chord of which will send forth praise and thanksgiving to the Lamb sent by God to take away the sins of the world. ...



Gratitude affects the brain and body in amazing ways

- Decreases heart rate, cardiac disease, inflammations, neurodegeneration, and releases toxic emotions so that we feel calmer and happier, and keeps us healthier.
- Improves our sleep and enhances our mood.
- Helps us overcome substance abuse and eating disorders.
- Strengthens and enhances the brain's emotion-related and motivation-related activity. This allows us to better appreciate what we have and pursue our goals.
- Reduces pain, improves our quality of sleep, and aids in regulating stress, thus reducing anxiety and depression and improving our physical and mental health.
- May have lasting effects on the brain, enabling us to be more sensitive to the experience of gratitude.
- Practicing daily gratitude reduces negative emotions and is a natural detox for the mind and body.

Benefits of gratitude

- When we feel and express gratitude, stress cannot control us.
- Gratitude touches our physical, mental, and social well-being.
- We begin to view the world through a lens of thankfulness.
- We have a fuller appreciation of our family, friends, jobs, nature, and the Almighty.
- We learn that nothing should be taken for granted.

“Christ would have our thoughts center upon Him. ... Look away from self to Jesus Christ, the life of every blessing, every grace, the life of all that is precious and valuable to the children of God. ...

“Filled with gratitude, we communicate to others the blessings that have

been freely given us. Thus receiving and imparting, we grow in grace; and a rich current of praise and gratitude constantly flows from our lips; the sweet spirit of Jesus kindles thanksgiving in our hearts, and our souls are uplifted with a sense of security. The unfailing, inexhaustible

righteousness of Christ becomes our righteousness by faith.

“Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care.

“When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.” *My Life Today*, 170, 171

“The language of the soul should be that of joy and gratitude. ... Cultivate only those thoughts and those feelings which will produce gratitude and praise. ...

“Contemplate the better land, where tears are never shed, where temptations and trials are never experienced, where losses and reproaches are never known, where all is peace and joy and happiness. ... These thoughts ... will fill you with joy and hope in believing and will abide with you as a comforter forever.” *In Heavenly Places*, 36

Sources: positivepsychology.com/neuroscience-of-gratitude/#stress; psychologytoday.com/gb/blog/comfort-of-gratitude/202009/gratitude-and-its-impact-on-the-brain LM





The Proud Look

Ivan Plummer

Some sins are regarded with more disdain than others, often shaped by culture and religious persuasions. Some consider sexual sins to be at the top of the list when assigning the degree of wickedness, while others might feel disrespect is a much more egregious sin. For some religious groups, sacrilege is the sin of all sins, and the list goes on and on.

Interestingly, while there are degrees of sin in the Bible, we must note that God does not view matters as we mortals do. A great offence or trifling matter to us may not be deemed the same by God.

“God does not regard all sins as of equal magnitude; there are degrees of guilt in His estimation, as well as in that of man; but however trifling this or that wrong act may seem in the eyes of men, no sin is small in the sight of God. Man’s judgment is partial, imperfect; but God estimates all things as they really are.” *Steps to Christ*, 30

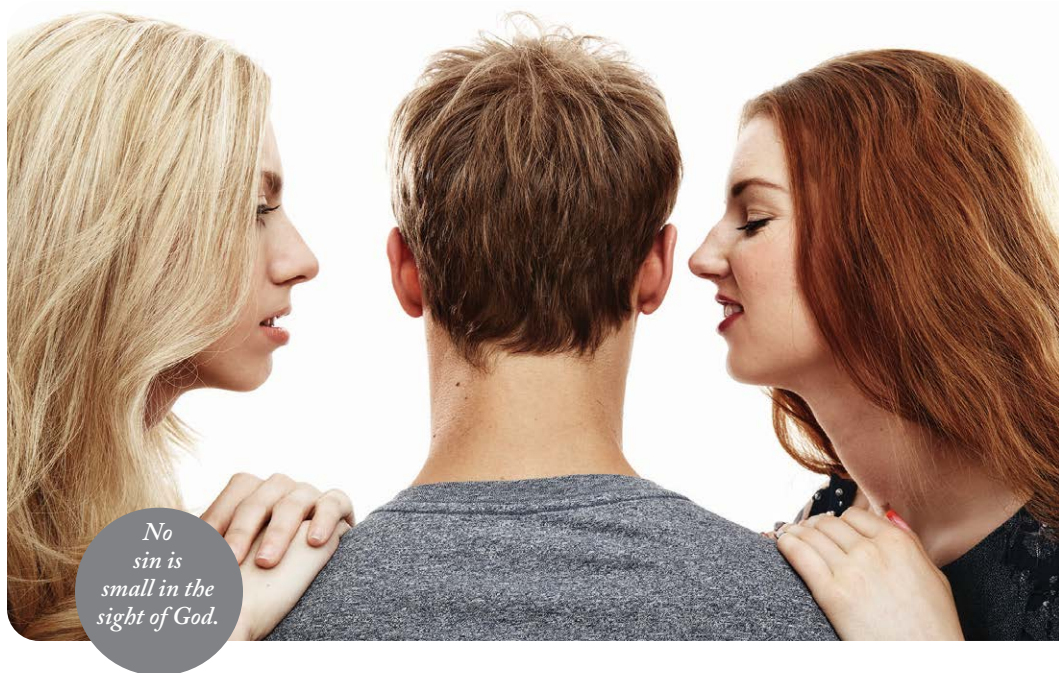
The Bible tells us that God is love, so to find that it also says He hates might be hard to imagine. However, Solomon—considered the wisest man ever to live—tells us that God hates seven things. Sadly, some Christians and non-Christians, too, do not regard these seven sins as highly offensive, and they commit them almost every day without a thought of just how heinous they are in nature and to God.

Note carefully that these sins are seven in number. While this distinction may not have any Scriptural significance in this study, seven in the Bible denotes completion or perfection. Hence, we may conclude that where these seven sins are concerned, God hates them with perfect hatred. As we study each sin, we will better understand why God hates them.

Seven Deadly Sins

“These six things doth the Lord hate: yea, seven are an abomination unto Him: a proud look, a lying tongue, and hands that shed innocent blood, an heart that deviseth wicked imaginations, feet that be swift in running to mischief, a false witness that speaketh lies, and he that soweth discord among brethren.” Proverbs 6:16–19

When a person reads the book of Proverbs, he will notice that the wise man mentions these seven deadly sins several times. Indeed, they are not the only sins that Solomon wrote about, but



it is evident that because of the nature of these sins, the Holy Spirit instructed him to focus on them, not just for his benefit but also for the benefit of all his readers. These seven sins have caused more harm in heaven and earth than possibly all other sins combined. I can now begin to study the seven sins God hates, beginning with pride.

Pride

The Bible defines *pride* as “arrogance, haughtiness, swelling, pomp; to inflate with self-conceit, high-minded.” The Dictionary defines pride as “a high or inordinate opinion of one’s own dignity, importance, merit, or superiority, whether as cherished in the mind or as displayed in bearing, conduct.” Synonyms for pride are conceit, self-esteem, egotism, vanity, and vainglory. God calls pride, along with the other six deadly sins, an abomination.

Of Roman or pagan origin, *abomination*, when used as a verb, denotes “the feeling of abhorrence for what was ill-omened.” In the moral sphere, all evil conduct is like a bad omen, exciting dread, and aversion because of boding calamity. In the direct language of the

Bible, referring all things immediately to God, abominations are defined as “things that Jehovah hates, and that are an aversion to His soul.” *Pulpit Commentary on Proverbs 6:16*

Why does God hate pride?

“These six things doth the Lord hate: yea, seven are an abomination unto Him: a proud look . . .” The first deadly sin which God hates is pride. What is the meaning of pride?

How does the servant of the Lord define pride? “Pride feels no need, and so it closes the heart against Christ and the infinite blessings He came to give. There is no room for Jesus in the heart of such a person.” *Thoughts from the Mount of Blessing*, 7

What is so evil about pride that allows Jesus to abhor it?

Speaking concerning the fall of Lucifer, the prophet Ezekiel wrote, “Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness.” Ezekiel 28:17

The prophet Isaiah records the attitude that controlled Lucifer and led to his fall in heaven. “How art thou fallen

from heaven, O Lucifer, son of the morning! How art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north:

“

Some sins are regarded with more disdain than others, often shaped by culture and religious persuasions.

I will ascend above the heights of the clouds; I will be like the most High.” Isaiah 14:12–14

Mrs. White tells us, “It was pride and ambition that prompted Lucifer to complain of the government of God, and to seek the overthrow of the order which had been established in heaven.” *Patriarchs and Prophets*, 403. She also points out that, “Little by little, Lucifer came to indulge a desire for self-exaltation.” *The Great Controversy*, 494

Again, we are told that “Pride in his own glory nourished the desire for supremacy. The high honors conferred upon Lucifer were not appreciated as the gift of God and called forth no gratitude to the Creator. He gloried in his brightness and exaltation, and aspired to be equal with God.” *Ibid.*, 495

God hates pride because it is Satan’s sin. Originating with him and causing discord in heaven, Satan brought sin, misery, and separation into the universe. Inspiration gives us a glimpse of the disposition Lucifer displayed in heaven, “Though he had forsaken his position as covering cherub, yet if he had been willing to return to God, acknowledging the Creator’s wisdom, and satisfied to fill the place appointed him in God’s great plan, he would have been reinstated in his office. But pride forbade him to submit. He persistently defended his own course, maintained that he had no need of repentance, and fully committed himself, in the great controversy, against his Maker.” *Ibid.*, 496

What caused Lucifer to lose heaven? “It was the pride and ambition cherished in the heart of Satan that banished him from heaven.” *Testimonies*, Vol. 5, 242

God hates pride because of its nature. “There is nothing so offensive to God or so dangerous

to the human soul as pride and self-sufficiency. Of all sins it is the most hopeless, the most incurable.” *Christ Object Lessons*, 154

The Holy Spirit inspired Solomon to list pride as the first of these seven deadly sins because it is at the root of all disobedience and rebellion against God’s law because it is rooted in selfishness. Pride is the opposite of humility, which the apostle Paul gives as the basis of all the divine virtues. “With all lowliness and meekness, with longsuffering, forbearing one another in love, endeavouring to keep the unity of the Spirit in the bond of peace.” Ephesians 4:2, 3

The Scriptures remind us how much God is against pride.

“But He giveth more grace. Wherefore He saith, God resisteth the proud.” James 4:6, *first part*

“For Thou wilt save the afflicted people; but wilt bring down high looks.” Psalm 18:27

“He judgeth those that are high.” Job 21:22, *last part*. It is against this spirit that Job prays, “Cast abroad the rage of Thy wrath: and behold every one that is proud, and abase him. Look on every one that is proud, and bring him low; and tread down the wicked in their place.” Job 40:11, 12

Negative spiritual results of pride

“When pride cometh, then cometh shame: but with the lowly is wisdom.” Proverbs 11:2

“Only by pride cometh contention: but with the well advised is wisdom.” Proverbs 13:10

“Pride goeth before destruction, and an haughty spirit before a fall.” Proverbs 16:18

“A man’s pride shall bring him low: but honor shall uphold the humble in spirit.” Proverbs 29:23 (See also Daniel 4:37.)

“‘Therefore as I live,’ saith the Lord of hosts, the God of Israel, ‘Surely Moab shall be as Sodom, and the children of Ammon as Gomorrah, even the breeding of nettles and saltpits, and a perpetual desolation: the residue of My people shall spoil them, and the remnant of My people shall possess them.’

“This shall they have for their pride, because they have reproached and magnified themselves against the people of the Lord of hosts.” Zephaniah 2:9, 10



God calls
pride an
abomination.

“The vision of Obadiah. Thus saith the Lord God concerning Edom; we have heard a rumor from the Lord, and an ambassador is sent among the heathen, Arise ye, and let us rise up against her in battle.

“Behold, I have made thee small among the heathen: thou art greatly despised.

“The pride of thine heart hath deceived thee, thou that dwellest in the clefts of the rock, whose habitation is high; that saith in his heart, Who shall bring me down to the ground?

“Though thou exalt thyself as the eagle, and though thou set thy nest among the stars, thence will I bring thee down, saith the Lord.” Obadiah 1–4

“Not a novice, lest being lifted up with pride he fall into the condemnation of the devil.” 1 Timothy 3:6

“Pride ... destroys love for God and corrodes the soul.” *Selected Messages*, Vol. 2, 185

“Satan has much more power over some who profess the truth than many realize. Self reigns in the heart, instead of Christ. Self-will, self-interest, envy,

and pride shut out the presence of God.” *Testimonies*, Vol. 4, 610

“Pride of heart is a fearful trait of character. ‘Pride goeth before destruction.’ This is true in the family, the church, and the nation.” *Ibid.*, 377

“Alas that pride, unbelief, and selfishness, like a foul cancer, are eating out vital godliness from the heart of many a professed Christian!” *That I May Know Him*, 167

“The light of truth is constantly shining, but many men and women comprehend it not. And why?—Because selfishness, egotism, pride, blinds their spiritual eyesight. Standing between them and the true light, is the idol of their own opinion.” *Manuscript Releases*, Vol. 9, 298

“But when the garden of the heart is neglected, poisonous weeds of pride, self-esteem, self-sufficiency, obtain a rank growth.” *Evangelism*, 342

How can we overcome or be set free from pride?

To overcome pride, we must die to self. Jesus invites us to come to Him.

“Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” Matthew 11:28, 29

“You mistake pride for sensitiveness. Self is prominent. When self is crucified, then this sensitiveness, or pride, will die; until then you are not a Christian.” *Testimonies*, Vol. 2, 573

“Never will the human heart know happiness until it is submitted to be molded by the Spirit of God. The Spirit conforms the renewed soul to the model, Jesus Christ. Through its influence, enmity against God is changed into faith and love, and pride into humility.” *Our High Calling*, 152

“The divine love ruling in the heart exterminates pride and selfishness.” *Testimonies*, Vol. 5, 168

[All scripture from KJV.] **LM**

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Continued from page 15

each other in faith, we collectively mature in emotional and spiritual matters. “Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.” Matthew 18:15. This counsel

promotes direct communication rather than seeking pity or validation elsewhere. The Holy Spirit guides effective communication when we approach each other with humility and a desire to reconcile.

Addressing conflicts should be done with a spirit of meekness.

“As you go to the one you suppose to be in fault, see that you speak in a meek and lowly spirit, for the wrath of man worketh not the righteousness of God. The erring can in no other way be restored than in the spirit of meekness and gentleness and tender love. Be careful in your manner of speaking. Avoid everything in look or gesture, word or tone of voice, that savors of pride or self-sufficiency. Guard yourself against word or look that would exalt yourself or set your goodness and righteousness in contrast to their failings. Beware of the most distant approach to disdain, overbearing, or contempt. With care, avoid every appearance of anger, and though you use plainness of speech, yet let there be no reproach, no railing accusation, no token of warmth, but that of earnest love.

“Above all, let there be no shadow of hate or ill will, no bitterness or soreness of expression. Nothing but kindness and gentleness can flow from a heart of love. Yet all these precious fruits need not hinder your speaking in the most serious, solemn manner, as though angels were directing their eyes upon you, and you acting in reference to the coming judgment.

“Bear in mind that the success of reproof depends greatly upon the spirit in which it was given. Do not neglect earnest prayer that

you may possess a lowly mind, and that angels of God may work upon the hearts before you, which you are trying to reach, and so soften them by heavenly impressions that your efforts may avail. If any good is accomplished take no credit yourself. God alone should be exalted. God alone hath done it all.” *This Day With God*, 105

Avoiding prideful attitudes and allowing God to direct every situation is essential. We should focus on reflecting God’s kindness, gentleness, and love, striving for sincere reconciliation rather than defensiveness or argumentation.

We frequently choose the easier, wider roads while God calls us to navigate the narrow path. This requires prayer and discernment to ensure our actions align with divine principles. As instructed, we must avoid bitterness or “soreness of expression,” promoting instead earnest love and kindness.

“Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; but exhort one another daily, while it is called ‘Today,’ lest any of you be hardened through the deceitfulness of sin.” Hebrews 3:12, 13. We are called to guide, encourage, and uplift each other, approaching every situation with a heart to fulfill God’s will.

As we engage with others, it is crucial to maintain a lowly mind, esteeming others better than ourselves (Philippians 2:3), and allowing God’s angels to influence hearts, acknowledging that any good achieved is entirely His doing. We must pray, meditate, and engage with others humbly, allowing the Holy Spirit to guide our interactions.

Friends, we must ask ourselves: Am I ready to manage my emotions according to God’s principles? Am I open to being controlled by the Holy Spirit, allowing God, rather than my emotions, to lead me? Let us strive to align our emotional management with God’s guidance. **LM**

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The Lord Himself felt pain, suffering, love, and compassion, demonstrating that emotions are integral to our humanity.

February 23 – March 1, 2025

Parenthood

Key Text

“Where is the flock that was given to you, your beautiful sheep?” Jeremiah 13:20, *last part*

Study Help: *Testimonies*, Vol. 1, 216–220; *Ibid.*, Vol. 2, 390–411; *Ibid.*, Vol. 3, 131–152; *Spiritual Gifts*, Vol. 4b, 132–147

Introduction

“Few parents realize that their children are what their example and discipline have made them, and that they are responsible for the characters their children develop.” *Testimonies*, Vol. 3, 144

Sunday

1 A SOLEMN RESPONSIBILITY

1.a. To whom do our children belong? Psalm 127:3

1.b. In the day of judgment, what will be asked of all who have brought children into this world? Jeremiah 13:20. What should this cause us to consider?

Note: “Most of men and women have acted in entering the marriage relation, as though the only question for them to settle was whether they loved each other. But they should realize that a responsibility rests upon them in the marriage relation farther than this. They should consider whether their offspring will possess physical health and mental and moral strength.” *A Solemn Appeal*, 104

“The question to be settled by you is: ‘Am I raising a family of children to strengthen the influence and swell the ranks of the powers of darkness, or am I bringing up children for Christ?’ If you do not govern your children and mold their

characters to meet the requirements of God, then the fewer children there are to suffer from your defective training the better it will be for you, their parents, and the better it will be for society.” *Testimonies*, Vol. 5, 323

Monday

2 PADDLING AGAINST THE CURRENT

2.a. What challenge do all parents face in this generation? Proverbs 30:11; 2 Timothy 3:1, 2

Note: “We are living in an unfortunate age for children. A heavy current is setting downward to perdition, and it needs more than childhood’s experience and strength to press against this current, and not be borne down by it. Satan and his angels are leading the youth generally to certain destruction. They seem to be his captives.” *Spiritual Gifts*, Vol. 4b, 139

2.b. What promise should we remember as we seek to suppress the rushing tide of evil? Isaiah 59:19

Note: “Parents, help your children. Arouse from the lethargy which has been upon you. Watch continually to cut off the current, and roll back the weight of evil Satan is pressing in upon your children. The children cannot do this of themselves. Parents can do much. By earnest prayer and living faith great victories will be gained. Some parents have not realized the responsibilities resting upon them, and have neglected the religious education of their children. In the morning, the Christian’s first thoughts should be upon God. Worldly labor and self-interest should be secondary. Before leaving the house for labor, all the family should be collected together, and taught that they must respect and reverence the hour of prayer. The father, or mother in the father’s absence, should with humility and a heart full of tenderness, with a sense of the temptations and dangers before themselves and their children, plead fervently before God that He would keep the children through the day. By faith bind your children upon the altar, entreating for them the care of the Lord. Ministering angels will guard children who are thus dedicated to God. It is the duty of Christian parents,

morning and evening, by earnest prayer and persevering faith, to make a hedge about their children. They should patiently instruct them—kindly and untiringly teach them how to live in order to please God.” *Spiritual Gifts*, Vol. 4b, 139, 140

“Build a fortification of prayer and faith about your children, and exercise diligent watching thereunto. You are not secure a moment against the attacks of Satan. You have no time to rest from watchful, earnest labor. You should not sleep a moment at your post. This is a most important warfare. Eternal consequences are involved. It is life or death with you and your family.” *Testimonies*, Vol. 2, 398

Tuesday

3 DEEPENING OUR UNDERSTANDING

3.a. How is the fate of Eli, the high priest, a warning to parents? 1 Samuel 3:11–14

Note: “The curse of God will surely rest upon unfaithful parents. Not only are they planting thorns which will wound them here, but they must meet their own unfaithfulness when the judgment shall sit. Many children will rise up in judgment and condemn their parents for not restraining them, and charge upon them their destruction. The false sympathy and blind love of parents causes them to excuse the faults of their children and pass them by without correction, and their children are lost in consequence, and the blood of their souls will rest upon the unfaithful parents.” *Testimonies*, Vol. 1, 219

3.b. Describe the balanced picture God gives of His special combination of parental justice and mercy. Hebrews 12:7–9; Ephesians 6:4

Note: “Parents should better qualify themselves to more fully discharge their duty to their children. Some parents do not understand their children, and are not really acquainted with them. There is often a great distance between parents and children. If parents would enter more fully into the feelings of their children, and draw out what is in their hearts, it would have a beneficial influence upon them.

“Parents should deal faithfully with the souls committed to their trust. They should not encourage in them pride, extravagance, or love of show. They should not teach them, or suffer them to learn, little pranks which appear cunning in small children, which they have to unlearn and correct them for, when they are older. Habits formed when very young, are not easily forgotten. Parents should commence to discipline the minds of their children while very young, to the end that they may be Christians. Let all your efforts be for their salvation. Act as though they were placed in your care to be fitted as precious jewels to shine in the kingdom of God. Beware how you lull your children to sleep over the pit of destruction, with the mistaken thought that they are not old enough to be accountable, and are not old enough to repent of their sins and profess Christ.” *Spiritual Gifts*, Vol. 4b, 138, 139

Wednesday

4 THE TRAINING OF YOUNG JESUS

4.a. Where did Jesus obtain His education? Matthew 2:12–15, 19–23

Note: “Jesus secured His education in the home. His mother was His first human teacher. From her lips, and from the scrolls of the prophets, He learned of heavenly things. He lived in a peasant’s home and faithfully and cheerfully acted His part in bearing the household burdens. He who had been the commander of heaven was a willing servant, a loving, obedient son. He learned a trade and with His own hands worked in the carpenter’s shop with Joseph. In the garb of a common laborer He walked the streets of the little town, going to and returning from His humble work.” *The Ministry of Healing*, 399, 400

4.b. How can the boy Jesus’ mature understanding and initiative regarding His own education inspire us in prioritizing goals for our children? Proverbs 20:11

Note: “Though Jesus was subject to His parents, He began at a very early age to act for Himself in the formation of His character. While His mother was His first human teacher, He was



Few parents realize that their children are what their example and discipline have made them.

constantly receiving an education from His Father in heaven. Instead of poring over the learned lore handed down by the rabbis from century to century, Jesus, under the Divine Teacher, studied the words of God, pure and uncorrupted, and studied also the great lesson-book of nature. The words, ‘Thus saith the Lord,’ were ever upon his lips, and ‘It is written,’ was His reason for every act that varied from the family customs. He brought a purer atmosphere into the home life. Though He did not place Himself under the instruction of the rabbis by becoming a student in their schools, yet He was often brought in contact with them, and the questions He asked, as if He were a learner, puzzled the wise men; for their practices did not harmonize with the Scriptures, and they had not the wisdom that comes from God. Even to those who were displeased at His noncompliance with popular customs, His education seemed of a higher type than their own.” *Special Testimonies on Education*, 162

Thursday

5 THE POWER OF EXAMPLE

5. What must parents be showing their children?
 Luke 21:19; 1 Corinthians 11:1

Note: “If parents desire their children to be pleasant, they should never speak to them in a scolding manner. The mother often allows herself to become irritable and nervous. Often she snatches at the child, and speaks in a harsh manner. If a child is treated in a quiet, kind manner, it will do much to preserve

in him a pleasant temper. The grandest and noblest work that parents have to do for their Master is to bring Bible discipline into their government. Mothers, teachers, and guardians of the youth, be careful. If things arise to irritate, you are not at liberty to act out your feelings. Educate yourselves to carry a pleasant countenance, and to bring sweetness and melody into the voice.” *The Review and Herald*, May 17, 1898

“With your heart subdued and full of pity and sorrow for your erring children, pray with them, before correcting them. Then your correction will not cause your children to hate you. They will love you. They will see that you do not punish them; because they have put you to inconvenience, or because you wish to vent your displeasure upon them, but from a sense of duty for their good, that they may not be left to grow up in sin and wickedness. ...

“Parents, the recording angel writes every impatient, fretful word you utter to your children. Every failure on your part to give your children proper instruction, and show them the exceeding sinfulness of sin, and the final result of a sinful course, is marked against your name. Every unguarded word spoken before your children carelessly, or in jest, not chaste and elevated, the recording angel marks as a spot against your Christian character. All your acts are recorded, whether they are good or bad.” *Spiritual Gifts*, Vol. 4b, 140, 141

Friday

PERSONAL REVIEW QUESTIONS

- 1 What should every individual consider carefully before becoming a parent?
- 2 In what ways does the sin of Eli creep into the experience of today’s parents?
- 3 How can our homes become more like the home of Jesus as a boy?

March 2 – 8, 2025

The Family Firm

Key Text

“My son, keep your father’s command, and do not forsake the law of your mother.” Proverbs 6:20

Study Help: *Child Guidance*, 244–267

Introduction

“A sacred trust is committed to parents, to guard the physical and moral constitutions of their children, so that the nervous system may be well balanced, and the soul not endangered. Fathers and mothers should understand the laws of life, that they may not, through ignorance, allow wrong tendencies to develop in their children.” *Fundamentals of Christian Education*, 143

Sunday

1 A SIGHT PLEASING TO GOD AND ANGELS

- I. What is the Biblical counsel to children?
Proverbs 1:8, 9; Ephesians 6:1–3

Note: “A well-regulated, orderly family is a pleasing sight to God and ministering angels. You must learn how to make a home orderly, comfortable, and pleasant. Then adorn that home with becoming dignity, and the spirit will be received by the children; and order, regularity, and obedience will be more readily secured by both of you.” *Testimonies*, Vol. 2, 259

“Fathers and mothers who make God first in their households, who teach their children that the fear of the Lord is the beginning of wisdom, glorify God before angels and before men by presenting to the world a well-ordered, well-disciplined family, a family that love and obey God instead of rebelling against Him. Christ is not a stranger in their homes; His name is a household name, revered and glorified. Angels delight in a home where God reigns supreme, and the children are taught to reverence religion, the Bible, and their Creator.” *The Adventist Home*, 322

“The family firm must be well organized. Together the father and mother must consider their responsibilities, and with a clear comprehension undertake their task. There is to be no variance. The father and mother should never in the presence of their children criticize each other’s plans and judgment.” *Ibid.*, 314

Monday

2 THE FATHER IN THE FAMILY FIRM

- 2.a. What is the Biblical counsel to fathers?
Ephesians 6:4

Note: “The children look to the father for support and guidance; he needs to have a right conception of life and of the influences and associations that should surround his family; above all, he should be controlled by the love and fear of God and by the teaching of His word, that he may guide the feet of his children in the right way.” *The Adventist Home*, 211

- 2.b. What will enable the father to make the home a happy, peaceful place? Philippians 2:5

Note: “The father should do his part toward making home happy. Whatever his cares and business perplexities, they should not be permitted to overshadow his family; he should enter his home with smiles and pleasant words.” *The Adventist Home*, 211, 212

“The father is to stand at the head of his family, not as an overgrown, undisciplined boy, but as a man with manly character and with his passions controlled. He is to obtain an education in correct morals. His conduct in his home life is to be directed and restrained by the pure principles of the word of God.” *Ibid.*, 213

- 2.c. What are fathers especially cautioned about in regard to their children? Colossians 3:21

Note: “The husband and father is the head of the household. The wife looks to him for love and sympathy and for aid in the training of the children. ...

“What his influence will be in the home will be determined by his knowledge of the only true God and Jesus Christ whom He has sent.” *The Adventist Home*, 211, 213

“The Lord has constituted the husband the head of the wife to be her protector; he is the house-band of the family, binding the members together.” *Ibid.*, 215

Tuesday

3 THE MOTHER IN THE FAMILY FIRM

3.a. What is the mother’s role in the home?

Proverbs 31:10–30

Note: “The world needs mothers who are mothers not merely in name but in every sense of the word. We may safely say that the distinctive duties of woman are more sacred, more holy, than those of man. Let woman realize the sacredness of her work and in the strength and fear of God take up her life mission.” *The Adventist Home*, 231

3.b. In what ways does Hannah, the mother of Samuel, serve as a positive example for mothers today?

1 Samuel 1:11–16; 1 Samuel 2:2–10

Note: “What a reward was Hannah’s! and what an encouragement to faithfulness is her example! There are opportunities of inestimable worth, interests infinitely precious, committed to every mother. ... It is the mother’s privilege to bless the world by her influence, and in doing this she will bring joy to her own heart.” *Patriarchs and Prophets*, 572

3.c. List the good and also the evil relationships that a child can have with his mother. Proverbs 4:3; 5:20; 6:20; 10:1; 14:36; 20:20; 23:22; 28:24; 29:15; 30:11, 17



Note: “The mother is God’s agent to Christianize her family. She is to exemplify biblical religion, showing how its influence is to control us in its everyday duties and pleasures, teaching her children that by grace alone can they be saved, through faith, which is the gift of God.” *The Adventist Home*, 235

“Mothers, awake to the fact that your influence and example are affecting the character and destiny of your children; and in view of your responsibility, develop a well-balanced mind, and a pure character, reflecting only the true, the good, and the beautiful.

“Your compassionate Redeemer is watching you with love and sympathy, ready to hear your prayers, and to render you the assistance which you need. He knows the burdens of every mother’s heart and is her best friend in every emergency.” *Reflecting Christ*, 170

Wednesday

4 OTHER FACTORS

4.a. What commendation did Abraham receive for his conduct as a father? Genesis 18:19

Note: “Christ prayed for His disciples, not that they should be taken out of the world, but that they should be kept from evil—that they might be kept from yielding to the temptations they would meet on every hand. This is a prayer that should be offered up by every father and mother. But should they thus plead with God in behalf of their children, and then leave them to do as they please? Should they pamper the appetite until it gets the mastery, and then expect to restrain the children?—No; temperance and self-control should be taught from the very cradle up.” *Christian Education*, 166

4.b. What was David’s example of daily prayer? Psalm 55:17. What was Daniel’s example of daily prayer? Daniel 6:10

Note: “If ever there was a time when every house should be a house of prayer, it is now. Fathers and mothers should often lift up their hearts to God in humble supplication for themselves and their children.” *Christian Education*, 221

4.c. What else should parents remember to do on behalf of their children? Malachi 3:16, *first part*; Deuteronomy 11:18-20

Note: “Brother L, . . . you do not speak wisely and judiciously to your wife and children. You should cultivate kindness and gentleness. Your children have not had the best influence and example before them. They should not control you, but you them, not harshly, not overbearingly, but with firmness and steadiness of purpose.

“Sister L, you have a great battle before you in order to overcome. You have let self keep the victory. Your stubborn will is the greatest enemy you have. You have an unsubdued temper and do not control your tongue. The lack of self-control has been a great injury to yourself and to your family. Happiness, quietude, and peace have abode in your dwelling but a short period at a time. If your will is crossed you are easily irritated, and then you speak and act as though a demon had possession of you. Angels turn from the scene of discord where angry words are exchanged.” *Testimonies*, Vol. 2, 78, 79

Thursday

5 SPECIAL INSTRUCTIONS

5.a. What lesson of tender care toward the wife and children should Christian fathers learn from Jacob’s example? Genesis 33:13, 14

Note: “The average father wastes many golden opportunities to attract and bind his children to him. Upon returning home from his business, he should find it a pleasant change to spend some time with his children.

“Fathers should unbend from their false dignity, deny themselves some slight self-gratification in time and leisure, in order to mingle with the children, sympathizing with them in their little troubles, binding them to their hearts by the strong bonds of love, and establishing such an influence over their expanding minds that their counsel will be regarded as sacred.” *The Adventist Home*, 220

5.b. What promise may faithful parents claim in the training of their children? Isaiah 49:25, *last part*

Note: “Let the father, as priest of the household, lay upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer and praise. In such a household, Jesus will love to tarry.” *Christian Education*, 221

“Parents stand in the place of God to their children, and they will have to render an account, whether they have been faithful to the little few committed to their care.” *The Review and Herald*, March 28, 1893

“The sphere of the mother may be humble; but her influence, united with the father’s, is as abiding as eternity.” *The Adventist Home*, 240

Friday

PERSONAL REVIEW QUESTIONS

- 1 How can parents make their homes a pleasing site for God and angels?
- 2 Explain the characteristic virtues of the husband and father and those of the wife and mother.
- 3 How are the distinct duties of a woman more sacred than those of a man?
- 4 What is a key factor in ensuring the presence of Jesus in the family home?
- 5 Mention some of the burdens that parents can share in the home circle.

March 9 – 15, 2025

Our High Calling

Key Text

“I was a father to the poor, and I searched out the case that I did not know.” Job 29:16

Study Help: *Testimonies*, Vol. 7, 9–33; *Ibid.*, Vol. 1, 347–353

Introduction

“We are commanded to love our neighbors as ourselves. This command is not that we shall simply love those who think and believe exactly as we think and believe.” *The Review and Herald*, December 18, 1894

Sunday

1 AWAKENING TO THE NEED

1. What summarizes the state of things among the people of the world—and our duty toward these souls perishing in darkness? Job 24:1–13; 29:16

Note: “We are made the depositaries of rich blessings and have monopolized them, as if they were wholly our own; but all who are enlightened by the grace of Christ should communicate the same to others. For God, through the Comforter, will work with every effort made in sincerity and truth, with His glory in view. He has paid the redemption price for a lost world, the world that Jesus loved, the world for which He died. Let the compassion and love of Jesus urge us to earnest efforts to reveal Christ to the world.” *The Signs of the Times*, December 7, 1891

“Heaven stands indignant at the neglect shown to the souls of men. Would we know how Christ regards it? How would a father and mother feel, did they know that their child, lost in the cold and the snow, had been passed by, and left to perish, by those who might have saved it? Would they not be terribly grieved, wildly indignant? Would they not denounce those murderers with wrath hot as their tears, intense as their love? The sufferings of every man are the sufferings of God’s child, and those who reach out no helping hand to their perishing fellow beings provoke His righteous anger. This is the wrath of the Lamb.” *The Desire of Ages*, 825

Monday

2 THE SHEEP OUTSIDE THE FOLD

2. What does Jesus’ prophecy about faithful souls in other Christian denominations? John 10:16

Note: “We should not go out of our way to make hard thrusts at the Catholics. Among the Catholics there are many who are most conscientious Christians and who walk in all the light that shines upon them, and God will work in their behalf. Those who have had great privileges and opportunities, and who have failed to improve their physical, mental, and moral powers, but who have lived to please themselves and have refused to bear their responsibility, are in greater danger and in greater condemnation before God than those who are in error upon doctrinal points, yet who seek to live to do good to others. Do not censure others; do not condemn them.” *Testimonies*, Vol. 9, 243

“Notwithstanding the spiritual darkness and alienation from God that exist in the churches which constitute Babylon, the great body of Christ’s true followers are still to be found in their communion. There are many of these who have never seen the special truths for this time. Not a few are dissatisfied with their present condition and are longing for clearer light. They look in vain for the image of Christ in the churches with which they are connected. As these bodies depart further and further from the truth, and ally themselves more closely with the world, the difference between the two classes will widen, and it will finally result in separation. The time will come when those who love God supremely can no longer remain in connection with such as are ‘lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof.’

“Revelation 18 points to the time when, as the result of rejecting the threefold warning of Revelation 14:6–12, the church will have fully reached the condition foretold by the second angel, and the people of God still in Babylon will be called upon to separate from her communion. This message is the last that will ever be given to the world; and it will accomplish its work. When those that ‘believed not the truth, but had pleasure in unrighteousness’ (2 Thessalonians 2:12), shall be left to receive strong delusion and to believe a lie, then the light of truth will shine upon all whose hearts are open to receive it, and all the children of the Lord that remain in Babylon will heed the call: ‘Come out of her, My people’ (Revelation 18:4).” *The Great Controversy*, 390

Tuesday

3 A DISTINCTIVE BANNER

3. What illustration does the psalmist use to depict our spiritual calling? Psalm 60:4. Describe one pathway that may cause us to lose sight of that high calling.

Note: “Dear Brother and Sister B, You have both been presented before me as in danger spiritually. You were leaving the right path and were placing your feet in a broader road. Sister B was saying many things, in jots and tittles, here a little and there a little, which were as seed sown, and the harvest will surely come. She was encouraging unbelief and telling her husband that the road they had been traveling was altogether too narrow and lowly. She thought that her husband’s qualifications were of a high order and should be exercised in a broader and more influential manner. Brother B was of the very same mind; in fact, he had led her into this train of thought. You both held the banner upon which was inscribed, ‘The commandments of God, and the faith of Jesus;’ but as you met in your way with people whom you thought were popular, down came the banner, and you put it behind your backs, saying: ‘If we let it be known that we are Seventh-day Adventists, then our influence will be at an end, and we shall lose many advantages.’ I saw the banner of truth trailing behind you. Then the question arose: ‘Why carry it at all? We can believe that which we see to be truth, but we need not let the educators and students know that we bear this unpopular banner.’ There were those in your company who were not pleased or satisfied with these suggestions, but they weakly followed your influence in place of letting their light shine by holding aloft their standard. They hid their banners and marched on, fearing to let the light which was given them of heaven shine before all.

“I saw one approaching you with firm tread and grieved countenance. He said: ‘Let no man take your crown.’ Have you forgotten the humiliation endured by the Son of God in coming to our world, how He suffered abuse, reproach, insult, hatred, mockery, and betrayal, how He endured the shameful trial in the judgment hall after having suffered the superhuman assaults of Satan in the Garden of Gethsemane? Have you forgotten the wild cry from the mob, ‘Crucify Him, crucify Him,’ and how He died as a malefactor? Is the servant greater than his Lord? The followers of Jesus will not be popular, but will be like their Master, meek and lowly of heart. You are seeking to climb to the highest seat, but will find yourselves at last in the lowest.” *Testimonies*, Vol. 5, 501, 502

Wednesday

4 FAMILY GOALS

- 4.a. How can the aims and choices made by John the Baptist and his parents be an inspiration to families today? Luke 1:5-17; 3:1-4

Note: “It was John’s choice to forgo the enjoyments and luxuries of city life for the stern discipline of the wilderness. Here his surroundings were favorable to habits of simplicity and self-denial. Uninterrupted by the clamor of the world, he could here study the lessons of nature, of revelation, and of providence. The words of the angel to Zacharias had been often repeated to John by his God-fearing parents. From his childhood his mission had been kept before him, and he accepted the holy trust.” *Testimonies*, Vol. 8, 221

- 4.b. What distraction hinders many of us from the call of the hour? Luke 12:15

Note: “Many, when they begin to gather earthly riches, commence to calculate how long it will be before they can be in possession of a certain sum. In their anxiety to amass wealth for themselves, they fail to become rich toward God.” *Testimonies*, Vol. 3, 403

- 4.c. Along with this same preoccupation over material riches, what other obsession is distracting many of our youth away from the most important work in life? 1 Thessalonians 5:22; Proverbs 21:5



Note: “The young are bewitched with the mania for courtship and marriage. Lovesick sentimentalism prevails. Great vigilance and tact are needed to guard the youth from these wrong influences. Many parents are blind to the tendencies of their children. Some parents have stated to me, with great satisfaction, that their sons or daughters had no desire for the attentions of the opposite sex, when in fact these children were at the same time secretly giving or receiving such attentions, and the parents were so much absorbed in worldliness and gossip that they knew nothing about the matter.” *Testimonies*, Vol. 5, 60

Thursday

5 A FRESH OUTLOOK

5.a. Why is it often necessary to reevaluate our life goals?
Matthew 6:19–21

Note: “You who are the elect and chosen ones are to receive the divine commission to yoke up with Christ. You must never grow weary in well-doing. The highest honor that can be conferred upon human beings, be they young or old, rich or poor, is to be permitted to lift up the oppressed, comfort the feeble-minded, and support the weak. The world is full of suffering; go, heal the sick, pray for the hopeless, preach the gospel to the poor.” *The Youth’s Instructor*, November 2, 1899

5.b. Describe one way that families can revitalize their experience. Psalm 126:6; Proverbs 11:24–26; 14:23

Note: “Self-supporting missionaries are often very successful. Beginning in a small, humble way, their work enlarges as they move forward under the guidance of the Spirit of God. Let two or more start out together in evangelistic work. They may not receive any particular encouragement from those at the head of the work that they will be given financial support; nevertheless let them go forward, praying, singing, teaching, living the truth. They may take up the work of canvassing, and in this way introduce the truth into many families. As they move forward in their work they gain a blessed experience. They are humbled by a sense of their helplessness, but the Lord goes before them, and among the wealthy and the poor they find favor and help. Even the poverty of these devoted missionaries is a means of finding access to the people. As they pass on their way they are helped in many ways by those to whom they bring spiritual food. They bear the message God gives them, and their efforts are crowned with success. Many will be brought to a knowledge of the truth who, but for these humble teachers, would never have been won to Christ.” *Testimonies*, Vol. 7, 23

Friday

PERSONAL REVIEW QUESTIONS

- 1 What special work should be done in behalf of the sheep that are still in the other fields?
- 2 How can I exert a better influence in my family to realign our priorities?

March 16 – 22, 2025

The Light of the World

Key Text

“Arise, shine; for your light has come! And the glory of the Lord is risen upon you.” Isaiah 60:1

Study Help: *Testimonies*, Vol. 7, 34–41; *Ibid.*, Vol. 8, 239–246; *Ibid.*, Vol. 9, 97–119

Introduction

“It is the positive duty of God’s people to go into the regions beyond. Let forces be set at work to clear new ground, to establish new centers of influence wherever an opening can be found.” *Testimonies*, Vol. 9, 118

Sunday

1 A BRIGHT PICTURE

1.a. Describe the heart-warming promise which God is extending to His beloved sheep in the fallen churches today. Ezekiel 34:11–16

1.b. What inspiring prophecies are soon to reach their peak of fulfillment? Isaiah 56:1–7; Micah 2:12

Note: “Among earth’s inhabitants, scattered in every land, there are those who have not bowed the knee to Baal. Like the stars of heaven, which appear only at night, these faithful ones will shine forth when darkness covers the earth and gross darkness the people. In heathen Africa, in the Catholic lands of Europe and of South America, in China, in India, in the islands of the sea, and in all the dark corners of the earth, God has in reserve a firmament of chosen ones that will yet shine forth amidst the darkness, revealing clearly to an apostate world the transform-

ing power of obedience to His law. Even now they are appearing in every nation, among every tongue and people; and in the hour of deepest apostasy, when Satan’s supreme effort is made to cause ‘all, both small and great, rich and poor, free and bond,’ to receive, under penalty of death, the sign of allegiance to a false rest day, these faithful ones, ‘blameless and harmless, the sons of God, without rebuke,’ will ‘shine as lights in the world.’ Revelation 13:16; Philippians 2:15. The darker the night, the more brilliantly will they shine.” *Prophets and Kings*, 188, 189

Monday

2 A WORK SCARCELY BEGUN

2. What is the Lord’s appeal right now to every individual entrusted with a knowledge of the three angels’ messages? Isaiah 60:1, 2; John 15:8

Note: “We cannot afford in the few days we have here on earth to spend our time in trifling and nothingness. We need to humble our souls before God, that every heart may drink in the truth, and let it work in the life a reformation that will convince the world that this is indeed the truth of God. Let the life be hid with Christ in God. Only when we seek the Lord as little children, when we cease picking flaws in our brethren and sisters, and in those who are seeking to carry faithfully the responsibilities of the work, and seek to get our own hearts right with God, can He use us to the glory of His name.” *Testimonies*, Vol. 9, 106

“The lay members of our churches can accomplish a work which, as yet, they have scarcely begun. None should move into new places merely for the sake of worldly advantage; but where there is an opening to obtain a livelihood, let families that are well grounded in the truth enter, one or two families in a place, to work as missionaries. They should feel a love for souls, a burden of labor for them, and should make it a study how to bring them into the truth. They can distribute our publications, hold meetings in their homes, become acquainted with their neighbors, and invite them to come to these meetings. Thus they can let their light shine in good works.

“Let the workers stand alone in God, weeping, praying, laboring for the salvation of their fellowmen. Remember that you are running a race, striving for a crown of immortality. While so many love the praise of men more than the favor of God, let it be yours to labor in humility. Learn to exercise faith in presenting your neighbors before the throne of grace and pleading with God to touch their hearts. In this way effectual missionary work may be done. Some may be reached who would not listen



Let
forces be
set at work ...
wherever an
opening can be
found.

to a minister or a colporteur. And those who thus labor in new places will learn the best ways of approaching the people and can prepare the way for other laborers.

“A precious experience may be gained by one who engages in this work. He has upon his heart the burden of the souls of his neighbors. He must have the help of Jesus. How careful he will be to walk circumspectly, that his prayers may not be hindered, that no cherished sin may separate him from God.” *Ibid.*, Vol. 8, 245

Tuesday

3 A BLESSED UNDERTAKING

3.a. Describe what is to follow as believers go forth to spread the present truth. Isaiah 60:3–6

Note: “If our people will act upon the light that is given ... we shall surely see of the salvation of God. Wonderful revivals will follow. Sinners will be converted, and many souls will be added to the church.” *Testimonies*, Vol. 8, 246

3.b. What is to be our attitude in sharing the gospel?
Galatians 6:1; Ephesians 2:8, 9; 1 Peter 3:15–17

Note: “The most effective way to teach the heathen, who know not God, is through His works. In this way, far more readily than by any other method, they can be made to realize the difference between their idols, the works of their own hands, and the true God, the Maker of heaven and earth.” *Special Testimonies on Education*, 59, 60

“It is of little use to try to reform others by attacking what we may regard as wrong habits. Such effort often results in more harm than good. In His talk with the Samaritan woman, instead of disparaging Jacob’s well, Christ presented something better. ‘If thou knewest the gift of God,’ He said, ‘and who it is that saith to thee, Give Me to drink; thou wouldest have asked of Him, and He would have given thee living water.’ John 4:10. He turned the conversation to the treasure He had to bestow, offering the woman something better than she possessed, even living water, the joy and hope of the gospel.

“This is an illustration of the way in which we are to work. We must offer men something better than that which they possess, even the peace of Christ, which passeth all understanding. We must tell them of God’s holy law, the transcript of His character, and an expression of that which He wishes them to become. Show them how infinitely superior to the fleeting joys and pleasures of the world is the imperishable glory of heaven. Tell them of the freedom and rest to be found in the Saviour.” *The Ministry of Healing*, 156, 157

Wednesday

4 DON'T BE SURPRISED

4.a. Of what must we be aware as we earnestly seek to advance our efforts in the Lord’s vineyard?
Matthew 10:32–39

Note: “Those who profess the truth should hold the standard high, and induce others to come up to it. I saw that some would have to walk the straight path alone. Their companions and children will not walk the self-denying pathway with them. Patience and forbearance should ever characterize the lives of those lone pilgrims, following the example of their blessed Master. They will have many trials to endure, but they have that hope that makes the soul strong, that bears them up above the trials of earth, that elevates them above scorn, derision, and reproach. Those who possess a hope like this should never indulge a harsh, unkind spirit. This will only injure their souls, and drive their friends farther from the truth. Treat them tenderly. Give them no occasion to reproach the cause of Christ; but never yield the truth to please anyone. Be decided, be fixed, be established, be not of a doubtful mind.

“But if your companions and children will not come, if you cannot win them to yield to the claims of truth, make their lives here as pleasant as possible; for all they will ever enjoy will be this poor world. But let not your duty to them interfere with your duty to God. Pursue a straightforward course. Let nothing they may do or say provoke an angry word from you. You have a hope that will yield you consolation amid the disappointments and trials of life. Your companions and children who will not be induced to tread the narrow, cross-bearing pathway with you, have not this divine consolation. They should have your pity, for this world is all the heaven they will have.” *Spiritual Gifts*, Vol. 2, 266, 267

4.b. How does this overall experience echo that of our Master? Matthew 23:37; Isaiah 63:3, first part

Note: “God is speaking to His people today as He spoke to Israel through Moses, saying, ‘Who is on the Lord’s side?’ My brethren, take your position where God bids you. Leave alone those who, after light has been repeatedly given them, have taken a stand on the opposite side. You are not to spend precious time in repeating to them what they already know and thus lose your opportunities of entering new fields with the message of present truth.” *Sermons and Talks*, Vol. 1, 386

Thursday

5 A NEEDED ESSENTIAL

- 5. What should be our heart’s yearning at this point in the history of the world? Jeremiah 14:20–22; Zechariah 10:1

Note: “All that the apostles did, every church member today is to do. And we are to work with as much more fervor, to be accompanied by the Holy Spirit in as much greater measure, as the increase of wickedness demands a more decided call to repentance.

“Everyone on whom is shining the light of present truth is to be stirred with compassion for those who are in darkness. From all believers, light is to be reflected in clear, distinct rays. A work similar to that which the Lord did through His delegated messengers after the Day of Pentecost He is waiting to do today. At this time, when the end of all things is at hand, should not the zeal of the church exceed even that of the early church? Zeal for the glory of God moved the disciples to bear witness to the truth with mighty power. Should not this zeal fire our hearts with a longing to tell the story of redeeming love, of Christ and Him crucified? Should not the power of God be even more mightily revealed today than in the time of the apostles?” *Testimonies*, Vol. 7, 33

“My brethren and sisters, plead for the Holy Spirit, God stands back of every promise He has made. With your Bibles in your hands, say: ‘I have done as Thou hast said, I present Thy promise, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”’ Christ declares: ‘What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.’ ‘Whatsoever ye shall ask in My name, that will I do, that the Father may be glorified in the Son.’ Matthew 7:7; Mark 11:24; John 14:13.” *Ibid.*, Vol. 8, 23

Friday

PERSONAL REVIEW QUESTIONS

- 1 What can we expect to see more and more as the end draws near?
- 2 Name some things every layperson can do to spread the present truth.
- 3 Describe the tact that is needed in bringing light to those in great darkness.
- 4 What obstacles will we find ourselves facing, and how should we respond?
- 5 What is the church’s greatest need at this time?

March 23 – 29, 2025

The Final Work

Key Text

“O Zion, you who bring good tidings, get up into the high mountain; O Jerusalem, you who bring good tidings, lift up your voice with strength, lift it up, be not afraid; say to the cities of Judah, ‘Behold your God!’” Isaiah 40:9

Study Help: *The Great Controversy*, 603–612; *Testimonies*, Vol. 6, 305–312

Introduction

“All heaven is looking upon those who profess to believe the most sacred truths ever committed to mortals. Angels are waiting, longing to cooperate with you in working for the salvation of souls.” *The Review and Herald*, August 25, 1910

Sunday

1 LIVING AMID THE CLOSING SCENES

- I. Many woes are coming upon this earth. But which must we be most determined to avoid, and what action shall we be taking? Jeremiah 8:20; Matthew 24:48–51

Note: “As I hear of the terrible calamities that from week to week are taking place, I ask myself: What do these things mean? The most awful disasters are following one another in quick succession. How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of seemingly disorganized, unregulated forces, but in them God’s purpose may be read. They are one of the means by which He seeks to arouse men and women to a sense of their danger. ...

“Let the message of Christ’s soon return sound forth in earnest words of warning. Let us persuade men and women everywhere to repent and flee from the wrath to come. Let us arouse them to immediate preparation, for we little know what is before us. Let ministers and lay members go forth into the

ripening fields to tell the unconcerned and indifferent to seek the Lord while He may be found.” *Testimonies*, Vol. 8, 252, 253

Monday

2 TOUCHING OUR WORLD

- 2.a. How can we make a distinct impact in this dark world? 2 Corinthians 5:18, 19; Jude 1:17–23

- 2.b. What must be borne in mind as we reach out? Isaiah 8:12; Ephesians 5:11

Note: “We are to beware of indulging a spirit of bigotry and intolerance. We are not to stand aside from others in a spirit that seems to say, ‘Come not near to me; for I am holier than thou.’ We are not to shut ourselves away from our fellow human beings, but are to seek to impart to them the precious truth that has blessed our own hearts. We are to let it be seen that ours is the religion of love. ‘Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.’

“But if we are Christians, having the Spirit of Him who died to save men from their sins, we shall love the souls of our fellowmen too well to countenance their sinful pleasures by our presence and our influence. We cannot sanction their course by assembling with them at their feasts and their councils, where God does not preside. Such a course, so far from benefiting them, would only cause them to doubt the reality of our religion. We should be false lights, by our course leading souls to ruin.” *The Review and Herald*, August 25, 1910

- 2.c. In self-discipline gained through Christ, where should we be directing our focus? Luke 14:12–14; 21:34–36; Colossians 3:1–3

Note: “The work of God for the salvation of the human family is the one work of supreme importance to be carried forward in our world. When men are willing to count all things but loss that they may win Christ, their eyes will be open to see things as they really are. Then they will turn away from the earthly attractions to the heavenly. They will see the true nature of the worldly, selfish enjoyments that they now value so highly, and the things that they now hold so dear will be given up.” *The Review and Herald*, August 25, 1910

Tuesday

3 LOVE WITHOUT BITTERNESS

3.a. How are cutting, testing truths to be presented?
Isaiah 40:9; 1 John 3:10–16

Note: “In the work of soul-winning, great tact and wisdom are needed. The Saviour never suppressed the truth, but He uttered it always in love. In His intercourse with others, He exercised the greatest tact, and He was always kind and thoughtful. He was never rude, never needlessly spoke a severe word, never gave unnecessary pain to a sensitive soul. He did not censure human weakness. He fearlessly denounced hypocrisy, unbelief, and iniquity, but tears were in His voice as He uttered His scathing rebukes. He never made truth cruel, but ever manifested a deep tenderness for humanity. Every soul was precious in His sight. He bore Himself with divine dignity; yet He bowed with the tenderest compassion and regard to every member of the family of God. He saw in all, souls whom it was His mission to save.” *Gospel Workers*, 117

3.b. What will result from the glorious message of present truth being given with great power?
Revelation 12:17; 13:11–15

Note: “As the controversy extends into new fields and the minds of the people are called to God’s downtrodden law, Satan is astir. The power attending the message will only madden those who oppose it. The clergy will put forth almost superhuman efforts to shut away the light lest it should shine

upon their flocks. By every means at their command they will endeavor to suppress the discussion of these vital questions. The church appeals to the strong arm of civil power, and, in this work, papists and Protestants unite. As the movement for Sunday enforcement becomes more bold and decided, the law will be invoked against commandment keepers. They will be threatened with fines and imprisonment, and some will be offered positions of influence, and other rewards and advantages, as inducements to renounce their faith. But their steadfast answer is: ‘Show us from the word of God our error’—the same plea that was made by Luther under similar circumstances. Those who are arraigned before the courts make a strong vindication of the truth, and some who hear them are led to take their stand to keep all the commandments of God. Thus light will be brought before thousands who otherwise would know nothing of these truths.” *The Great Controversy*, 607

Wednesday

4 COURAGEOUS AND FORGIVING

4.a. What will be the strongest evidences that God is with His people who live according to the present truth for this time? Romans 12:21; 1 John 3:17, 18

Note: “The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them.

“The light of the Sun of Righteousness is to shine forth in good works—in words of truth and deeds of holiness.” *Christ’s Object Lessons*, 415, 416

4.b. Why will the believers have great courage?
2 Timothy 1:7; 1 John 4:17–19

Note: “Servants of God, with their faces lighted up and shining with holy consecration, will hasten from place to place to proclaim the message from heaven. By thousands of voices, all over the earth, the warning will be given. Miracles will be

wrought, the sick will be healed, and signs and wonders will follow the believers. Satan also works with lying wonders, even bringing down fire from heaven in the sight of men. Revelation 13:13. Thus the inhabitants of the earth will be brought to take their stand.

“The message will be carried not so much by argument as by the deep conviction of the Spirit of God. The arguments have been presented. The seed has been sown, and now it will spring up and bear fruit. The publications distributed by missionary workers have exerted their influence, yet many whose minds were impressed have been prevented from fully comprehending the truth or from yielding obedience. Now the rays of light penetrate everywhere, the truth is seen in its clearness, and the honest children of God sever the bands which have held them. Family connections, church relations, are powerless to stay them now. Truth is more precious than all besides. Notwithstanding the agencies combined against the truth, a large number take their stand upon the Lord’s side.” *The Great Controversy*, 612

Thursday

5 LOOKING BEYOND

5.a. What will be the attitude of those bearing the final message—an essential key to their perfection of character? Matthew 5:38–48; Revelation 12:11, *last part*

Note: “The Lord is soon to come, and we must be prepared to meet Him in peace. Let us be determined to do all in our power to impart light to those around us. We are not to be sad, but cheerful, and we are to keep the Lord Jesus ever before us. He is soon coming, and we must be ready and waiting for His appearing.” *Testimonies*, Vol. 8, 253

5.b. Why can we be inspired by how the prophets gained strength—and ultimately, by how our Master was sustained to endure the cross? Isaiah 53:11; Matthew 5:10–12



God
seeks to
arouse people
to a sense of
danger.

Note: “In all ages the Saviour’s chosen have been educated and disciplined in the school of trial. They walked in narrow paths on earth; they were purified in the furnace of affliction. For Jesus’ sake they endured opposition, hatred, calumny. They followed Him through conflicts sore; they endured self-denial and experienced bitter disappointments. By their own painful experience they learned the evil of sin, its power, its guilt, its woe; and they look upon it with abhorrence. A sense of the infinite sacrifice made for its cure humbles them in their own sight and fills their hearts with gratitude and praise which those who have never fallen cannot appreciate. They love much because they have been forgiven much. Having been partakers of Christ’s sufferings, they are fitted to be partakers with Him of His glory.” *The Great Controversy*, 649, 650

Friday

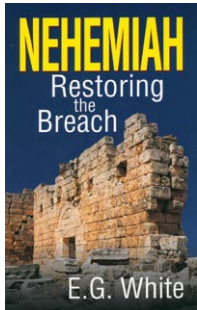
PERSONAL REVIEW QUESTIONS

- 1 What duty should come to mind whenever we hear of the latest catastrophe?
- 2 What often hinders the missionary efforts of many professed believers?
- 3 Why can we be bold to present truths that we know will trigger persecution?
- 4 Besides seeing Christ, what may well be the most rewarding sight in heaven?

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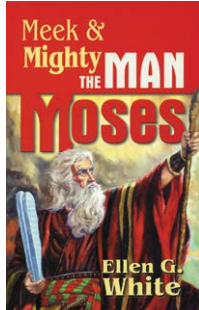
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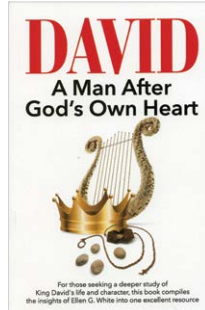
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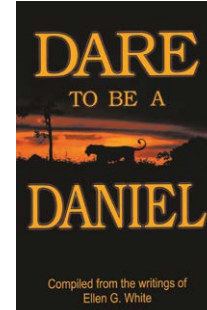
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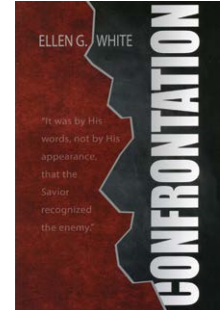
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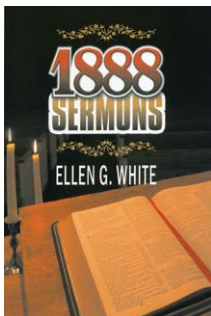
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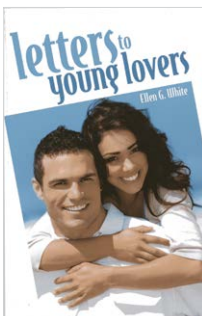
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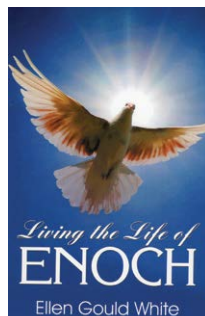
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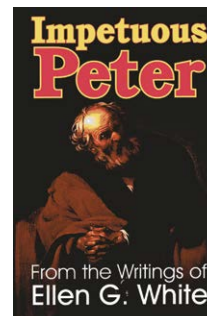
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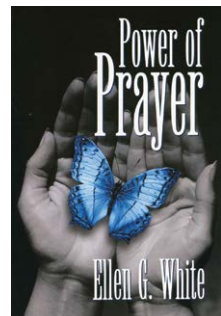
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Are Pepita and Pumpkin Seeds the Same?

Pepita seeds and pumpkin seeds are frequently used interchangeably, but are they really the same thing?

Not exactly. With a crunchy bite and a nutty, slightly sweet flavor, pepita and pumpkin seeds do indeed share some similarities, but they are not the same thing. Pepitas are pumpkin seeds but not all pumpkin seeds are pepitas.

A common misconception is that pepitas are what you're left with after the outer shell, or hull, of the pumpkin seed is removed. That's not actually the case. Pepitas (which translates to "little seeds of squash" in Spanish) is a type of pumpkin seed, naturally hull-free and only found in oilseed or Styrian pumpkins.

Unlike most pumpkin seeds, which must be prepped and roasted before eating, green-hued pepitas have a thin skin and delicate crunch and are delicious when eaten raw or roasted. They are wonderful as a snack and also great for cooking.

Pepitas can be added to everything from

granola and muesli to pesto, salads, snack bars, crackers, and so much more. So, if a recipe calls for pumpkin seeds, you can always use pepitas instead, but you can't use pumpkin seeds in place of pepitas.

Source: thekitchn.com/pepitas-vs-pumpkin-seeds-23416957



Fruit

Vegetables

Legumes

Nuts/Seeds

Grains



ENDURANCE CRACKERS

Ingredients

- 1/2 cup chia seeds
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds or pepita seeds
- 1/2 cup sesame seeds
- 1 cup water
- 1 large garlic clove, finely grated
- 1 tsp. sweet onion, finely grated
- 1/4 tsp. fine sea salt, plus more for sprinkling

Additional seasoning suggestions: herbamare, kelp granules, rosemary, paprika, turmeric, etc.

Process

Combine seeds in a bowl, then add water, garlic, onion, and salt. Stir until well combined and a thick, gel-like consistency. Allow the mixture to sit for a few minutes until the water is completely absorbed, and season as desired.

Line a large baking sheet with parchment paper, and spread the mixture onto the sheet as thinly as possible. Sprinkle additional salt on top. Bake at 300°F for 35 minutes. Remove from oven and carefully flip. Bake for 25–30 minutes more or until lightly golden around the edges. Let cool for about 15 minutes, then break into crackers and let cool completely on the sheet. Serve with hummus, mashed avocado, or your spread of choice.





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