

HISTORIC  
**LANDMARKS**

OF ADVENTISM

*Hard Sayings*

*Many professed disciples of Christ go back to the broad road when confronted with the qualifications for walking the narrow way.*

*p. 2*

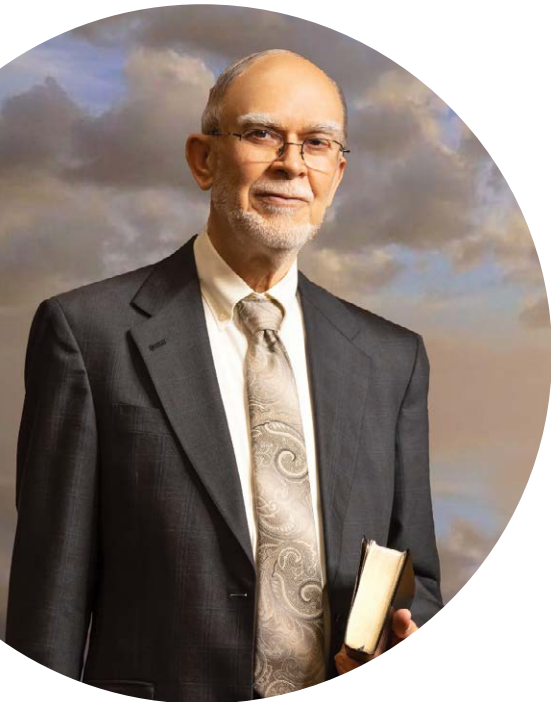
*There Can  
Be Only One  
Emperor*

*p. 10*

*Look and  
Live*

*p. 6*





## From the Editor

*John J. Grosboll*

# Strange Voices

Jesus said, “But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that day come on you unexpectedly.

“For it will come as a snare on all those who dwell on the face of the whole earth.” Luke 21:34, 35

If you are a student of prophecy, you are aware that the signs of the times are screaming that we are at the very end of earth’s history. (See also Matthew 24, Luke 17 and 21; 2 Timothy 3; 2 Peter 3; Daniel 11, Revelation chapters 7–11, 13, 14, and 17.)

As Eve did, many people are listening to strange voices, and sooner or later they will believe error, following it instead of the truth. We must choose who we listen to.

“I was shown the necessity of those who believe that we are having the last message of mercy, being separate from those who are daily imbibing new errors. I saw that neither young nor old should attend their meetings; for it is wrong to thus encourage them while they teach error that is a deadly poison to the soul and teach for doctrines the commandments of men. The influence

of such gatherings is not good. If God has delivered us from such darkness and error, we should stand fast in the liberty wherewith He has set us free and rejoice in the truth. God is displeased with us when we go to listen to error, without being obliged to go; for unless He sends us to those meetings where error is forced home to the people by the power of the will, He will not keep us. The angels cease their watchful care over us, and we are left to the buffetings of the enemy, to be darkened and weakened by him and the power of his evil angels; and the light around us becomes contaminated with the darkness.” *Early Writings*, 125, 126

“The time of our educating will soon be over. We have no time to lose in walking through clouds of doubt and uncertainty because of uncertain voices. . . .

“Humble yourselves under the hand of God, warn all that they do not in stubbornness choose their own way . . . .

“The Lord would have us answer the prayer of Christ. Seek for unity and oneness. Seek for harmony, then we bear to the world a living testimony of the light of Jesus Christ.” *The Ellen G. White 1888 Materials*, 1002–1004 [LM](#)

HISTORIC

# LANDMARKS

OF ADVENTISM

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

# In this Issue



## **Hard Sayings**

When confronted with the qualifications for walking the narrow way, many professed disciples of Christ go back to the broad road and walk with Him no more.

John R. Pearson



## **Look and Live**

We must keep looking to Jesus, the author and finisher of our faith. He alone can change our character to reflect His own.

Judy Rebarchek



## **There Can Be Only One Emperor**

There is only one emperor to whom politicians come for advice and he is more respected than ever.

Marcin Watras

## More in this Issue

### **16 Bible Puzzle**

The First Angel's Message

### **20 Story Time**

What Ruined Him

### **21 Keys to the Storehouse**

Highest Regard

### **24 From the Mission Fields**

Hearts Converted in Bolivia

### **26 Nature**

Pico Island

### **28 Health Nugget**

Bonding, Intuition, and Resilience

### **30 Free SDA Series**

God's Church Must Be Holy

### **36 Bible Study Guide**

The Second Angel's Message

### **49 Recipe**

Onions

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



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## *Hard Sayings*

John R. Pearson

||| I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.' The Jews therefore quarreled among themselves, saying, 'How can this Man give us His flesh to eat?'



*Believers  
are to separate  
from the world, even  
if that includes some  
degree of separation  
from our own family  
members.*

“Then Jesus said to them, ‘Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him. As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. This is the bread which came down from heaven—not as your fathers ate the manna, and are dead. He who eats this bread will live forever.’

“These things He said in the synagogue as He taught in Capernaum. Therefore, many of His disciples, when they heard this, said, ‘This is a hard saying; who can understand it?’” John 6:51–60

This exchange between Jesus and His disciples was the catalyst that caused many, even most, of Jesus’ disciples to abandon Him. John wrote, “From that time many of His disciples went back and walked with Him no more,” (verse 66); despite Christ’s explanation found in verse 63 that His words were the

flesh and blood that His disciples were to feed on.

Even today, when confronted with the qualifications to be met in conservative Adventism for walking the narrow way, many professed disciples of Christ likewise go back to the broad road and walk with Him no more. Sadly, many are probably unaware that they have made such a choice—equally unlikely to be aware of or concerned about the consequences of their choice.

There is an interesting two-part article in *The Review and Herald*, April 12 and 19, 1870, in which Mrs. White addresses the reaction of many when confronted by hard sayings.

“Some professed followers of Christ may be inclined to say, as did the disciples at a certain time as they listened to the earnest truths which fell from the lips of the divine Teacher, ‘This is an hard saying, who can hear it?’ Many may think that the way is made too straight; when we talk of self-denial and sacrifice for Christ’s sake, they think we dwell too much on these points.”

It seems that most professed followers of Christ prefer to hear of the Christian’s reward and the glories of heaven, and not of the narrow road they must

walk to reach those glories. We know that those who are faithful will inherit all things, but the great question with us should be, “Who may abide the day of His coming; and who shall stand when He appears?” Who shall be counted worthy to receive the exceeding great and precious reward that shall be given to all who overcome?

The answer to who will inherit all things is both simple, and a hard saying. We are told that if we would be sharers in the glory of Christ, we would first be partakers of His sufferings. Paul alluded to this in his second letter to Timothy, when he wrote, “Yes, and all who desire to live godly in Christ Jesus will suffer persecution.”<sup>2</sup> Timothy 3:12

Paul also tells us that without holiness, no man can see the Lord (Hebrews 12:14). Without purity of life, achieved through the trials and sufferings of meeting life’s daily challenges, it is impossible for us to be polished into living stones and prepared to dwell with the saints and the holy, sinless angels in a pure and holy heaven.

John tells us that we must be pure, just as Jesus is pure (1 John 3:2, 3). We know from the counsel that has been so lovingly provided in the Spirit of Prophecy, no

sin, no impurity of any kind can pass through the pearly gates of the golden city of God. So, the question for us to settle is, Will we turn from all sin and comply with the conditions God has given us so that we may become His sons and daughters? To become members of the royal family, He requires us to completely separate from the world. This is demonstrated in this hard saying: “Come out from

among them and be separate.” 2 Corinthians 6:17. The context makes it clear that as believers we are to separate from unbelievers, even if that includes some degree of separation from our own family members.

If you are the only Adventist in your family, there is a similar hard saying, recorded in Matthew 10.

“Do not think that I came to bring peace on earth. I did not come to bring peace but a sword.

For I have come to “set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law,” and “a man’s enemies will be those of his own household.” He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me.” Verses 34–37

Both Scripture and the Spirit of Prophecy make it clear that God must be first in the priorities of our lives.

“... [P]erhaps while one member of the family gives his heart to God, others do not. They are still under the control of the Saviour’s worst enemy, and they feel annoyed and angry that division has come into the household. He who has accepted Christ is no less dutiful than before; on the contrary, he is more kind, more faithful, more affectionate, because his nature is being purified, sanctified, and ennobled by the truth. But the Master of the Christian and the master of the unbeliever are in deadly conflict; and so, the contest goes on in many homes. While the Christians are pleading earnestly with God that their relatives and friends may be drawn to Christ, while their hearts are breaking with longing that their loved ones

may share His joy and peace, the hearts of the unbelieving are bound as with fetters to Satan’s car, and they are asking, as did Pharaoh, ‘Who is the Lord, that I should obey His voice?’” *The Bible Echo*, March 19, 1894

Without a doubt, faithful Seventh-day Adventists believe that Christ is coming soon, and believing this, we feel compelled to plead with family and friends to prepare for the coming of the Son of Man. We do not want any—especially our own family members—to be among those who will call for rocks and mountains to fall on them. Instead, along with us, we want them to be among those who will enter in through the gates into the city, arrayed with palm leaves of victory and crowned with starry crowns. We are compelled to plead with them to abandon their unchristlike character traits and habits and perfect holiness in the fear of the Lord. It is perfection that is required, and nothing short of perfection will enable anyone to see the King and enjoy the glories of eternity.

Once we have overcome our sins and put away all traces of lawlessness, we are then, and only then, in the condition needed to receive the finishing touch of immortality. Many are waiting and expecting that a more favorable opportunity than the present will come when we can put away sin more easily than now, when it will not require such great humility and sacrifice, and we will not have to make the effort required to perfect holiness in the fear of God. Can it be that while we are waiting for a better, more convenient time, our probation may close and we be found dead in trespasses and sin?

Our grasp, our view, should be fastened upon the eternal. We must realize that we have available to us the strength that is mighty to cling to, which will be to us a stronghold and fortress in the day of trouble, affliction, and peril. But will that better time and that more favorable opportunity ever come to those who would say to the Spirit of God, as did Felix, Go Thy way for this time; when I have a convenient season I will call for Thee? Is the opportunity ever to come when we can leave sin any more easily than at the present moment? Is the time coming when we can take hold of the truth any more

“

*The Master of the Christian and the master of the unbeliever are in deadly conflict; and so, the contest goes on in many homes.*

*Whoever eats My flesh  
and drinks My blood has  
eternal life, and I will raise  
him up at the last day.*

*John 6:54*



easily than now? Satan has come down with great power and is working with great activity to weave his net around unguarded souls and thereby take them captive in his snares to prevent them from being partakers of the glories that are to be revealed at the appearing of Jesus Christ.

Are we willing that Satan should carry out his purposes? Many have yielded themselves willingly to his influence, and by their course of action tempt the devil to tempt them. It is for us to make every effort to turn from iniquity to the living God through the exercise of the free will bestowed upon us by a loving God.

As Christ continued this remarkable sermon, He clarified a bit later exactly where the emphasis must be placed in achieving the perfection that overcoming demands. "Therefore, you shall be perfect, just as your Father in heaven is perfect." Matthew 5:48. Perfection in our position is what the Son of God requires. "Therefore, I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?" Matthew 6:25

The life Jesus speaks of here is that life which measures with the life of God, the life that is to be eternal, a life forevermore in the kingdom of glory, without sorrow, without pain, without sickness, without distress, and without death.

As Christ thus presents the possibility of eternal life to His followers, is it not of more consequence than the life of this world? Our attention should not be turned in the direction of anxiety or fear, or in dread of obeying hard sayings.

This perfection that Christ called for in the Sermon on the Mount must be reached, in spite of the hard sayings that lie between here and the achievement of that perfection.

We must pray always. There is no resting spot here; there is no period when we can relax our efforts, no period when we can safely cease striving, agonizing, to enter in at the strait gate.

The truths found in God's word must be brought to bear upon us, and we must lay hold of them. If we do this, they will have a sanctifying influence upon our lives; they will polish us as living stones for the kingdom of glory, so that when our probation closes, we will see the

King in His beauty and dwell in His presence forevermore.

The question now is, Are we willing to make the sacrifice? Are we willing to eat of the bread of life? Are we willing to "Come out from among them, and be ... separate?"

Obedying the truth requires us to stand alone in our position to serve God, even when others around us are not willing to yield to the claims that Christ has upon them, even if they are our closest friends and dearest relatives.

We must have our mind's eye fixed upon eternal realities, the immortal inheritance. It should be our purpose in life to honor and glorify upon the earth Him who died that we might receive the immortal inheritance and enjoy the realities of eternity.

We can only do so when we comply with the hard sayings that He, in His love for us, has given us. Then our reward is assured. **LM**

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## *Look and Live*

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Judy Rebarck

I have worn glasses since I was 11 years old. A few years ago, my eye doctor told me I was developing cataracts. He said we would keep an eye on them and remove them when they were bad enough. I didn't know what bad enough meant. All I knew was it had become very difficult for me to drive at night. The headlights of the cars coming at me were just huge starbursts of light. My depth perception was off, so it seemed to me that they were in my lane, and this caused me to hug the curb. I also fell a few times, mainly because I didn't see the last step.



Then in December 2025, I went for my annual eye appointment only to find that my regular eye doctor had retired and the eye group assigned me to a new doctor. The day I went in, he did what eye doctors do and told me again that I had cataracts that could be removed in a year or two. The same thing I'd been told every year for a long time. But then he said, "However, if you would like to have them removed now, I would be glad to recommend you to one of our eye surgeons." No one had ever given me that option before; I had always been told to wait. So, I had the cataracts removed, first one eye and then the other, and new clear lenses inserted in their place.

Since I was far-sighted, I chose the standard lenses—artificial, intraocular lenses. The procedure, phacoemulsification, took about 15 minutes to perform. The surgeon made two tiny incisions in my eye and blasted the cataract with an ultrasonic probe. This allowed him to gently break up and remove the cloudy lenses (the cataracts) and insert the clear lenses. The lenses were positioned so that I would see 20/20 in the area of my eye (my middle vision) that I use most for working on the computer and playing the piano, although I would still have to wear glasses to see clearly near and far away.

Having pristine 20/20 vision made me think about how Jesus changes us and makes us all new. The Bible tells us to look "unto Jesus, the author and finisher of our faith." Hebrews 12:2, *first part*

"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if the eye is bad, your whole body will be full of darkness." Matthew 6:22, 23

"Keep the conscience tender, that you may hear the faintest whisper of the voice that spoke as never man spoke. Let all who would wear the yoke of Christ show an inflexible purpose to do right because it is right. Keep the eye fixed on Jesus, inquiring at every step, Is this the way of the Lord? ...



*The  
lamp of  
the body is  
the eye.*

"Do not imitate men. Study your Bibles, and imitate Christ." *Our High Calling*, 341

"We will move steadfastly on, looking to Jesus, learning of Jesus, obtaining the love of Jesus, our hearts melted in tenderness toward each other." *Manuscript Releases*, Vol. 16, 285

"But looking to Jesus you will find encouragement. May you have the blessing of the Lord every day. My dear sister, may the Lord bless and sustain you." *Selected Messages*, Book 2, 265

"Our only safety is in continually looking to Jesus. By living faith, we must appropriate the precious promises; for every promise and command, necessary for our salvation, must become a part of us, that we may become one with Christ." *The Review and Herald*, September 3, 1889

"There will be no taste for trifling conversation in those who are looking to Jesus for strength, depending upon His righteousness for salvation. By faith they

accept Jesus as their personal Saviour, and become partakers of the divine nature, having escaped the corruption that is in the world through lust." *Medical Ministry*, 145

"Let us study the life and death of Christ. Let us do all in our power to work out the plan of God. What tongue can tell, what pen unfold the mighty results of looking to Jesus and living His life?" *The Upward Look*, 200

"Trust in God. Be careful not to give the enemy any advantage by your unguarded words. Keep looking to Jesus. He is your strength." *That I May Know Him*, 185

"The greatness, the breadth, of the plan of salvation invests it with incomparable grandeur, but it can only be spiritually discerned, and it increases in greatness as we contemplate it. Looking to Jesus dying upon the cross, and knowing that it was our sin that placed the innocent Sufferer there, we are bowed down before Him in wonder and love.

“All who come to Christ for a clearer knowledge of the truth will receive it. He will unfold to them the mysteries of the kingdom of heaven, and these mysteries will be understood by the heart that longs to know the truth. A heavenly light

will shine into the soul temple and will be revealed to others as the bright shining of a lamp on a dark path.” *Ibid.*, 205

“Keep looking to Jesus. He is your strength. By steadfastly beholding him, you will be changed into the same likeness.” *The Youth’s Instructor*, September 12, 1901

“No one need despond who commits his soul to Jesus. We have an all-powerful Saviour.

Looking to Jesus, the author and finisher of your faith, you can say, ‘God is our refuge and strength, a very present help in trouble.’” *The Upward Look*, 321

“The knowledge of Christ reveals the depths of sin and its offensive character, while by faith we see the cleansing stream, the blood of Christ which washes away every spot, every stain of sin. This salvation is not half appreciated. Salvation brought to us through the blood of Jesus is not estimated of priceless value. By faith this gift must be fully accepted as the great gift of God through Jesus Christ. The burden of our sins and of our sorrows was laid upon One who is merciful to pardon, mighty to save.

“Why cannot we trust that love which has been expressed to us in such infinite sacrifice that we might live?

“Look in faith to the cross. Look and live. This will be our study and song throughout eternity.” *This Day With God*, 176

“If you are conscious of your sins, do not devote all your powers to mourning over them, but look and live. Jesus is our only Saviour; and although millions who need to be healed will reject His offered mercy, not one who trusts in His merits will be left to perish. While we realize our helpless condition without Christ, we must not be discour-

aged; we must rely upon a crucified and risen Saviour. Poor, sin-sick, discouraged soul, look and live. Jesus has pledged His word; He will save all who come unto Him.” *Counsels for the Church*, 48

“Man is poisoned by sin; but a remedy has been provided for the fallen race in the Lamb of God that taketh away the sin of the world. Every hope that we have of salvation out of Christ is a vain hope. We cannot dishonor our Saviour more than by doubting that He will save us. Whatever may have been our life of transgression, however deep may be the stain of our sin, there is One who is able to save to the uttermost all that come unto God by Him. Jesus is the remedy for sin. We may have intellect, but human intelligence can devise no way of salvation; we may have earthly possessions, but that will not provide a ransom for the sin of our soul. Salvation is the gift of God through Christ, and the promise is, ‘Whosoever believeth on Him shall not perish, but have eternal life.’

“It is not enough to have a nominal faith. We must have faith that will appropriate the life-giving power to our souls. We suffer great loss because we do not exercise simple, living faith in Christ. We should be able to say, ‘He is my Saviour; He died for me; I look to Him as my complete Saviour and live.’ We are to look to Christ day by day. We are to regard Him as our example in all things. This is faith. The true believer in Christ is represented by a branch connected with a living vine. The sap and nourishment of the vine extends through every vein and fiber of the branch, and thus the branch becomes knit with the life of the vine, and bears precious fruit. Every soul that abides in Christ will do the works of Christ. Those who love God will keep His commandments; for Christ has said, ‘I have kept My Father’s commandments.’ Jesus made an infinite sacrifice in leaving His majesty, to come to a fallen world, that He might lift up sinful man; and everyone that is connected with Christ, as the branch is united with the vine, will manifest the spirit of his Redeemer.

“We honor our Lord and Master when we place implicit confidence in Him. If we

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*Keep the eye fixed on  
Jesus, inquiring at every  
step, Is this the way of the  
Lord?*

distrust the message that He has sent us, we shall be in a position similar to that of the Israelites who were bitten by the fiery serpents, but who would not look and live. If we accept the message of love that has come to us in invitations, exhortation, and reproof, it will prove life and healing to our souls.

“We should not be satisfied with anything less than a close connection with Christ. Freedom and salvation are offered to us, and we should grasp the precious promises of God by living faith.” *The Signs of the Times*, March 10, 1890

“Look to Me, and be saved, all the ends of the earth! For I am God, and there is no other.” Isaiah 45:22

“You cannot make yourself any better; Jesus can do all this. When the Israelites were bitten by the fiery poisonous serpents whose sting was certain death, the brazen serpent was lifted up on a pole, and Jesus, enshrouded in the cloudy pillar, bade Moses tell them, ‘Look and live.’ The same Jesus has bidden me tell you, Look and live. Do not climb the pole, but only look. I present Christ to you. Look and live. There is hope, comfort, and peace for you. There is even joy in the Holy Ghost for you. Now I bid you in the name of Jesus, Look and live. ...

“Satan would have your soul; shall he have it? Say, No, never; it is Christ’s property. Satan says, ‘Curse God and die.’ Will you do it? He curses God for you, that you may repeat his wicked blasphemy. Will you do it? No, for Jesus has died; He has purchased your life. Your soul is His property, and He will take you by the hand; He will draw you away from perdition; He will make you, as John, His beloved disciple, to win the crown of eternal life. He bids you, through me, His humble servant, ‘Look and live.’” *Manuscript Releases*, Vol. 13, 150, 151

“Let the eye be fixed on the Son of Righteousness. ... see His tenderness, His pity, His large, broad love, and His great compassion.” *Daughters of God*, 147

“Our only hope is to look and live.” *The Review and Herald*, February 26, 1889 [LM](#)





# *There Can Be Only One Emperor*

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Marcin Watras

**T**he great controversy between Christ and Satan is nearing its end. Do you see it? If you don't, it's time to wake up and recognize that this world is drawing to a close. Behind the veil of what we can see, the prince of this fallen world is gathering his demonic forces for the final, dreadful conflict. This is not the time to sit on the couch with a warm cup of tea—it is a time for personal reformation and revival. It is also the time to proclaim the three angels' messages, the everlasting gospel, and the coming judgment upon this world.



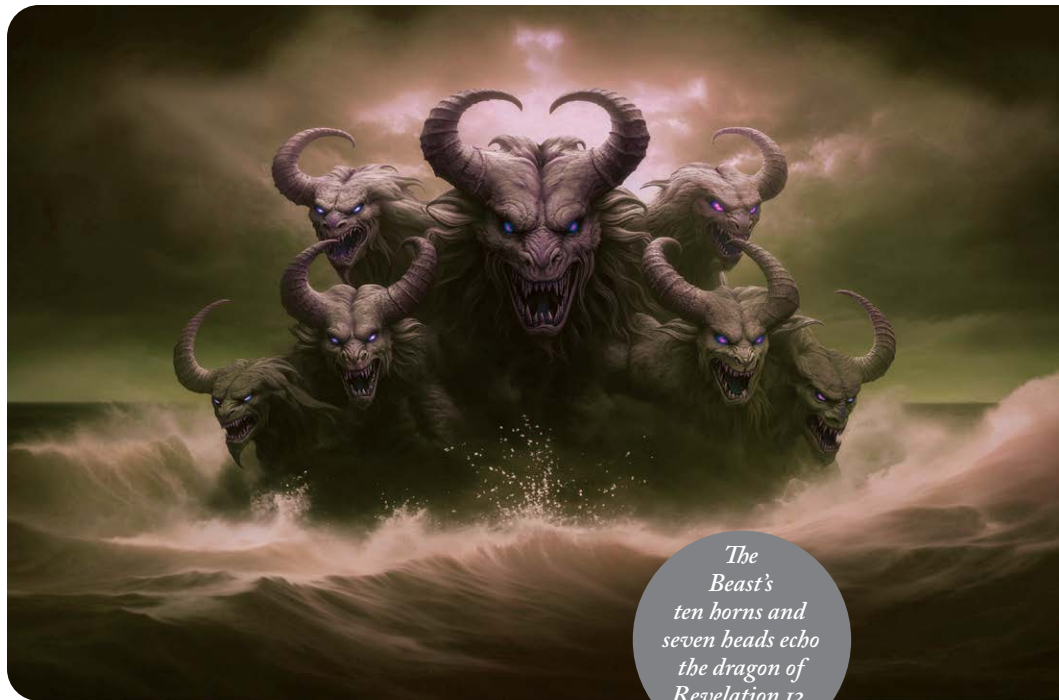
## Two Beasts

The sea beast and the earth beast—two powers with Christian roots described in Revelation 13—are nearly prepared to play their final prophetic roles. Since Christ’s death upon the cross to redeem and restore lost mankind and His glorious victory over death and over Satan, from the dawn of the Christian era, from the moment when the devil lost the battle against Prince Michael in heaven and was cast down to the earth, Satan has turned all his fury against the followers of Jesus—the bride of Christ. When the dragon failed to destroy the early Church through the bloody terror of pagan Rome, he brought the sea beast onto the stage of history.

## The Sea Beast

This is indeed a strange and mysterious creature—unlike any other. It is a hybrid with the appearance of a lion, a bear, a leopard, and a dragon. This is a clear reference to the prophetic vision of Daniel 7, where the great geopolitical powers of the world rose one after another to rule the earth. Beginning with the Babylonian Empire, then the Medo-Persian Empire, followed by the Greek Empire, until finally reaching the most tyrannical and bloodthirsty empire of all—the Rome of the Caesars—it is evident that the Beast is the successor of all four world powers.

The Beast’s ten horns and seven heads echo the dragon of Revelation 12 and the symbolic imagery of Daniel 7, where a little horn arises from the dragon’s head, representing a religio-political institution with characteristics of the antichrist. The dragon here symbolizes both the Roman Empire and Satan himself. The beast emerges from the sea—a symbol of the nations of the earth in biblical prophecy (Revelation 17:15)—from which it receives its support. It rises to power after the fall of the Roman Empire, building its influence upon the structures of the old imperial authority and forming a religio-political



*The Beast's ten horns and seven heads echo the dragon of Revelation 12.*

empire. The beast blasphemes God and places itself on equal footing with Him. It persecutes the followers of Christ and dominates the Christian world until it receives a deadly wound. Yet this is not the end of its power. Ultimately, the beast’s wound is healed, and it regains political strength, expanding its influence, authority, and prestige across the entire world.<sup>1</sup>

## The Dragon Gave Him His Throne ...

“Now the beast which I saw was like a leopard, his feet were like the feet of a bear, and his mouth like the mouth of a lion. The dragon gave him his power, his throne, and great authority.” Revelation 13:2. Yet above all, the Beast reflects the character of the dragon, concentrating within itself his strength, his power, and his throne. The conclusion is clear and inescapable: the dragon—Satan—passes his persecuting power to the successor of pagan Rome, to ecclesiastical Rome, the Rome of the popes.<sup>2</sup> Everything points in this direction: Rome as the seat of the papacy; the Roman Curia, whose origins

can be traced back to the Roman Senate; the very name “the Roman Church”; the Latin language, used in the liturgy until the Second Vatican Council (with the Tridentine Mass—celebrated entirely in Latin—now experiencing renewed popularity). Latin remains the official language of the so-called Holy See and is still employed in official documents. The Roman Church also inherited aspects of Roman law, including the use of torture in earlier centuries. The popes surrounded themselves with the splendor, scarlet, and purple of the Roman emperors. After Constantine the Great, they continued to use titles such as Pontifex Maximus and Vicarius Christi.

The totalitarian system of the Roman Empire—in which political and religious authority were united in the person of the emperor—was continued in the papal church-state structure of the Middle Ages. The papacy, however, has remained consistent in one respect: it continues to represent a close union of religion and politics, of authority and wealth.<sup>3</sup> The beast, embodying all the predatory traits of the previous empires,

is indeed terrifying. Yet when we consider that this beast also accumulates the power, authority, and dominion of the dragon himself, its frightening nature becomes almost beyond human comprehension.

For Christians who have lived in ignorance of the true character of papal Rome, opening the mind to the truth of God can be an extremely challenging experience, often triggering the mind's resistance to change. Yet the word

of God shines relentlessly in the darkness, guiding us beyond the horizon of history to meet the Lord of the church and of history, Jesus Christ, coming in the clouds of glory. The only question we must ask ourselves, the only one that truly matters is: Am I ready to meet the holy God?

### Lucifer's Strategy

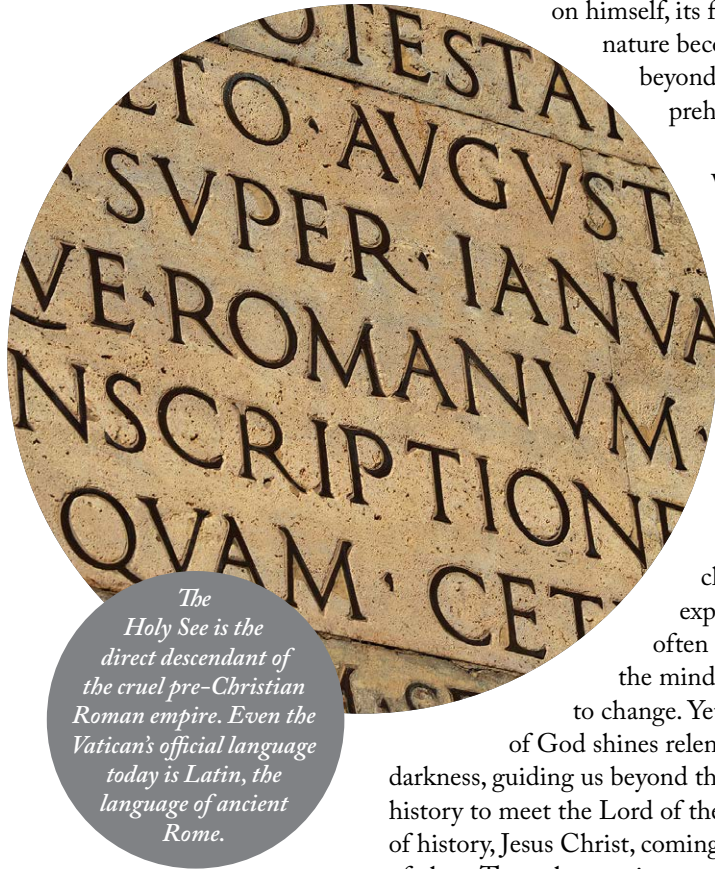
Satan has always hidden his true identity, disguising himself as Christ and taking His place in order to more effectively oppose Him. This is exactly what the word *antichrist*, composed of two parts, means: anti and Christ. In Greek, the word *anti* has two meanings: "in place of" or "against." This definition reveals Lucifer's strategy. It is completely misguided and futile to search for the antichrist among nations, religions, or systems that are openly opposed to Christianity. The very etymology of the word antichrist decodes its identity as a Christian institution (Revelation 13:8; 2 Thessalonians 2:4). The antichrist, therefore, is an apostate church acting in the name of Jesus—like a wolf in sheep's clothing—which is why

Revelation portrays it as a beast seeking to appear as a lamb.<sup>4</sup>

In the history of this world, only one power fits all the biblical descriptions of the little horn, the great harlot, and the sea beast: papal Rome—the center of Catholicism. Identifying the power of the antichrist with an institution that considers itself the earthly successor and representative of Christ, and which includes devoted clergy and sincere believers, may surprise or even shock some. After all, the Roman Catholic Church engages in efforts for world peace, calls for solidarity with the poor and oppressed, participates in humanitarian initiatives, and actively promotes ecumenical dialogue. At first glance, these actions of the Roman Church seem to contradict the prophetic interpretations.<sup>5</sup> However, Paul warned that the apostasy would come from within the church (2 Thessalonians 2:3, 4). Satan's genius lies in imitating God's work in order to more effectively deceive believers: "And no wonder! For Satan himself transforms himself into an angel of light. Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness." 2 Corinthians 11:14, 15<sup>6</sup>

### The Prestige of the Papacy

What was the prestige of the papacy when Pope Pius VI was dethroned, arrested, and imprisoned by order of Napoleon in 1798?<sup>7</sup> Today, such a scene is almost unimaginable. The event is so dramatic and yet so distant in history, who would remember it now except Bible history buffs, professors, teachers and preachers? After all, we live in a world where the pope is so highly respected that he seems to hold a near-divine status. However, the Bible foretold that the political power of the papacy would be restored. Today, the pope stands as an undisputed political, moral, and spiritual leader. Papal authority, popularity, influence, and prestige now have a global dimension. The international position of the pope is arguably even stronger today than it was in the Middle Ages when his political and religious power was largely confined to Europe. Who today dares to oppose the papacy? There is no force on earth that can.



The Holy See is the direct descendant of the cruel pre-Christian Roman empire. Even the Vatican's official language today is Latin, the language of ancient Rome.

## The Era of the Papacy

Throughout the 19th century and much of the 20th, the papacy's political position was too weak to play its prophetic role on the international stage. Interestingly, at the same time that the papacy lost political authority over the papal states, it gained unprecedented power within the Church itself. During the First Vatican Council (1869–1870), the dogma of papal infallibility was proclaimed, leading to a tremendous increase in the pope's authority. In this way, the dictatorial power of the Roman popes was secured, and the pope became the absolute monarch of the Roman Catholic Church. The evolution of the primacy of the bishops of Rome reached its doctrinal culmination, and the history of the papacy entered a new era.<sup>8</sup>

## A New Era of the Papacy

The tremendous popularity of modern popes began with the pontificate of Pope John Paul II—the Polish pope. His nationality was far from insignificant. The election of Cardinal Karol Wojtyła from Poland, then under the iron grip of the Soviet Union, later revealed a very specific purpose. The papacy aimed to dismantle communism in Central and Eastern Europe. The pope best suited for this role was one who, being Polish, had a deep understanding of the conditions and realities of the socialist system in his own country and in the countries of the Eastern Bloc. Yet in the struggles between capitalism and communism, between East and West, the role of the pope was not initially taken very seriously.<sup>9</sup> The objective of the papacy was ultimately achieved. Communism was overthrown and effectively dismantled across Europe. The papacy accomplished this goal through cooperation with the United States.<sup>10</sup> It was then that the world witnessed the global authority of Rome. Since that time, the influence of the Roman Catholic Church on international politics has continued to grow.



*For Christians who have lived in ignorance of the true character of papal Rome, opening the mind to the truth can be extremely challenging.*

## The American Pope

On October 16, 1978, the election of a Polish pope surprised the entire world, as it was the first time in 455 years that a non-Italian bishop had ascended to the papal throne. It was also surprising that the new pope came from a country that, at that time, belonged to the Soviet Bloc.<sup>11</sup> The true historical significance of this election and its impact on the world order only became clear over time. The choice made by the papacy accelerated the prophetic dynamics of Revelation 13. An obstacle to the fulfillment of the eschatological prophetic scenario was removed: the geopolitical power of the communist system was dismantled and effectively buried through the cooperation of two allies—the papacy and the United States. On May 8, 2025, when a new religious and political leader of the Roman Catholic Church was elected—American Cardinal Robert Prevost—the world was again surprised. Why? Because he became the first pope in history to come from the United States. This is especially striking given that the U.S. has never been a predominantly Catholic country and remains

largely Protestant, with deep Protestant traditions and roots. Is the election of an American pope surprising to us as Adventists? If we trust the prophetic scenario of Revelation 13, it shouldn't be at all. The political decision of the papacy to elect an American pope represents, by definition, a powerful acceleration of the prophetic dynamics described in Revelation 13. Would the election of a Filipino pope have carried the same prophetic potential? Likely not. In the prophetic scenario, there was no stagnation—or even regression—but a decisive movement forward toward the fulfillment of prophecy. For this reason, the election of an American pope could be historically groundbreaking, capable of changing the existing world order. Whether it will have that effect remains to be seen.

## The Goal of the Papacy

The nationality of Pope Leo XIV is not—and cannot be—insignificant. Political choices made by geopolitical powers are never matters of chance; they are always carefully considered and planned to achieve a specific political objective. In the case of the papacy, of course, we



*The antichrist is an apostate church acting in the name of Jesus—like a wolf in sheep's clothing.*

are speaking of a political-religious goal. What, then, could that goal be? It is obvious that the absolute monarchy of the Vatican stands in direct opposition to the core ideals of the United States of America—especially the principle of separation of church and state, which guarantees both religious and civil freedom. Thanks to the American Constitution, the U.S. remains a republic of liberty, a country of free people. In the papal system, a totalitarian system controlling every aspect of human life, there can be no freedom. Perhaps no greater contrast exists between political systems than that between the papacy and the United States—except, perhaps, for the totalitarian communist regimes of China and North Korea. Yet, Revelation 13 foretells that these two systems will unite their forces to restore the papacy to greatness, enabling the papal model of government to become the prevailing model across nations. For there can be only one emperor. This means that in the future, the papacy will not become a liberal, democratic republic with a constitution guaranteeing religious freedom—that is absurd. And the idea that the Roman Catholic Church would relinquish its political sovereignty, join

the ranks of other churches, and reform itself in the direction of Protestantism is an even more cosmic absurdity.

### Rome Does Not Change

The eternal attitude of the papacy toward religious freedom and civil liberties can be easily verified by studying the history of the papacy. A clear example is the stance of Pope Leo XIII. As the Catholic historian Peter de Rosa writes: “In successive encyclicals on religious freedom, he expressed himself using exclusively medieval terminology. The Church in every Catholic country has the right to a monopoly on religion. Therefore, the spread of false opinions must not be permitted. ... Wherever possible, the state—at the service of the Church—must implement the truth in practice. He insisted that the proclamation of the true faith should form the basis of official policy in every country.”<sup>12</sup> The papacy’s attitude toward American religious freedom is strikingly illustrated by the chilling remark of Cardinal James Gibbons when he criticized the Spanish Inquisition. Attempting to defend himself against accusations of heresy from the papacy, he observed that in a perfect world, the traditional teachings of the Church regarding the church–state

relationship would apply. In an imperfect world, such as modern America, the Roman Church must, reluctantly, accept the existing status quo.<sup>13</sup> In light of Cardinal Gibbons’ words, de Rosa reaches a chilling conclusion: if movements for religious freedom continued to grow in the United States, the pope—or his successors—would be compelled to impose a medieval regime on America, in direct violation of its Constitution.<sup>14</sup>

### Then the Prophecy Will Be Fulfilled

“Then I saw another beast coming up out of the earth, and he had two horns like a lamb and spoke like a dragon. And he exercises all the authority of the first beast in his presence, and causes the earth and those who dwell in it to worship the first beast, whose deadly wound was healed. ... And he deceives those who dwell on the earth by those signs which he was granted to do in the sight of the beast, telling those who dwell on the earth to make an image to the beast.” Revelation 13:11, 12, 14

Remember this, dear reader: Rome does not change. Therefore, this can mean only one thing: America must change. And in fact, America is already changing. There is no doubt that the

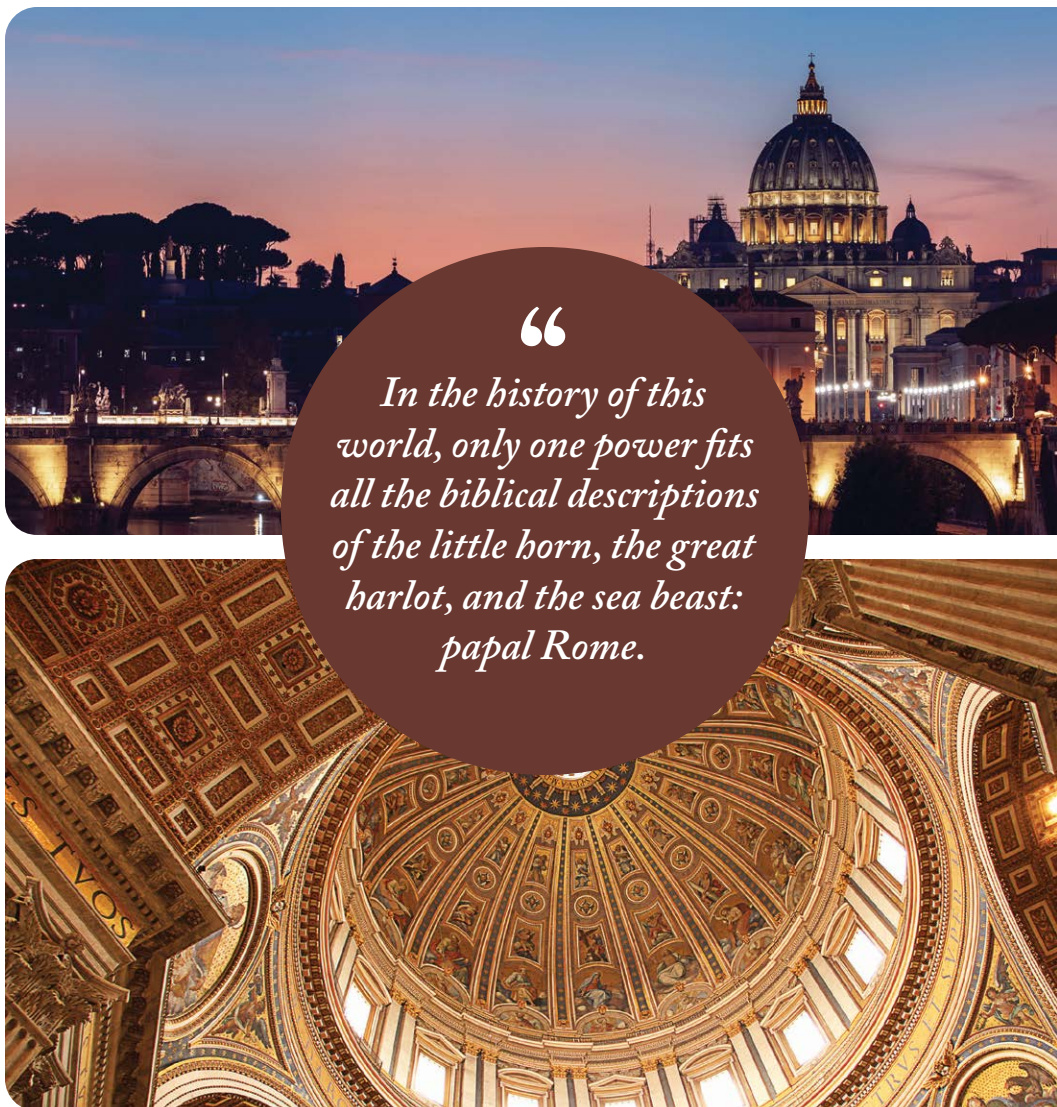
pontificate of Pope Leo XIV will aim to transform the United States into a state that dismantles and buries its Constitution. It is shocking and deeply sad that the papacy does not need to exert much effort to achieve this goal.

American citizens themselves—including united fundamentalist Protestants and Catholics, so-called Christian nationalists—are doing everything possible to help achieve this goal, with significant support from a largely pro-Catholic apparatus within the American government. Then a theocratic republic will emerge, in which church and state are united. The United States will become a model of papal theocracy. Religious laws will be enacted, including Sunday legislation enforcing Sunday observance. The Sabbath will become the center of religious conflict throughout Christianity. Religious persecution will begin against all who remain faithful to their conscience and their religious convictions, refusing to bow to the power of the “Christian state.” America will then pay homage to the papacy. The goal of the papacy will be achieved, and the papacy will triumph. At that time, the words of prophecy in Revelation 13 will be fulfilled. Whether this will occur during the pontificate of the current pope remains to be seen.

### Jesus Is Coming

The prophetic perspective of Revelation 13 may fill us with apprehension and concern. Indeed, the final crisis is just before us. Yet the message of Christ does not end with this prophecy. Jesus has promised to come and take us back home. Let us trust our Saviour and focus our attention on Him. Let us use this time wisely. It is a time of preparation for the Bride to meet her Bridegroom, our Lord Jesus Christ.

*Marcin Watras lives with his wife and two children in Katowice, Poland. He is interested in the philosophy of religion and trends in society.*



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*In the history of this world, only one power fits all the biblical descriptions of the little horn, the great harlot, and the sea beast: papal Rome.*”

### Endnotes:

- 1 Jonatan Dunkel, *Apokalipsa*, publishing house Orion plus 2001, pp. 31, 32
- 2 Alejandro Medina-Villarreal, *Ujawnione tajemnice*, publishing house Znaki Czasu 2007, p. 196
- 3 Jonatan Dunkel, *Apokalipsa*, publishing house Orion plus 2001, p. 42
- 4 *Ibidem*, p. 29
- 5 Jacques B. Doukhan, *Kod Apokalipsy*, publishing house Znaki Czasu 2007, p. 116
- 6 Jonatan Dunkel, *Apokalipsa*, publishing house Orion plus 2001, p. 47
- 7 J. Grodzicki, G. Kotarbińska, M. Miller, *Kościół dogmatów i tradycji*, publishing house Nowa Reformacja 2017 pp. 436, 437
- 8 *Ibid.*, p. 438
- 9 Clifford Goldstein, *Dzień smoka*, publishing house “Znaki Czasu”, Warszawa 1996, p. 28
- 10 Carl Bernstein, “The Holy Alliance: Ronald Reagan and John Paul II”, *Time*, February 24, 1992, <https://time.com/archive/6719650/the-holy-alliance-ronald-reagan-and-john-paul-ii/>, accessibility: 11.11.2025
- 11 Polonijna Agencja Informacyjna, <https://wspolnotapolska.org.pl/wiadomosci.php?id=7289>, accessibility: 16.11.2025
- 12 Peter de Rosa, *Namiestnicy Chrystusa, Ciemna strona papieństwa*, publishing house Total-Trade 1995, p. 140
- 13 *Ibid.*, p. 140
- 14 *Ibid.*, p. 142 **LM**

# First Angel's Message

## Clues – NKJV

### Across

- B16 On the day I make them My \_\_\_\_\_, I will spare them. .... Malachi 3:17  
C7 We have become \_\_\_\_\_ of Christ. .... Hebrews 3:14  
D2 He shall \_\_\_\_\_ your head. .... Genesis 3:15  
D17 Israelite \_\_\_\_\_ fell in the wilderness. .... Hebrews 3:17  
F11 The fear of the Lord is the \_\_\_\_\_ of wisdom. .... Proverbs 9:10  
H8 Peter was not \_\_\_\_\_ to remind all of present truth. .... 2 Peter 1:12  
I21 He who dwells in the \_\_\_\_\_ place of the Most High ... . Psalm 91:1  
J15 Eat it and it will make your \_\_\_\_\_ bitter. .... Revelation 10:9  
K7 That you may with \_\_\_\_\_ mind and mouth glorify God. .... Romans 15:6  
K11 There will be signs in the sun, in the \_\_\_\_\_, and in the stars. .... Luke 21:25  
M9 The angel carried the \_\_\_\_\_ gospel for the whole world. .... Revelation 14:6  
P2 The \_\_\_\_\_ is at the end of the age. .... Matthew 13:39  
Q9 Abel offered to God a more \_\_\_\_\_ sacrifice than Cain. .... Hebrews 11:4  
Q19 Let your \_\_\_\_\_ so shine before men and glory your Father in heaven. .... Matthew 5:16  
S3 No \_\_\_\_\_ shall befall those who have made the Lord their refuge. .... Psalm 91:9, 10  
T8 Our High Priest sits on the throne of the \_\_\_\_\_ in the heavens. .... Hebrews 8:1  
T17 I am not \_\_\_\_\_ of the gospel of Christ. .... Romans 1:16  
U2 Out of Zion, God will \_\_\_\_\_ forth. .... Psalm 50:2  
V12 This gospel will be \_\_\_\_\_ to the world as a witness. .... Matthew 24:14  
V21 The gospel is to be preached to all who \_\_\_\_\_ on the earth. .... Revelation 14:6  
W6 The Lord will \_\_\_\_\_ the inhabitants of the earth for their iniquity. .... Isaiah 26:21  
X17 In the last days, \_\_\_\_\_ times will come. .... 2 Timothy 3:1  
Y9 The church of Sardis did not defile their \_\_\_\_\_ and were worthy. .... Revelation 3:4

### Down

- B14 A \_\_\_\_\_ remains of entering His rest. .... Hebrews 4:1  
B18 For \_\_\_\_\_ in the heavens can be compared to the Lord? .... Psalm 89:6  
B25 Here is the \_\_\_\_\_ of the saints. .... Revelation 14:12  
C5 With unveiled face, we behold as in a \_\_\_\_\_ the glory of the Lord. .... 2 Corinthians 3:18  
C7 Your \_\_\_\_\_ would have been like a river. .... Isaiah 48:18  
C22 His place of \_\_\_\_\_ will be the fortress of rocks. .... Isaiah 33:16  
D3 God is our \_\_\_\_\_ and strength. .... Psalm 46:1  
F19 This is the \_\_\_\_\_ of Noah, perfect in his generations. .... Genesis 6:9  
G9 Those who keep God's command to \_\_\_\_\_ will endure trials. .... Revelation 3:10  
I7 How great is Your \_\_\_\_\_. .... Psalm 31:19  
I21 The path of the just is like the \_\_\_\_\_ sun. .... Proverbs 4:18  
I23 The disciples \_\_\_\_\_ to Jesus on the Mount of Olives. .... Matthew 24:3  
J12 I will answer when I am \_\_\_\_\_. .... Habakkuk 2:1  
J16 Enoch had this \_\_\_\_\_, that he pleased God. .... Hebrews 11:5  
K3 New moons and sabbaths are shadows ..., but the \_\_\_\_\_ is of Christ. .... Colossians 2:17  
M5 Work out your own \_\_\_\_\_ with fear and trembling. .... Philippians 2:12  
N23 Repent and be converted, that your sins be \_\_\_\_\_ out. .... Acts 3:19  
P14 "Fear God and give \_\_\_\_\_ to Him." .... Revelation 14:7  
R8 Belshazzar gave the \_\_\_\_\_ to bring gold and silver vessels. .... Daniel 5:2  
R18 The Lord \_\_\_\_\_ and heard those who feared Him. .... Malachi 3:16

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Answer Key:

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Oops!

We made a mistake on the January crossword puzzle. We know that many of you were disappointed to miss your favorite part of the magazine. So to make it up, we are including the correct January crossword puzzle above, along with this issue's crossword puzzle (next page) for double the enjoyment. We are so sorry for the error.

- T13 The Ancient of Days' \_\_\_\_\_ was a fiery flame. .... Daniel 7:9
- U2 Enter your chambers, and \_\_\_\_\_ your doors behind you. .... Isaiah 26:20
- U24 The Word became \_\_\_\_\_ and dwelt among us. .... John 1:14
- W20 Babylon makes the nations drink the \_\_\_\_\_ of her wrath. .... Revelation 14:8

# Second Angel's Message

## Clues – KJV

### Across

- B4 In the \_\_\_\_\_ of time, Cain brought his offering of fruit from the ground. .... Genesis 4:3  
 C11 The earth was corrupt before God and filled with \_\_\_\_\_. .... Genesis 6:11  
 C20 We are God's \_\_\_\_\_ and the sheep of His pasture. .... Psalm 100:3  
 E9 Daniel wrote the dream telling the main \_\_\_\_\_. .... Daniel 7:1  
 F17 The Lord \_\_\_\_\_ man to eat freely of all the trees except one. .... Genesis 2:16  
 G7 \_\_\_\_\_ to be wise, they became fools. .... Romans 1:22  
 H18 Every man at his best \_\_\_\_\_ is but vapor. .... Psalm 39:5  
 I2 The tree of life was in the \_\_\_\_\_ of the garden. .... Genesis 2:9  
 I22 There remains therefore a \_\_\_\_\_ for the people of God. .... Hebrews 4:9  
 J10 Every \_\_\_\_\_ of the thoughts of man's heart is evil continually. .... Genesis 6:5  
 L4 Heed My commandments and your \_\_\_\_\_ would be like a river. .... Isaiah 48:18  
 N2 Can a man be more \_\_\_\_\_ than his Maker? .... Job 4:17  
 N8 The woman being deceived fell into \_\_\_\_\_. .... 1 Timothy 2:14  
 Q4 A \_\_\_\_\_ from the earth watered the ground. .... Genesis 2:6  
 Q12 God saw that the \_\_\_\_\_ of man was great in the earth. .... Genesis 6:5  
 T18 The covenant is for \_\_\_\_\_ generations. .... Genesis 9:12  
 U11 Our iniquities, like the \_\_\_\_\_, have taken us away. .... Isaiah 64:6  
 W4 Abel brought the \_\_\_\_\_ of the flock as a sacrifice. .... Genesis 4:4  
 W15 Teaching the \_\_\_\_\_ of man as commandments in vain. .... Matthew 15:9  
 X23 Having eyes, do you not \_\_\_\_\_? .... Mark 8:18  
 Y2 Without counsel, plans go \_\_\_\_\_. .... Proverbs 15:22  
 Y9 God will do His \_\_\_\_\_ work. .... Isaiah 28:21  
 Y18 Cast lots together and have one \_\_\_\_\_. .... Proverbs 1:14

### Down

- B4 The world that then existed \_\_\_\_\_ in the flood. .... 2 Peter 3:6  
 B7 Speaking what they do not know, they \_\_\_\_\_ themselves. .... Jude 10  
 B18 If we walk in the light, we will have \_\_\_\_\_ with one another. .... 1 John 1:7  
 B24 Keeping His commandment without spot, \_\_\_\_\_. .... 1 Timothy 6:14  
 D2 What \_\_\_\_\_ has the temple of God with idols? .... 2 Corinthians 6:16  
 E9 The way of a \_\_\_\_\_ is right in his own eyes. .... Proverbs 12:15  
 E15 The serpent was more \_\_\_\_\_ than any beast of the field. .... Genesis 3:1-6  
 E22 By one man, sin \_\_\_\_\_ into the world. .... Romans 5:12  
 G12 After my departure, \_\_\_\_\_ wolves would come and not spare the flock. .... Acts 20:29  
 I5 Man has sought out many \_\_\_\_\_. .... Ecclesiastes 7:29  
 I10 Those who deny Christ are \_\_\_\_\_ for every good work. .... Titus 1:16  
 J8 Man was \_\_\_\_\_ for the glory of God. .... Isaiah 43:7  
 L14 Blessed are those who are \_\_\_\_\_ for righteousness sake. .... Matthew 5:10  
 L19 Our first parents were not to eat from the tree of \_\_\_\_\_ of good and evil. .... Genesis 2:17  
 M16 What is highly \_\_\_\_\_ among men is an abomination in the sight of God. .... Luke 16:15  
 N2 In the time of trouble, God will hide me in His \_\_\_\_\_. .... Psalm 27:5  
 O21 The world is passing away and the \_\_\_\_\_ of it. .... 1 John 2:17  
 O25 God made every tree \_\_\_\_\_ to the sight and good for food. .... Genesis 2:9  
 P23 The effect of righteousness is \_\_\_\_\_ and assurance forever. .... Isaiah 32:17  
 Q6 There will be \_\_\_\_\_ in the last days. .... 2 Peter 3:3

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Answer Key:

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- S12 You are My \_\_\_\_\_ if you do what you are commanded. .... John 15:14
- T4 All who desire to live godly in Christ Jesus will \_\_\_\_\_ persecution. .... 2 Timothy 3:12
- T8 Let no man deceive you with \_\_\_\_\_ words. .... Ephesians 5:6
- U17 How you measure, it will be measured \_\_\_\_\_. .... Matthew 7:2
- V19 The day is coming when the \_\_\_\_\_ will be a stubble. .... Malachi 4:1



## *What Ruined Him*

**A** young man, who was in prison awaiting his trial for a serious crime, was asked what ruined him.

“Sir,” he replied with tears in his eyes, “it was my street education that ruined me! I had a good home education, but I would slip out of the house and go off with the boys in the street. In the street, I learned to lounge. In the street, I learned to swear. In the street, I learned to smoke. In the street, I learned to gamble. In the street, I learned to steal.”

So you see, my dear children, the street ruined that youth. It seemed pleasant to him, as it does to some of you, to spend his hours abroad with idle, boisterous lads. No doubt he thought his father and mother were too strict, too particular, and notional, when they wished him not to frequent the street; and, thinking so, he chose to have his own way even at the price of disobeying his parents. He did have his own way, but to what did it lead him? To destruction! I think he paid too high a price altogether for having his own way. If you agree, beware how you imitate him, beware how you cherish a love for the street, and street companions. Find your enjoyment at home, especially in the evening.



You may depend upon it, boys and girls, that to pass safely along the ways of life, you must be careful of your steps. It will not do for you to tread a path merely because flowers grow in it and you feel a desire to pluck them. The most flowery paths often lead to the most dangerous places. You must seek, therefore, for the right rather than for the pleasant way. Indeed, the right path is always the most pleasant in the end.

To find the right way, and thus to avoid the dangers of the wrong one, you need a guide for your feet. I have read somewhere, that, on a part of the seashore in England, there are steep cliffs rising abruptly from the beach. To

keep smugglers from landing foreign goods on which duties have not been paid, a guard is stationed to watch, night and day. The men composing this guard have to ascend and descend the cliffs in the night. Their path is very narrow, and it runs close to the edge of the cliff. A single misstep would cause a man to fall over on to the beach, and to be dashed in pieces.

How do you suppose the men of that guard find their way up and down those cliffs at night in safety? If you were to examine their path, you would see a row of very white stones set in it all the way up from the beach. These stones can be seen in the darkest night. The men look for them and thus traverse the giddy path with safety.

Now, my dear children, God meant His Holy Book to be to you, on your life journey, what those white stones are to the men who guard that cliff in England. It tells you where to go and where not to go, what to do and what to avoid. If you wish, then, for safety, you must both study and obey the Bible. If you will not, why, like the young man in prison, you must find pain, shame, and death in your pathway.

*Sabbath Readings for the Home Circle*, Vol. 1, ©1877, 328–330. [LM](#)

# Highest Regard

**T**he Bible teaches that we are to show our utmost regard for Jesus Christ, our Creator, Redeemer, our Friend.

But the Bible and Spirit of Prophecy also tell us that Jesus looks upon His children with supreme regard.

Job. The man God trusted and chose as His champion to exemplify that through faith and complete surrender to Him, man can overcome.

Abraham. The man God trusted and chose to be the progenitor of His people.

Moses. The man God trusted and prepared to lead His people out of a heathen country into the promised land.

God's church, His people, were carried through time by these men and those who came after bearing the same spirit and love for God.

Enoch. The man who walked with God. David. The man after God's own heart. Joseph, Daniel and the three worthies. Men who remained faithful no matter the cost. Paul. The man who spread the gospel of Jesus Christ before kings. The Waldenses, Ellen White, the early Adventist Church, and so many others.

Listen to how Mrs. White expresses God's supreme regard for His people:

"The church is God's appointed agency for the salvation of men. It was

organized for service, and its mission is to carry the gospel to the world." *Christian Service*, 15

"Christ loves His church. He will give all needed help to those who call upon Him for strength for the development of Christlike character.

"The church is the repository of the riches of the grace of Christ; and through the church will eventually be made manifest, even to 'the principalities and powers in heavenly places,' the final and full display of the love of God. ...

"God's love for His church is infinite. His care over His heritage is unceasing." *Sons and Daughters of God*, 13

"The church of Christ is the only object on the earth upon which He bestows His supreme regard ... ." *The Review and Herald*, December 11, 1888

"The love which Christ has evinced for us is without a parallel. How earnestly He labored! How often was He alone in fervent prayer, on the mountainside or in the retirement of the garden, pouring out His supplications with strong crying and tears. How perseveringly He urged His petitions in behalf of sinners! Even on the cross He forgot His own sufferings in His deep love for those whom He came to save." *Testimonies for the Church*, Vol. 5, 385

"Praise the Lord! Praise the Lord from the heavens; praise Him in the heights!

"Praise Him, all His angels; praise Him, all His hosts!

"Praise Him, sun and moon; praise Him, all you stars of light!

"Praise Him, you heavens of heavens, and you waters above the heavens!

"Let them praise the name of the Lord, for He commanded and they were created.

"He also established them forever and ever; He made a decree which shall not pass away.

"Praise the Lord from the earth, you great sea creatures and all the depths; fire and hail, snow and clouds; stormy wind, fulfilling His word; mountains and all hills; Fruitful trees and all cedars; beasts and all cattle; creeping things and flying fowl; kings of the earth and all peoples; princes and all judges of the earth; both young men and maidens; old men and children.

"Let them praise the name of the Lord, For His name alone is exalted; His glory is above the earth and heaven."

Psalm 148:1-13 **LM**



## Your Letters

“We really enjoy the *LandMarks* magazine. We use the recipes and find them to be very good and healthy!”

—DG, Nebraska

“I so appreciate receiving *LandMarks*. The Bible studies are excellent.”

—GY, Tennessee

“This is the best magazine published by Adventists. We like it so much that we bought our daughter and her family a subscription. We like the recipes, the nature articles, and especially the articles that quote from the Spirit of Prophecy.”

—SB, California

“I received the November *LandMarks* that you sent. Thank you! The first article is dynamite! I knew why Satan didn’t want it to get here.”

—MD, Nevada

“We appreciate all of you at Steps to Life so much and love the *LandMarks* and the Newsletter.”

—MW, Tennessee

## March Sermon of the Month

### Revelation 11

John J. Grosboll

God wants every person to be a free, moral agent. However, it is through the professed church that liberties are most often curtailed.

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

## From the Desk of Pastor John J. Grosboll

### March 2026

Dear Friend,

Probably more than at any previous time in Earth’s history, we live in a world where sickness is everywhere. As Christians, surrounded by people in trouble, what should we do?

“He who understands the terrible depths of the world’s misery and despair, understands by what means to bring relief. He sees on every hand souls in ignorance and darkness, bowed down with sin and sorrow and pain. But He sees also man’s possibilities, the height to which he may attain. Even though human beings have abused their mercies, wasted their talents, and lost the dignity of Godlike manhood, the Creator is to be glorified in their redemption.

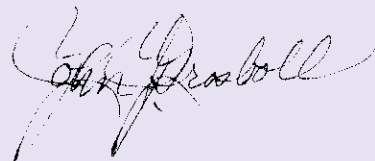
“The burden of labor for these needy ones in the rough places of the earth Christ lays upon those who can feel for the ignorant and for such as are out of the way.” *The General Conference Bulletin*, July 1, 1902

You may feel that you do not have sufficient training to help the sick. That is unfortunate if you are a Seventh-day Adventist, because every church should be a training school where its members can learn not only to give religious instruction but also how to use natural methods for helping the sick.” (See *The Ministry of Healing*, 148, 149.)

“However, there is still much that you can do. The following counsel can be used whether you are giving away literature on health or selling it: Explain how important it is for every family to understand the science of life. Direct their minds to Him who formed and who keeps in motion the wonderful machinery of the body. Tell them that it is our part to cooperate with God, caring wisely for all our faculties and organs.

“The proper care of the body is a great responsibility, and requires an intelligent knowledge of its parts. Tell them that God is dishonored when, for the gratification of appetite and passion, man misuses the machinery of the body, so that it does its work feebly and with difficulty. Tell them that the books you have for sale give much valuable instruction regarding health, and that by practicing this instruction, much suffering and also much of the money spent in paying doctors’ bills, will be saved. Tell them that in these books there is advice which they cannot possibly obtain from their physician during the short visits he makes.” *Christian Service*, 152, 153

Your brother in Christ,



John J. Grosboll

## *God's Building*

Yes, the church of God is rising;  
It is growing, hour by hour;  
As the living stones are fashioned  
By the Sculptor's wondrous power.

O, the constant care and patience,  
That we each of us require,  
'Ere we answer the ideal  
Of His infinite desire!

Yet His heart is strong and earnest;  
And by wise and loving skill,  
Very slowly, but most surely,  
He in us, performs His will.

Keen the instruments He uses  
To transform us to His mind;  
But the Master's hand is skillful,  
And His heart is passing kind.

So, we will not doubt nor wonder  
If His ways we cannot know;  
We shall understand them better,  
As conformed to Him we grow.

*Author Unknown*

*The Review and Herald*, January 24, 1899 **LM**



*from the*  
**Mission Fields**



*Bolivia is a country of rugged natural beauty.*

# *Hearts Converted in Bolivia*

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Pastor Domingo Nunez

In the last quarter of 2025, I asked our Lord for guidance on how to plan for my last mission trip of the year. After two weeks of contemplation and prayer, the Lord placed on my heart the need to visit Bolivia and the faithful believers in the city of Santa Cruz who have been witnessing in the region and preaching the three angels' messages. I have preached there and conducted meetings including prophecy seminars many times. I was so excited and motivated to reach Santa Cruz and begin the work the Lord had for me during this trip.

Jose Luis Siles Ugarte, pastor of the church in Santa Cruz, met me at the airport with the most wonderful news possible.

Dayboro Capi Bustos, who had been struggling for a year to surrender himself to a personal relationship with God, finally surrendered himself to our Saviour.



**Left:** Dayboro, Josseline, Genesis and Uziel

**Center:** Dayboro Capi Bustos, Pastor Jose Luis, and Josseline Rojas Vergara (Dayboro's wife)

**Top Right:** Pastor Jose Luis, PDN, Alfredo David, and Maria Jesus receiving baptismal certificates

For a long time, Dayboro struggled with spiritual and family issues. He desperately wanted victory in every aspect of his life. He and his family were willing to assist more at church, and Dayboro personally sought to work harder in his personal relationship with God, live according to God's expectations for him.

When I arrived, I wanted to immediately see him and hear from him what was happening in his life and family; what was different now. Dayboro described how foolish he had been in the past, making the wrong decisions, making his own moves, and realizing that he was not connected with God as he needed to be. Everything began to crumble around him and he knew he would not be able to overcome it all on his own. God had shown him his foolishness. Now he asked God to put in front of him whatever he needed to do, that he was ready to fully surrender to Him and to witness for Him.

The Lord answered his prayer, and his friends Alfredo and Maria, who had been dating for quite some time, asked Dayboro to have Bible studies with them. Together they spent the next several months studying God's word and when they completed the studies, they decided to be baptized.

Imagine my excitement to know that the next Sabbath would be the day that I would have the privilege of baptizing this young couple. When I asked them how they had come to the decision to be baptized, they said it was because Dayboro spent so much time answering their questions. He was kind and friendly. They could tell that he was dedicated to working for God and determined to teach them the truth. They could see the work that God had done in his life, and they wanted the same in theirs.

Sometimes God may use individuals who are not prepared to or interested in serving and witnessing for Him (consider Nebuchadnezzar and Pharaoh). How-

ever, what God wants to do in our lives, is accomplished when we have surrendered and dedicated our lives to Him. Only then can we see who we are and what must be changed so that we can be used in His final work of spreading the gospel of Jesus Christ. Some people believe that they have a saving relationship with Jesus, but they do not commit themselves to work in His way and according to His will. They may say, "I pay tithe" or "I give offerings" or "I hold an office in the church." However, they are not willing to take up the work that God has for them to do.

We must be sincere as we search and evaluate our own lives, laying our lives at the feet of Jesus. We must ask Him, "Lord, I wish to live my life worthy of being Your child. I want to know what You want me to do. Help me to be willing to go where You want to send me. And most of all, help me, Lord, to seek always to do Your will, just as Jesus did." It is time that we all were made ready to attend the marriage supper of the Lamb. **LM**

# *Pico Island*

## *Portugal*

**P**ico Island belongs to the Central Group of the Portuguese Azores. Unlike an island which is a single landmass, the Azores are considered to be part of an archipelago, a chain or cluster of islands found in the sea, and made up of volcanic materials. Though no one is quite sure when the island was first discovered, it is shown in the 1375 Catalan Atlas, and is believed to have been settled and inhabited in the 1480s.

Pico Island is the second largest, and possibly the youngest, of the nine volcanic islands in the North Atlantic Ocean. The island has black volcanic soil. It is 29 miles long and at its widest point nine miles wide. Boasting 94 miles of coastline, it is easy to access the sea. However, on the northeast and southeast sides of the island, the cliffs are unstable and frequent landslides occur. The island is a favorable habitat for *Sterna hirundo* and *Sterna dougalli* terns and the *Calonectris borealis* shearwaters. The coast itself is made up of rocky slabs and rolled pebbles; no sandy beaches, but many tide pools and natural inlets for bathing.





There are two volcanos on the island, Topo and Pico. Pico is the tallest of the two reaching 7,713 feet. The last volcanic eruption occurred in 1963. Pico is susceptible to seismic events, and like other islands, earthquakes are common. Since settling Pico Island there have been only three significant tectonic earthquakes on the island: 1757 which caused major damage on the eastern side of the island, resulting in 11 deaths, and causing some property damage; 1973 when the earthquake, a magnitude 5.5, destroyed 2,000 homes leaving 5,000 people homeless; and 1998, a magnitude 5.8 and the last recorded for 30 years, was felt on Pico, but centered around Faial.

Pico has the largest area of intact native subtropical forests with high humidity, but stable, mild temperatures. These forests are made up of species of trees characterized by evergreen, glossy, elongated leaves. The island is the only one out of the nine where pasture land and meadows do not dominate the landscape. Sadly, like all the islands in The Azores, Pico suffered terrible deforestation. The forests were cleared

away for housing, farming, livestock, and the wood industry. Many native plants have been destroyed by the introduction during the 19th century of a number of exotic plant species.

Pico's climate depends on altitude and topographic variation. Like the other islands in the archipelago, the temperatures are mild, with high precipitation and humidity most of the year round. February is the coolest month and August is its warmest.

The total population of Pico Island as of 2021 is 13,895. The 1960s and 1970s saw an intense emigration surge from all the islands. Beginning in 1960, the population was at its peak at 21,837, a +6.5% increase from 1930 when it had taken a hard drop by -16.3%. However, in 1960, the population dropped by -29.1% and has continued to decline every decade by -1.8% to -4.5% through 2021.

Pico depends largely on Faial for its economy and social activities. Fishing is a main activity, capturing tuna for the canning industry, employing mainly women in the processing of the fish. Dairy farms provide soft paste

for cheese factories. Tourism is an emerging activity helping to diversify the island's economic base. The black volcanic soil has proven extremely beneficial to the growth of vineyards. Climbing Pico Mountain, whale and dolphin watching, and exploring the Gruta de Torres, the largest lava tunnel in Portugal, are just some of the favorite pastimes for tourists.

Though sin has caused much harm throughout nature, we can still see the hand of God in every living thing in this world.

“Sing to the Lord a new song, and His praise from the ends of the earth, you who go down to the sea, and all that is in it, you coastlands and you inhabitants of them! Let the wilderness and its cities lift up their voice, the villages that Kedar inhabits. Let the inhabitants of Seir sing, let them shout from the top of the mountains. Let them give glory to the Lord, and declare His praise in the coastlands.” Isaiah 42:10–12

Sources: [wikipedia.org/wiki/Pico\\_Island](https://wikipedia.org/wiki/Pico_Island); [boundlessroads.com/pico-island-azores](https://boundlessroads.com/pico-island-azores) [LM](#)



## *Bonding, Intuition, and Resilience*

**M**any times, I've wondered how it was that David could exclaim,

“When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is man that You are mindful of him? And the son of man that You visit him?” Psalm 8:3, 4

“For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made, marvelous are Your works, and that my soul knows very well. My frame was not hidden from You, when I was made in secret and skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them. How precious also are Your thoughts to me, O God! How great is the sum of them!” Psalm 139:13–17

And later, Solomon wrote,

“A merry heart does good, like medicine, but a broken spirit dries the bones.” Proverbs 17:22

Ezekiel also said,  
 “So I prophesied as I was commanded; and as I prophesied, there was a noise, and suddenly a rattling; and the bones came together, bone to bone. Indeed, as I looked, the sinews and the flesh came upon them and the skin covered them over; but there was no breath in them. Also He said to me, ‘Prophesy to the breath, prophesy, son of man, and say to the breath, “Thus says the Lord God: ‘Come from the four winds, O breath, and breathe on these slain, that they may live.’”’” Ezekiel 37:7–9

In the quest for an elixir of life, we haven’t found any scientific data dating from those ancient times, so how could David, Solomon, or Ezekiel be so humbled by findings we are now just getting to know? I don’t know about scientific data, but I know that my heart is humbled by the revelation of the Holy Spirit.

Let’s talk for instance about our bodily chemistry.

### Bonding

The hormone oxytocin plays an important role in the human body, specifically, in behavior. It is closely related to social connection, feelings of love, reproduction, giving birth, and even postpartum processes.

Recent studies show that looking into a person’s left eye with your right eye produces a bonding connection and trust effect, stimulating affection between two people, like the bonding of a mother with her baby.

These connections have a special effect on the cerebral cortex of the brain where our memories are stored, while our emotions are centered in the limbic system.

### Intuition

A connecting brain function between the cerebral cortex and the limbic system is revealed when we talk about intuition.

Intuition itself is the ability to understand things instantly, without the need for deeper thinking and reasoning.

In order to reach this point, we have learned that intuition is the result of learning from life experiences. Everything we experience throughout our lives leaves an effect imprinted on the neurons. We could say that intuition is an acquired quality of neurological wisdom, thanks to neuronal memory.

These amazing qualities exposed in the brain functionality extend through the nervous system to the neurons present in the digestive organs.

The colloquial expression “I know it in my gut” or “I just have a gut feeling” can be an assertion that truly reveals that intuition is stored even in the neurons of the intestines. For example, all of us know that something very hot doesn’t leave a pleasant impression. We probably learned that as children when we wanted to touch a candle flame with our fingers.

### Resilience

The word *resilience* refers to the ability to overcome critical moments and adapt after experiencing an unusual and unexpected situation. It also indicates a return to normalcy.

The term is derived from the Latin verbs *resilio* and *resilire*, which mean “to jump back, to rebound.”

It is an aptitude adopted by some individuals who are characterized by their attitude toward overcoming adversity

and high stress, in order to envision a better future.

Other words that help define and are often used in place of resilience are strength, invulnerability, or resistance.

### Resilience in Psychology

In psychology, resilience is understood as the capacity a person has to cope with their own problems, overcome obstacles, and not succumb to pressure, regardless of the situation. It is the ability of an individual to overcome periods of emotional pain and trauma. It corresponds, approximately, to the term *fortitude*.

Just as the apostle Paul wrote to Timothy, “You therefore must endure hardship as a good soldier of Jesus Christ” (2 Timothy 2:3), we can be sure that even if we have to endure difficult situations in life, we are not left alone, for we can go to Jesus and receive His resilience and power of mind. “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7

The promise, “I can do all things through Christ who strengthens me,” (Philippians 4:13), is an assurance that if we put our trust in Christ and keep the eight laws of health, He will see to it that our brain functions perfectly! Amen for that!

Source: Dr. Tara Swart, neuroscientist, award-winning author, and medical doctor ([taraswart.com/podcasts](http://taraswart.com/podcasts)) **LM**





# God's Church Must Be Holy

John J. Grosboll

**D**o you know who you are? Do you know why you are who you are? If you don't know who you are, then no one else will know who you are. So, let's answer a couple of questions that will position us to be able to see what kind of Adventist we are.

## Am I an Adventist?

An Adventist believes that Jesus Christ is coming again very soon. The time is coming very quickly when almost the entire world will be Adventist.

## Am I a Seventh-day Adventist?

A Seventh-day Adventist believes that the seventh day of the week, Saturday, is the Sabbath, sanctified and made holy by God at the close of Creation. A Seventh-day Adventist also believes that the second coming of Christ is very near.

## Am I a Free Seventh-day Adventist? And if so, why?

There are many Christians in the world who believe Christ is coming soon, but they are not Seventh-day Adventists nor are they Free Seventh-day Adventists. And we should note spe-

cifically that simply being an Adventist doesn't guarantee salvation. So, how can I know what type of Adventist I am?

Let's recap:

A Free Seventh-day Adventist:

- Believes that the second coming of Christ is imminent.
- Keeps the seventh-day Sabbath of the fourth commandment, just as God wrote it, and is, therefore, a Sabbath-keeping Adventist.
- Is not a member of a conference church, but is a member of a Free Seventh-day Adventist church.
- Believes in, and will soon be called upon to preach, without notes, about the Investigative Judgment in the courts, halls of government, before kings and magistrates all around the world.

## What does the Investigative Judgment involve?

The Investigative Judgment is a prominent subject throughout the whole of Scripture. Research of the many different religions of the world will show that even non-Christians such as

the Muslims, Hindus, and Buddhists, believe in a judgment. Adventists believe something more about the Judgment. The Judgment has its foundation in the ten commandments.

"For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all. For He who said, 'Do not commit adultery,' also said, 'Do not murder.' Now if you do not commit adultery, but you do murder, you have become a transgressor of the law. So speak and so do as those who will be judged by the law of liberty." James 2:10-12

Today, there are many Christians, including Adventists, who have lost their first love and do not realize that the second coming of Christ is just on the horizon. The prophets and the apostles warned us that the day of Christ's return will come upon us like a big surprise (Luke 13, 17, 21, and Matthew 24). They remind us that we must get ready. Jesus Himself said, "Therefore you also be ready, for the Son of Man is coming at an hour as you do not expect." Matthew 24:44. So many believe they are ready for Jesus to come because they are tired of

living in this world; but being tired and being holy and in harmony with the law of God is not the same thing.

There are few doctrines embraced by the Seventh-day Adventist church that are more hated than the the Investigative Judgment and the sanctuary. Yet these doctrines are the very foundation of the Advent faith. It is impossible to state why a person is an Adventist, much less a Free Seventh-day Adventist, without explaining these positions.

Adventists believe that the investigative phase of God's judgment will take place before the second coming of Christ, and that it is, in fact, in process right now. Our understanding of this subject was the result of studying the wilderness sanctuary and later the temple of God in Jerusalem. The sanctuary or temple of God is also a prominent subject in the Bible; it is amazing so many Christians know so little about it. Leviticus, Hebrews, and a large part of Revelation teach this subject.

We cannot make a serious investigation of the subject of the Investigative Judgment without realizing that God requires His children to be holy. The commandments are holy and just and good (Romans 7:12). A person is holy when his or her life is in harmony with the ten commandments. Conversely, an unholy or wicked person is breaking the ten commandments.

The sentence (the wages) for breaking God's law, is death (Romans 6:23). Adventists teach that the sentencing phase of the judgment will take place during the millennium and that we will judge the devil's angels (1 Corinthians 6). The sentencing phase determines the amount of punishment a person will receive. Every sinner will die, forever and completely (Malachi 4:1), but the severity and length of each sinner's punishment will vary. And who decides their sentence? Revelation 20 tells us very clearly that the sentence of each sinner will be determined and administered by God's saints during the Millennium.

### To be God's child, I must be holy

"For I am the Lord your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth. For I am the Lord who brings you up out of the land of Egypt, to be your God. You shall therefore be holy, for I am holy." Leviticus 11:44, 45

Most people believe that Leviticus 11 is about clean and unclean foods. God spends an entire chapter giving instruction on what foods the Jews could eat and what foods they were not to eat. Why? Because God didn't want them to defile themselves (or us) by eating foods that are unwholesome for the human body. God wants His children to be holy. Defiling our bodies with unclean foods is just one of the many ways Satan uses to prevent us from being made holy.

Some theologians believe the entire book of Leviticus is about holiness. I would agree.

"You shall therefore keep My statutes and My judgments, and shall not commit any of these abominations, either any of your own nation or any stranger who dwells among you (for all these abominations the men of the land have done, who were before you, and thus the land is defiled), lest the land vomit you out also when you defile it, as it vomited out the nations that were before you. For whoever commits any of these abominations, the persons who commit them shall be cut off from among their people.

"Therefore you shall keep My ordinance, so that you do not commit any of these abominable customs which were committed before you, and that you do not defile yourselves by them: I am the Lord your God." Leviticus 18:26-30

The wickedness found in Leviticus 18 permeates the world today. We must seek to recognize our true condition, and come before God with genuine repentance, surrendering our lives to the transformation without which not one

of us will be in the kingdom of heaven. If I want to be one of God's children, then I must refrain from all the things that will defile me.

Most people read about being made holy in the Bible. They realize just how defiled and unholy they truly are, and then, they stop reading. They say, "If I don't know about it, then I'm not responsible for it."

"All of us, as beings blessed of God with reasoning powers, with intellect and judgment, should acknowledge our accountability to God. The life He has given us is a sacred responsibility, and no moment of it is to be trifled with, for we shall have to meet it again in the record of the judgment. In the books of heaven, our lives are as accurately traced as in the picture on the plate of the photographer. Not only are we held accountable for what we have done, but for what we have left undone. We are held to account for our undeveloped characters, our unimproved opportunities." *That I May Know Him*, 93

### Only God

"Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified [made holy], but you were justified in the name of the Lord Jesus and by the Spirit of our God."

1 Corinthians 6:9-11

It is imperative that we seek out what defiles us and take it to Jesus so that His blood can cleanse and deliver us from every defilement. "If we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ cleanses us from all sin." 1 John 1:7. Once cleansed from every defilement and faithfully following the law of God, only then, are we ready to be made holy.

“

*The commandments are  
holy and just and good.*

*Romans 7:12*

Only God can take a person, wicked and defiled, wash him, change him, and make him holy. This has been God's purpose in the world since Eve took the bite out of the fruit. But though He forgives, cleanses, and makes holy, we cannot for one moment believe that He will take anyone to heaven who chooses to remain defiled and unholy.

The book of Hebrews takes up the subject of holiness. Paul writes, "Follow peace with all men, and holiness, without which no one will see the Lord." Hebrews 12:14. Only holy people will be taken into the kingdom of heaven. But here is the best news of all, it doesn't matter how wicked I have been, what I have said or done or thought, by His mercy and power and my faith in Jesus Christ, God can make me a holy person. As terrible as I am, God can change me.

### The sanctuary

If you have never studied the sanctuary, you will be unable to understand the book of Revelation. The largest part of the book of Revelation is about the sanctuary, and understanding it lays the contextual foundation for the study of the sanctuary and how it relates to the Investigative Judgment.

"I was in the Spirit on the Lord's Day." John writes in Revelation 1:10. The Lord's Day is the seventh-day Sabbath. Sunday was never called the Lord's Day until hundreds of years after the Christian church was formed. In the time of the apostles, everyone understood that the Lord's Day was the Sabbath because Jesus said, the Son of Man is Lord also of the Sabbath (Mark 2:27, 28) and My holy day (Isaiah 58).

John was in the Spirit on the Lord's Day and this is what he saw.

"I turned to see the voice that spoke with me. And having turned I saw seven golden lampstands, and in the midst of the seven lampstands One like the Son of Man, clothed with a garment down to the feet and

girded about the chest with a golden band." Verses 12, 13

Then John sees Jesus in the holy place of the heavenly sanctuary, walking among the seven golden lampstands, and He says to John, "I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death." Verse 18

Both the Old and New Testaments make it clear, it is in God's throne that we find the heavenly sanctuary, and that there is an investigation taking place there. It is here that John tells us that he saw Jesus walking about in the holy place as Minister of the true sanctuary, the temple in heaven made by God and not man (Hebrews 8:1, 2). Jesus holds the "keys of Hades and of death" because He died on the cross and rose from the grave; He holds the victory and power over eternal death. This completed His work as mankind's Saviour. Then when He returned to heaven, He began His work as our Mediator, until 1844 when He moved from the holy to the most holy place of the heavenly sanctuary to begin the work of judgment.

### Seven, 144,000, 1,000, and billions

Revelation tells us about seven seals (6), the little book and seven thunders (10), seven trumpets and two witnesses (11), the woman, the child, and the dragon (12), the 144,000 and two harvests (14), seven plagues (15), seven bowls (16), the fall of Babylon (18), and the Lamb's marriage (19), Satan's binding, the millennium, and final judgment (20), the New Jerusalem (21), and Jesus' second coming (22).

"After these things I looked, and behold, the temple of the tabernacle of the testimony in heaven was opened. And out of the temple came the seven angels having the seven plagues, clothed in pure bright linen, and having their chests girded with golden bands." Revelation 15:5, 6

We find that the seven seals, the seven trumpets, and the seven last plagues, all come from the throne room of God, the sanctuary in heaven. God is declaring judgment and punishment upon the world and its inhabitants, those who have chosen Satan as their leader.

“Then the temple of God was opened in heaven, and the ark of His covenant was seen in His temple. And there were lightnings, noises, thunderings, an earthquake, and great hail.” Revelation 11:19. This occurs at the time of the seventh trumpet.

“God gave you His covenant which He commanded you to perform, the ten commandments.” Deuteronomy 4:13

The ark of the covenant holds the two tables of stone on which God wrote the ten commandments with His own finger. Many people do not like the doctrine of the sanctuary, and here is why. Just like people are judged today according to the laws implemented by the government in accordance with The Constitution of the United States, as well as state constitutions, God’s standard of justice is His law. Every man, woman, and child will be judged according to the two tables of stone residing in the ark of the covenant (James 2).

“I watched till thrones were put in place, and the Ancient of Days was seated; His garment was white as snow, and the hair of His head was like pure wool. His throne was a fiery flame, its wheels a burning fire; a fiery stream issued and came forth from before Him. A thousand thousands ministered to Him; ten thousand times ten thousand stood before Him. The court was seated, and the books were opened.” Daniel 7:9, 10

### His kingdom

God’s court is now in session. The books are opened and each life is scrutinized. Angels travel between earth and heaven carrying millions of instructions, protecting, guiding every day. As a result of this judgment, the name of every person from the beginning of Earth’s history to the close of probation, all those who chose to honor and serve God, will have their names written in the book of life. It is these alone who will become citizens of Jesus’ kingdom.

Jesus told His disciples that He would be going away, and while He was gone

He would receive His kingdom and then He would return and the number of people in His kingdom would be established.

“I was watching in the night visions, and behold, One like the Son of Man, coming with the clouds of heaven! He came to the Ancient of Days, and they brought Him near before Him. Then to Him was given dominion and glory and a kingdom, that all peoples, nations, and languages should serve Him. His dominion is an everlasting dominion, which shall not pass away, and His kingdom the one which shall not be destroyed.” Verses 13, 14

“Then the kingdom and dominion, and the greatness of the kingdoms under the whole heaven, shall be given to the people, the saints of the Most High. His kingdom is an everlasting kingdom, and all dominions shall serve and obey Him.” Verse 27. Jesus will give His kingdom to His children. Wicked men will not own this earth; the entire world was deeded to Abraham and his children. Abraham knew that he was to be the heir of the whole world.

“And if you are Christ’s, then you are Abraham’s seed, and heirs according to the promise.” Galatians 3:29

### Who is judged?

“For we must all appear before the judgment seat of Christ.” 2 Corinthians 5:10, *first part*. The judgment found in Daniel 7 speaks of Christ’s followers. They will receive His kingdom. It’s not a judgment concerning infidels, atheists, or unbelievers; these are already lost and have no need for a judgment. During the millennium, they will be found guilty and their punishment decided.

Daniel 8 focuses on the exact time and place when the judgment takes place (see also Leviticus and Revelation). All judgment takes place in the sanctuary. This is true in the Old Testament, although judgment issued from the earthly sanctuary was a type

of the heavenly sanctuary; while in the New Testament, judgment issues from the heavenly sanctuary.

Many have trouble understanding Daniel 8:11, 12 because the original translators did not understand them, so their translation was incorrect. Fifty years ago, I decided that I would translate them myself.

“He [the little horn] magnified himself and exalted the continuance [of the daily], and it cast down the place of His sanctuary and a host [an army] was given against the daily in rebellion, and it cast down the truth to the ground and practiced and prospered.” Verses 11, 12

### Evenings and mornings

Daniel sees two holy people speaking. One asks the other how much longer is this rebellion going to continue? It has already gone on for thousands of years. Daniel speaks of two rebellions: the continual rebellion and the desolating rebellion. This desolating rebellion—the abomination of desolation—takes the place of the continual rebellion. For 2300 evenings and mornings, the abomination of desolation will continue and then the sanctuary will be vindicated, cleansed, restored to its rightful state.

Daniel’s vision of the evenings and mornings caused a problem for him. He was concerned because he knew that Jeremiah had said the sanctuary would be made desolate for 70 years and then it would be restored and would continue until the end of time (Daniel 7). But his vision about the 2300 evenings and mornings was the only part of the vision that was not explained and he could not understand how it would happen. Would it be the end of time before the sanctuary is restored?

### The anointed Messiah

That is when Daniel began to pray.

We find Daniel’s prayer recorded in chapter 9 and the angel Gabriel was sent in answer.

“Understand the vision: ‘Seventy weeks are cut off on your people.’” Daniel 9:23, *last part*, 24, *first part*. Seventy weeks equals 490 days. Gabriel adds six more things that will happen during this 70-week period.

“Know therefore and understand, that from the going forth of the command to restore and build Jerusalem until Messiah [*Mashiach*] the Prince, shall be seven weeks and sixty-two weeks.” verse 25, *first part*. The word *Mashiach* (Messiah) means “the person who is anointed.”

Being anointed is a very important Biblical concept. Gabriel said that from the going forth of the command to rebuild and restore Jerusalem there would be seven weeks and three score and two weeks (483 years) until the Anointed One, Messiah the Prince would come.

Ezra 7, 8, and 9 show exactly when the command went forth, the fall of 457 BC. Add 483 years plus one year because we cross the BC/AD dateline, and we are brought to AD 27.

Dates are found all the way through the Old Testament, but the New Testament gives no dates save one. We have an exact date because God knew that we would be able to know. Is Jesus Christ really the Anointed One and when did He become Messiah, the Anointed One?

“Now in the fifteenth year of the reign of Tiberius Caesar, Pontius Pilate being governor of Judea, Herod being tetrarch of Galilee, his brother Philip tetrarch of Iturea and the region of Trachonitis, and Lysanias tetrarch of Abilene, while Annas and Caiaphas were high priests,

the word of the God came to John [the Baptist] the son of Zacharias in the wilderness. . . .

“When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the

heaven was opened. And the Holy Spirit descended in bodily form like a dove upon Him, and

a voice came from heaven which said, ‘You are My beloved Son; in You I am well pleased.’”

Luke 3:1, 2, 21, 22

“That word you know, which was proclaimed throughout all Judea, and began from

Galilee after the baptism which John preached: how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.” Acts 10:37, 38

Jesus is the Anointed One because God anointed Him.

When did God the Father anoint Jesus making Him Messiah? At His baptism in the fall of AD 27, at the end of the 69th and beginning of the 70th weeks.

### Messiah is cut off

“After sixty-two weeks Messiah will be cut off, but not for Himself; and the people of the prince who is to come shall destroy the city and the sanctuary. The end of it shall be with a flood, and till the end of the war desolations are determined.

“Then He [the Messiah] shall confirm a covenant with many for one week; but in the middle of the week He shall bring an end to sacrifice and offer-

ing. And on the wing of abominations shall be one who makes desolate, even until the consummation, which is determined, is poured out on the desolate.” Daniel 9:26, 27

Now we find ourselves in the 70th week, but something interesting happens in the middle of this 70th week [3 ½ years] and this causes the sacrifices and offerings to cease.

Let’s break it down.

- Luke 3:21, 22 – In the fall of AD 27, Jesus was baptized (anointed).
- John 2 – AD 28 the first Passover after His anointing.
- John 5 – AD 29 the second Passover after His anointing.
- John 6 – AD 30 the third Passover after His anointing (verse 4).
- John 12 – AD 31 the fourth Passover after His anointing. Halfway through AD 31, Jesus is crucified, causing the sacrifices and offerings to cease.

“‘Sacrifice and offering, burnt offerings for sin You did not desire, nor had pleasure in them’ (which are offered according to the law), then He said, ‘Behold, I have come to do Your will, O God.’ He takes away the first that He may establish the second.” Hebrews 10:8, 9

The many animal sacrifices associated with the sanctuary services, which were but a type of the One sacrifice, could never take away the people’s sins. But this One, after He had offered Himself as the sacrifice for man, brought an end to all animal sacrifices and offerings; all of which were but a foreshadow of Christ’s sacrifice on man’s behalf.

On the day of Pentecost in AD 31, Peter said,

“‘Therefore let all the house of Israel [Jews] know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ.’

“Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, ‘Men and brethren, what shall we do?’

“  
A person is holy  
when his or her life is in  
harmony with the ten  
commandments.”

“Then Peter said to them, ‘Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call.’” Acts 2:36–39

The Holy Spirit was poured out on the Jews at Pentecost, but not the Gentiles. Even after crucifying Christ, God gave the Jews the opportunity to accept Jesus as their Lord and Saviour. Many thousands accepted Him, but the majority did not.

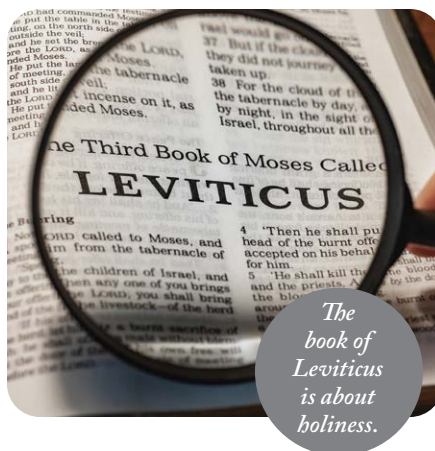
“When they heard these things they were cut to the heart, and they gnashed at him [Stephen] with their teeth. But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, and said, ‘Look! I see the heavens opened and the Son of Man standing at the right hand of God!’ Then they cried out with a loud voice, stopped their ears, and ran at him with one accord; and they cast him out of the city and stoned him.” Acts 7:54–58, *first part*

The 70 weeks were finished in AD 34. The Jews stoned Stephen, and probation was closed for them as a nation. Israel had irrevocably broken their covenant with God.

### When the King stands up

After His resurrection, Hebrews 10:12 gives us the word picture of Jesus in heaven, sitting at the right hand of God (See also Ephesians 1:20; Colossians 3:1; Hebrews 1:3). But Daniel tells us that the time is coming when Jesus will stand up.

“‘During that time Michael [Jesus] shall stand up, the great Prince who stands for the children of Thy people; and there shall be a time of trouble, such as never was since there was a nation, even to that time. And at that time Your people shall be delivered, everyone that shall be found written in the book.’” Daniel 12:1



Jesus stands up, assumes His rightful place as King, and begins His eternal reign. The reign of the antichrist is done.

Daniel’s 2300-day prophecy began in 457 BC. The 70 weeks ended in AD 34. The remaining 1810 days added to 34 takes us to 1844. The year 1844 is a very significant Bible date. After the 2300-day prophecy was finished in 1844, we are told that the temple of God would be cleansed and restored, vindicated and justified. The cleansing or purification of God’s temple involved the purification of His church. It was God’s purpose that there would be a perfected people, holy and without blemish, ready for the second coming of Jesus.

### Holy and without blemish

“Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, that He might present it to Himself a glorious church, not having spot or wrinkle or any such thing, but that it should be holy and without blemish.” Ephesians 5:25–27

This is another reason why people hate the doctrine of the Investigative Judgment. They want to be saved in their sins. Jesus wants to save everyone from their sins, but not one single sinner will be saved in their sins.

“‘Let us be glad and rejoice and give Him glory, for the marriage of the Lamb has come, and His wife has made

herself ready.’ And to her it was granted to be arrayed in fine linen, clean and bright, for the fine linen is the righteous acts of the saints.” Revelation 19:7, 8. The Bible is plain. Sin must be completely removed from God’s people; only those who have been made holy will be saved. This is what is involved in the restoration and cleansing of the sanctuary, the removal of sin from God’s people.

“Therefore it was necessary that the copies of the things in the heavens [the earthly sanctuary] should be purified with these, but the heavenly things themselves [the sanctuary in heaven] with better sacrifices than these. For Christ has not entered the holy places made with hands, which are copies of the true, but into heaven itself, now to appear in the presence of God for us; not that He should offer Himself often, as the high priest enters the most holy place [the earthly sanctuary] every year with blood of another—He then would have had to suffer often since the foundation of the world; but now, once at the end of the ages, He has appeared to put away sin by the sacrifice of Himself. And as it is appointed for men to die once, but after this the judgment [judgment for everybody in this world occurs after they die except for the people who live until Jesus comes], so Christ was offered once to bear the sins of many. To those who eagerly wait for Him He will appear a second time, apart from sin, for salvation.” Hebrews 9:23–28

Jesus came the first time to bear away our sins. He is coming the second time, friend, to take His holy and unblemished church home. Put your trust in Him, and He will bring you into that condition. **LM**

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March 29 – April 4, 2026

## In the Garden of Eden

### Key Text

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

**Study Help:** *Education*, 20–27; *The Great Controversy*, 531–550

### Introduction

“In consequence of Adam’s sin, death passed upon the whole human race. All alike go down into the grave.” *The Great Controversy*, 544

## Sunday

### 1 THE CREATION OF MAN

1.a. Why was man created? Isaiah 43:7. What place of honor was assigned to man when he came forth from the hands of his Creator? Psalms 100:3; 8:4–6

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**Note:** “God created man for His own glory, that after test and trial the human family might become one with the heavenly family.” *Seventh-day Adventist Bible Commentary*, Vol. 1, 1082

“Adam was crowned king in Eden. To him was given dominion over every living thing that God had created. The Lord blessed Adam and Eve with intelligence such as He had not given to any other creature. He made Adam the rightful sovereign over all the works of His hands.” *Ibid.*

1.b. What reveals that man is mortal, having no innate immortality? Genesis 2:17, *last part*; Job 4:17

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

## Monday

### 2 “IN HIS OWN IMAGE”

2.a. What do we understand by the declaration that “God created man in His own image” (Genesis 1:27)? Ecclesiastes 7:29

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**Note:** “Man was to bear God’s image, both in outward resemblance and in character. Christ alone is ‘the express image’ (Hebrews 1:3) of the Father; but man was formed in the likeness of God. His nature was in harmony with the will of God. His mind was capable of comprehending divine things. His affections were pure; his appetites and passions were under the control of reason. He was holy and happy in bearing the image of God and in perfect obedience to His will.” *Patriarchs and Prophets*, 45

2.b. On what condition only could our first parents have remained in Paradise forever? 1 John 2:17, *last part*

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**Note:** “God placed man under law, as an indispensable condition of his very existence. He was a subject of the divine government, and there can be no government without law. God might have created man without the power to transgress His law; He might have withheld the hand of Adam from touching the forbidden fruit; but in that case man would have been, not a free moral agent, but a mere automaton. Without freedom of choice, his obedience would not have been voluntary, but forced. There could have been no development of character.

Such a course would have been contrary to God’s plan in dealing with the inhabitants of other worlds. It would have been unworthy of man as an intelligent being, and would have sustained Satan’s charge of God’s arbitrary rule.

“God made man upright; He gave him noble traits of character, with no bias toward evil. He endowed him with high intellectual powers, and presented before him the strongest possible inducements to be true to his allegiance. Obedience, perfect and perpetual, was the condition of eternal happiness. On this condition he was to have access to the tree of life.”

*Patriarchs and Prophets, 49*

## Tuesday

### 3 TEMPTATION AND FALL

3.a. After having revealed His will to Adam and Eve, what simple means did God choose to test their obedience? Genesis 2:16, 17

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**Note:** “The tree of knowledge had been made a test of their obedience and their love to God. The Lord had seen fit to lay upon them but one prohibition as to the use of all that was in the garden; but if they should disregard His will in this particular, they would incur the guilt of transgression. Satan was not to follow them with continual temptations; he could have access to them only at the forbidden tree. Should they attempt to investigate its nature, they would be exposed to his wiles. They were admonished to give careful heed to the warning which God had sent them and to be content with the instruction which He had seen fit to impart.” *Patriarchs and Prophets, 53*

3.b. What warnings should we heed from the way Satan was able to entice our first parents into sin? Genesis 3:1–6

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**Note:** “Eve really believed the words of Satan, but her belief did not save her from the penalty of sin. She disbelieved the words of God, and this was what led to her fall. In the



judgment men will not be condemned because they conscientiously believed a lie, but because they did not believe the truth, because they neglected the opportunity of learning what is truth. Notwithstanding the sophistry of Satan to the contrary, it is always disastrous to disobey God. We must set our hearts to know what is truth. All the lessons which God has caused to be placed on record in His word are for our warning and instruction. They are given to save us from deception. Their neglect will result in ruin to ourselves. Whatever contradicts God’s word, we may be sure proceeds from Satan.” *Patriarchs and Prophets, 55*

## Wednesday

### 4 BARRED FROM THE TREE OF LIFE

4.a. What was special about the tree of life, and why was it made inaccessible to man after the Fall? Genesis 2:9; 3:22–24

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**Note:** “In order to possess an endless existence, man must continue to partake of the tree of life. Deprived of this, his vitality would gradually diminish until life should become extinct. It was Satan’s plan that Adam and Eve should by disobedience incur God’s displeasure; and then, if they failed to obtain forgiveness, he hoped that they would eat of the tree of life, and thus perpetuate an existence of sin and misery.” *Patriarchs and Prophets*, 60

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

**4.b. Who only has immortality, and why is this important for us to always bear in mind? 1 Timothy 6:14–16; Genesis 3:4**

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**Note:** “Had Adam remained obedient to God, he would have continued to enjoy free access to this tree and would have lived forever. But when he sinned he was cut off from partaking of the tree of life, and he became subject to death. ...

“The only one who promised Adam life in disobedience was the great deceiver. And the declaration of the serpent to Eve in Eden—‘Ye shall not surely die’—was the first sermon ever preached upon the immortality of the soul. Yet this declaration, resting solely upon the authority of Satan, is echoed from the pulpits of Christendom and is received by the majority of mankind as readily as it was received by our first parents. The divine sentence, ‘The soul that sinneth, it shall die’ (Ezekiel 18:20), is made to mean: ‘The soul that sinneth, it shall not die, but live eternally. We cannot but wonder at the strange infatuation which renders men so credulous concerning the words of Satan and so unbelieving in regard to the words of God.’ *The Great Controversy*, 532, 533

**Thursday**

**5 SUBJECT TO GOD’S WILL**

**5.a. What must we do to be recognized as members of the family of heaven? John 15:14**

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**Note:** “ ‘Ye are My friends, if ye do whatsoever I command you’ (John 15:14). This is the condition imposed; this is the test that proves men’s characters. Feelings are often deceiving, emotions are no sure safeguard; for they are variable and subject to external circumstances. Many are deluded by relying on sensational impressions. The test is: What are you *doing* for Christ? What sacrifices are you making? What victories are you gaining? A selfish spirit overcome, a temptation to neglect duty resisted, passion subdued, and willing, cheerful obedience rendered to the will of Christ are far greater evidences that you are a child of God than spasmodic piety and emotional religion.” *Testimonies for the Church*, Vol. 4, 188 [Author’s italics.]

**5.b. How only can peace and harmony exist in our hearts, in society, and in the whole universe? Isaiah 48:18; 32:17**

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**Note:** “The harmony of creation depends upon the perfect conformity of all beings, of everything, animate and inanimate, to the law of the Creator. God has ordained laws for the government, not only of living beings, but of all the operations of nature. Everything is under fixed laws, which cannot be disregarded. But while everything in nature is governed by natural laws, man alone, of all that inhabits the earth, is amenable to moral law. To man, the crowning work of creation, God has given power to understand His requirements, to comprehend the justice and beneficence of His law, and its sacred claims upon him; and of man unswerving obedience is required.” *Patriarchs and Prophets*, 52

**Friday**

**PERSONAL REVIEW QUESTIONS**

- a. Why has God given us life?
- b. Why are we permitted to be exposed to temptation?
- c. What caused Eve to fall prey to the tempter?
- d. What must we understand about the question of immortality?
- e. What gives evidence that one has become a child of God?

April 5 – 11, 2026

# Error Rapidly Gains Ground

## Key Text

“Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.” Ephesians 5:6

**Study Help:** *Counsels to Parents, Teachers, and Students*, 11–18; *Christ’s Object Lessons*, 152–163

## Introduction

“Those who are swept off their feet by the waves of temptation, imagine, as did Eve, that they are becoming wonderfully wise, outgrowing their ignorance and narrow conscientiousness; but, like her, they will find themselves sadly deceived.” *Testimonies for the Church*, Vol. 4, 584

## Sunday

### 1 “LET NO MAN DECEIVE YOU”

1.a. How may we be in danger of repeating the mistake of Eve? 1 Timothy 2:14; 2 Corinthians 11:3

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**Note:** “He [Satan] is constantly seeking to excite a spirit of irreverent curiosity, a restless, inquisitive desire to penetrate the secrets of divine wisdom and power. In their efforts to search out what God has been pleased to withhold, multitudes overlook the truths which He has revealed, and which are essential to salvation. Satan tempts men to disobedience by leading them to believe they are entering a wonderful field of knowledge. But this is all a deception. Elated with their ideas of progression, they are, by trampling on God’s requirements, setting their feet in the path that leads to degradation and death.” *Patriarchs and Prophets*, 54, 55

1.b. Name some ways in which we may be tempted to eat of the forbidden fruit. Colossians 2:4. What warnings should be taken to heart by every God-fearing family? Ephesians 5:6

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**Note:** “Human ambition seeks for knowledge that will bring to them glory, and self-exaltation, and supremacy. Thus, Adam and Eve were influenced by Satan until God’s restraint was snapped asunder, and their education under the teacher of lies began. They gained the knowledge which God had refused them—to know the consequences of transgression.” *Counsels to Parents, Teachers, and Students*, 12

“If you see that students are in danger of becoming engrossed in their studies to such an extent as to neglect the study of that Book which gives them information as to how to secure the future welfare of their souls, then do not present the temptation of going deeper, of protracting the time for educational discipline. In this way all that will make the student’s education of value to the world will be sunk out of sight.” *Fundamentals of Christian Education*, 357

“The fear of the Lord is the beginning of wisdom. This is heart education, and is of more importance than the education gained merely from books. It is well and essential to obtain a knowledge of the world in which we live, but if we leave eternity out of our reckoning, we shall make a failure from which we can never recover. It will be as the knowledge gained by eating of the fruit of the forbidden tree.” *In Heavenly Places*, 137

## Monday

### 2 SELF-RIGHTEOUSNESS

2.a. How may we be trying to cover our “nakedness” with “fig leaves” or “filthy rags”? Isaiah 64:6; Revelation 3:17

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**Note:** “Naked and ashamed, they [our first parents] tried to supply the place of the heavenly garments by sewing together fig leaves for a covering.

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

**2.b. Even after we have accepted Christ, how does He warn us against the peril of self-righteousness? Matthew 12:43–45**

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**Note:** “The garnished house represents the self-righteous soul. Satan is driven out by Christ. But he returned, in the hope of finding entrance. He finds the house empty, swept, and garnished. Only self-righteousness is abiding there. ‘Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first.’

“Self-righteousness is a curse, a human embellishment, which Satan uses for his glory. Those who garnish the soul with self-praise and flattery prepare the way for the seven other spirits more wicked than the first. In their very reception of the truth these souls deceive themselves. They are building upon a foundation of self-righteousness.” *Seventh-day Adventist Bible Commentary*, Vol. 5, 1093

**Tuesday**

**3 SELF-JUSTIFICATION**

**3.a. After their disobedience, how did Adam and Eve try to justify themselves? Genesis 3:12, 13**

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**Note:** “Adam could neither deny nor excuse his sin; but instead of manifesting penitence, he endeavored to cast the blame upon his wife, and thus upon God Himself: ‘The woman whom *Thou gavest* to be with me, she gave me of the tree, and I did eat.’ He who, from love to Eve, had deliberately chosen to forfeit the approval of God, his home in Paradise, and an eternal life of

joy, could now, after his fall, endeavor to make his companion, and even the Creator Himself, responsible for the transgression. So terrible is the power of sin.

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

**3.b. How are we in danger of following the example of Adam and Eve in self-justification? Proverbs 12:15; Luke 16:15**

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**Note:** “The spirit of self-justification originated in the father of lies; it was indulged by our first parents as soon as they yielded to the influence of Satan, and has been exhibited by all the sons and daughters of Adam. Instead of humbly confessing their sins, they try to shield themselves by casting the blame upon others, upon circumstances, or upon God—making even His blessings an occasion of murmuring against Him.” *Patriarchs and Prophets*, 58

**Wednesday**

**4 SELF-SUFFICIENCY**

**4.a. How did Cain choose a course of self-sufficiency in his worship? Genesis 4:3**

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**Note:** “Cain came before God with murmuring and infidelity in his heart in regard to the promised sacrifice and the necessity of the sacrificial offerings. His gift expressed no penitence for sin. He felt, as many now feel, that it would be an acknowledgment of weakness to follow the exact plan marked out by God, of trusting his salvation wholly to the atonement of the promised Saviour. He chose the course of self-dependence. He

would come in his own merits. He would not bring the lamb, and mingle its blood with his offering, but would present *his* fruits, the products of *his* labor. He presented his offering as a favor done to God, through which he expected to secure the divine approval. Cain obeyed in building an altar, obeyed in bringing a sacrifice; but he rendered only a partial obedience. The essential part, the recognition of the need of a Redeemer, was left out.” *Patriarchs and Prophets*, 72 [Author’s italics.]

4.b. Discuss ways in which we may be in danger of following the example of Cain. Matthew 15:9; Jude 10, 11

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**Note:** “The class of worshipers who follow the example of Cain includes by far the greater portion of the world; for nearly every false religion has been based on the same principle—that man can depend upon his own efforts for salvation. It is claimed by some that the human race is in need, not of redemption, but of development—that it can refine, elevate, and regenerate itself. As Cain thought to secure the divine favor by an offering that lacked the blood of a sacrifice, so do these expect to exalt humanity to the divine standard, independent of the atonement. The history of Cain shows what must be the result. It shows what man will become apart from Christ. Humanity has no power to regenerate itself. It does not tend upward, toward the divine, but downward, toward the satanic.” *Patriarchs and Prophets*, 73

## Thursday

### 5 PERSECUTION

5.a. How did Cain develop a spirit of domination, intolerance, and hatred toward his brother? Genesis 4:4–8; 1 John 3:12

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**Note:** “Reason and conscience told him [Cain] that Abel was in the right; but he was enraged that one who had been wont to heed his counsel should now presume to disagree with him, and that he could gain no sympathy in his rebellion.” *Patriarchs and Prophets*, 74

“When Cain, moved by the spirit of the wicked one, saw that he could not control Abel, he was so enraged that he destroyed his life.” *Ibid.*, 77

5.b. In what manner has the spirit of Cain been rekindled against God’s faithful throughout the ages? 2 Timothy 3:12; 1 John 3:13. Why should this sad fact still bring us hope today? Matthew 5:10–12

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**Note:** “Any man, be he minister or layman, who seeks to compel or control the reason of any other man, becomes an agent of Satan, to do his work, and in the sight of the heavenly universe he bears the mark of Cain.” *Seventh-day Adventist Bible Commentary*, Vol. 1, 1087

“Wherever there are any who will stand in vindication of the righteousness of the law of God, the same spirit will be manifested against them. It is the spirit that through all the ages has set up the stake and kindled the burning pile for the disciples of Christ. But the cruelties heaped upon the follower of Jesus are instigated by Satan and his hosts because they cannot force him to submit to their control. It is the rage of a vanquished foe.” *Patriarchs and Prophets*, 77

## Friday

### PERSONAL REVIEW QUESTIONS

- What are some common deceptions to which we could fall prey?
- How is Matthew 12:43–45 a serious warning to each of us?
- Into what specific evil did Adam and Eve plunge after their fall?
- How may we be in danger of cultivating the spirit of Cain?
- What is the most common cause of persecution against true Christians?

April 12 – 18, 2026

# Apostasy Reaches a Climax

## Key Text

“Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually.” Genesis 6:5

**Study Help:** *Patriarchs and Prophets*, 90–104; *Testimonies for the Church*, Vol. 5, 361–368

## Introduction

“Fifteen centuries after the sentence pronounced upon Cain, the Universe witnessed the fruition of his influence and example, in the crime and pollution that flooded the earth.” *Patriarchs and Prophets*, 78

## Sunday

### 1 WICKEDNESS AMONG THE ANTEDILUVIANS

1.a. How did God and the inhabitants of other worlds view the situation existing on earth shortly before the flood? Genesis 6:5

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**Note:** “The holy inhabitants of other worlds were watching with the deepest interest the events taking place on the earth. In the condition of the world that existed before the Flood they saw illustrated the results of the administration which Lucifer had endeavored to establish in heaven, in rejecting the authority of Christ and casting aside the law of God. In those high-handed sinners of the antediluvian world they saw the subjects over whom Satan held sway. The thoughts of men’s hearts were only evil continually. Genesis 6:5. Every emotion, every impulse and imagination, was at war with the divine principles of purity and peace and love. It was an example of the awful depravity resulting from Satan’s policy to remove from God’s creatures the restraint of His holy law.” *Patriarchs and Prophets*, 78, 79

1.b. How long did God mercifully strive with the antediluvians before sending the threatened destruction? Genesis 6:3. What should we learn from the way the majority responded to Noah’s appeals?

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**Note:** “Noah preached to the people of his time that God would give them one hundred and twenty years in which to repent of their sins and find refuge in the ark, but they refused the gracious invitation. Abundant time was given them to turn from their sins, overcome their bad habits, and develop righteous characters. But inclination to sin, though weak at first with many, strengthened through repeated indulgence and hurried them on to irretrievable ruin. The merciful warning of God was rejected with sneers, with mockery and derision; and they were left in darkness to follow the course that their sinful hearts had chosen. But their unbelief did not hinder the predicted event. It came, and great was the wrath of God which was seen in the general ruin.” *Testimonies for the Church*, Vol. 4, 308

“‘As it was in the days of Noe, so shall it be also in the days of the Son of man’ (Luke 17:26). Men will reject the solemn message of warning in our day, as they did in Noah’s time. They will refer to those false teachers who have predicted the event and set the definite time, and will say that they have no more faith in our warning than in theirs. This is the attitude of the world today. Unbelief is widespread, and the preaching of Christ’s coming is mocked at and derided. This makes it all the more essential that those who believe present truth should show their faith by their works.” *Ibid.*

## Monday

### 2 “MARRYING AND GIVING IN MARRIAGE”

2.a. What restriction regarding the marriage institution did the sons of God disobey? Genesis 6:1, 2; 2 Corinthians 6:14–17

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**Note:** “The race of Cain, spreading from the place of their first settlement, dispersed over the plains and valleys where the children of Seth had dwelt; and the latter, in order to escape from their contaminating influence, withdrew to the mountains, and there made their home. So long as this separation continued, they maintained the worship of God in its purity. But in the lapse of time they ventured, little by little, to mingle with the inhabitants of the valleys. This association was productive of the worst results. ‘The sons of God saw the daughters of men that they were fair.’ The children of Seth, attracted by the beauty of the daughters of Cain’s descendants, displeased the Lord by intermarrying with them. Many of the worshipers of God were beguiled into sin by the allurements that were now constantly before them, and they lost their peculiar, holy character. Mingling with the depraved, they became like them in spirit and in deeds; the restrictions of the seventh commandment were disregarded, and they took them wives of all which they chose’ (Genesis 6:2). The children of Seth went ‘in the way of Cain’ (Jude 11); they fixed their minds upon worldly prosperity and enjoyment and neglected the commandments of the Lord.” *Patriarchs and Prophets*, 81, 82

**2.b. What perverted practice was introduced before the Flood? Give an example. Genesis 4:19**

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**Note:** “Polygamy was practiced at an early date. It was one of the sins that brought the wrath of God upon the antediluvian world.” *Patriarchs and Prophets*, 338

**Tuesday**

**3 EVIL UPON EVIL**

**3.a. As a result of rejecting God’s law, what additional abominations filled the earth? Genesis 6:11, 12**

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**Note:** “Polygamy had been early introduced, contrary to the divine arrangement at the beginning. The Lord gave to Adam one wife, showing His order in that respect. But after the Fall, men chose to follow their own sinful desires; and as the result, crime and wretchedness rapidly increased. Neither the marriage relation nor the rights of property were respected.



*The holy inhabitants of other worlds are watching the events taking place on Earth.*

Whoever coveted the wives or the possessions of his neighbor, took them by force, and men exulted in their deeds of violence. They delighted in destroying the life of animals; and the use of flesh for food rendered them still more cruel and bloodthirsty, until they came to regard human life with astonishing indifference.” *Patriarchs and Prophets*, 91, 92

**3.b. Give an example of how men boasted of their spirit of violence. Genesis 4:23, 24. What will be the result of the defiant depravity present in our day? Isaiah 28:21**

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**Note:** “At this time, when great light is shining forth from the word of God, making dark mysteries plain as day, is the day of mercy, of hope, of joy and assurance to all who will be benefited thereby, to all who will open their minds and hearts to the bright beams of the Sun of Righteousness. But there is an opposite class to this—those who will not come to the light, who despise the truth because it exposes error, and transgression, and sin; and as a result, depravity and boldness in transgression are becoming all-pervading.” *The Review and Herald*, June 15, 1897

“The forbearance that God has exercised toward the wicked has emboldened men in transgression; but their punishment will be none the less certain and terrible for being long delayed. ‘The Lord shall rise up as in Mount Perazim, He shall be wroth

as in the valley of Gibeon, that He may do His work, His strange work; and bring to pass His act, His strange act. To our merciful God the act of punishment is a strange act. Yet He will 'by no means clear the guilty.' By terrible things in righteousness He will vindicate the authority of His downtrodden law. The very fact of His reluctance to execute justice, testifies to the enormity of the sins that call forth His judgments, and to the severity of the retribution awaiting the transgressor."

*The Signs of the Times*, January 25, 1910

## Wednesday

### 4 IDOLATRY AND ANARCHY

4.a. What kinds of worship did man introduce, and what are the results, even now? Psalm 115:4–8; Romans 1:22–25

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**Note:** "They [the antediluvians] put God out of their knowledge and worshiped the creatures of their own imagination; and as the result, they became more and more debased. The psalmist describes the effect produced upon the worshiper by the adoration of idols. He says, 'They that make them are like unto them; so is every one that trusteth in them' (Psalm 115:8). It is a law of the human mind that by beholding we become changed. Man will rise no higher than his conceptions of truth, purity, and holiness. If the mind is never exalted above the level of humanity, if it is not uplifted by faith to contemplate infinite wisdom and love, the man will be constantly sinking lower and lower." *Patriarchs and Prophets*, 91

4.b. What similarities can be observed between our day and Noah's? Matthew 24:37; 2 Peter 3:3, 4

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**Note:** "The picture which Inspiration has given of the antediluvian world represents too truly the condition to which modern society is fast hastening. Even now, in the present century, and in professedly Christian lands, there are crimes daily perpetrated as black and terrible as those for which the old-world sinners were destroyed." *Patriarchs and Prophets*, 102

## Thursday

### 5 AS IN THE DAYS OF NOAH

5.a. What should we learn from the defiant attitude of the antediluvians? 2 Peter 3:6, 7, 11, 12; Malachi 4:1

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**Note:** "Water will never destroy the earth again, but the weapons of God are concealed in the bowels of the earth which He will draw forth to unite with the fire from heaven to accomplish His purpose in the destruction of all those who would not receive the message of warning and purify their souls in obeying the truth and being obedient to the laws of God." *The Signs of the Times*, January 3, 1878

5.b. As the rainbow was a token of God's covenant with Noah, what covenant does the Lord make with His faithful few in the last days? Genesis 9:12–15; Psalm 27:5

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**Note:** "We may rejoice in hope, for the bow of God's covenant is over us. He never will forget the children of His care. How difficult for the mind of finite man to take in the peculiar love and tenderness of God, and His matchless condescension when He said, 'I will look upon the bow in the cloud, and remember thee.'" *Seventh-day Adventist Bible Commentary*, Vol. 1, 1091  
 "There will be mighty earthquakes and great destruction of human life. But as in the days of the great Deluge Noah was preserved in the ark that God had prepared for him, so in these days of destruction and calamity, God will be the refuge of His believing ones." *Ibid.*, Vol. 7, 946

## Friday

### PERSONAL REVIEW QUESTIONS

- a. Describe life before the Flood, and the steps God took in mercy.
- b. How is the apostasy of the children of Seth a warning to us?
- c. Why is depravity increasing today, and what will be the result?
- d. What are the causes and results of idolatry?
- e. How does God offer hope even when apostasy reaches a climax?

April 19 – 25, 2026

# Babel and Babel Builders

## Key Text

“And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting.” Romans 1:28

**Study Help:** *The Story of Redemption*, 72–74; *Patriarchs and Prophets*, 117–124

## Introduction

“As men turned away from God, the divine attributes—justice, purity, and love—were supplanted by oppression, violence, and brutality.” *Patriarchs and Prophets*, 123

## Sunday

### 1 APOSTASY AFTER THE FLOOD

1.a. How was history repeated in the attitude taken by the descendants of Noah toward God and the truth? Romans 1:28

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**Note:** “Noah, the faithful preacher of righteousness, lived for three hundred and fifty years after the Flood, Shem for five hundred years, and thus their descendants had an opportunity to become acquainted with the requirements of God and the history of His dealings with their fathers. But they were unwilling to listen to these unpalatable truths; they had no desire to retain God in their knowledge.” *Patriarchs and Prophets*, 120

“No sooner was the earth repopled than men resumed their hostility to God and heaven. They transmitted their enmity to their posterity, as though the art and device of misleading men, and causing them to continue the unnatural warfare, was a sacred legacy.” *Seventh-day Adventist Bible Commentary*, Vol. 1, 1091

1.b. What occurred among the descendants of Noah and why? Genesis 11:1–4

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**Note:** “For a time the descendants of Noah continued to dwell among the mountains where the ark had rested. As their numbers increased, apostasy soon led to division. Those who desired to forget their Creator and to cast off the restraint of His law felt a constant annoyance from the teaching and example of their God-fearing associates, and after a time they decided to separate from the worshipers of God. Accordingly, they journeyed to the plain of Shinar, on the banks of the river Euphrates.” *Patriarchs and Prophets*, 118

## Monday

### 2 A CONFEDERACY OF REBELLION

2 a Instead of being thankful to God, what attitudes did the apostatized majority take? Romans 1:21, 22

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**Note:** “The Babel builders had indulged the spirit of murmuring against God. Instead of gratefully remembering His mercy to Adam and His gracious covenant with Noah, they had complained of His severity in expelling the first pair from Eden and destroying the world by a flood. But while they murmured against God as arbitrary and severe, they were accepting the rule of the cruelest of tyrants. Satan was seeking to bring contempt upon the sacrificial offerings that prefigured the death of Christ; and as the minds of the people were darkened by idolatry, he led them to counterfeit these offerings and sacrifice their own children upon the altars of their gods. As men turned away from God, the divine attributes—justice, purity, and love—were supplanted by oppression, violence, and brutality.” *Patriarchs and Prophets*, 120–123

2.b. How and why did God intervene to stop the confederacy? Genesis 11:6, 7

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**Note:** “This confederacy was born of rebellion against God. The dwellers on the plain of Shinar established their kingdom for self-exaltation, not for the glory of God. Had they succeeded, a mighty power would have borne sway, banishing righteousness, and inaugurating a new religion. The world would have been demoralized. The mixture of religious ideas with erroneous theories would have resulted in closing the door to peace, happiness, and security. These suppositions, erroneous theories, carried out and perfected, would have directed minds from allegiance to the divine statutes, and the law of Jehovah would have been ignored and forgotten. Determined men, inspired and urged on by the first great rebel, would have resisted any interference with their plans or their evil course. In the place of the divine precepts they would have substituted laws framed in accordance with the desires of their selfish hearts, in order that they might carry out their purposes.” *Seventh-day Adventist Bible Commentary*, Vol. 1, 1092

## Tuesday

### 3 ANCIENT AND MODERN BABEL

3.a. What name was given to the place of the tower, and why? **Genesis 11:8, 9**

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**Note:** “The schemes of the Babel builders ended in shame and defeat. The monument to their pride became the memorial of their folly. Yet men are continually pursuing the same course—depending upon self, and rejecting God’s law. It is the principle that Satan tried to carry out in heaven; the same that governed Cain in presenting his offering.” *Patriarchs and Prophets*, 123

“The term ‘Babylon’ is derived from ‘Babel,’ and signifies confusion.” *The Great Controversy*, 381

3.b. Name some of the various ways in which people today are following the example of the Babel builders? **Titus 1:16**

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**Note:** “There are tower builders in our time. Infidels construct their theories from the supposed deductions of science, and

reject the revealed word of God. They presume to pass sentence upon God’s moral government; they despise His law and boast of the sufficiency of human reason. . . .

“In the professedly Christian world many turn away from the plain teachings of the Bible and build up a creed from human speculations and pleasing fables, and they point to their tower as a way to climb up to heaven. Men hang with admiration upon the lips of eloquence while it teaches that the transgressor shall not die, that salvation may be secured without obedience to the law of God. If the professed followers of Christ would accept God’s standard, it would bring them into unity; but so long as human wisdom is exalted above His holy word, there will be divisions and dissension.” *Patriarchs and Prophets*, 123, 124

## Wednesday

### 4 APOSTASY TODAY

4.a. How does Satan use doctrinal confusion to bring confederacies among professed believers today? **Acts 20:29, 30; 2 Timothy 3:13**

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**Note:** “Through apostasy, fallen men and fallen angels are in the same confederacy, leagued to work against good. They are united in a desperate companionship. Through his evil angels, Satan contrives to form an alliance with professedly pious men, and thus he leavens the church of God. He knows that if he can induce men, as he induced the angels, to join in rebellion, under the guise of servants of God, he will have in them his most successful allies in his enterprise against heaven.” *Seventh-day Adventist Bible Commentary*, Vol. 4, 1142

4.b. What similar danger can exist even where doctrines are pure? **1 Corinthians 10:10–12**

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**Note:** “I beseech all who engage in the work of murmuring and complaining because something has been said or done that does not suit them, and that does not, as they think, give them due consideration, to remember that they are carrying on the

very work begun in heaven by Satan. They are following in his track, sowing unbelief, discord, and disloyalty; for no one can entertain feelings of disaffection, and keep them to himself. He must tell others that he is not treated as he should be. Thus they are led to murmur and complain. This is the root of bitterness springing up, whereby many are defiled.

“Thus Satan works today through his evil angels. He confederates with men who claim to be in the faith; and those who are trying to carry forward the work of God with fidelity, having no man’s person in admiration, working without hypocrisy and partiality, will have just as severe trials brought against them as Satan can bring through those who claim to love God. Proportionate to the light and knowledge these opposers have is Satan’s success.” *Seventh-day Adventist Bible Commentary*, Vol. 4, 1142

## Thursday

### 5 THE COUNTERFEIT AND THE GENUINE

5.a. What facts are modern Babel builders apparently overlooking? Psalm 33:13, 14. How does the Spirit of Prophecy define confederacies in our day?

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**Note:** “The time of God’s investigation is at hand. The Most High will come down to see that which the children of men have builded. His sovereign power will be revealed; the works of human pride will be laid low.” *Patriarchs and Prophets*, 124

“The question has been asked, What do you mean by a confederacy? Who have formed confederacies? You know what a confederacy is—a union of men in a work that does not bear the stamp of pure, straightforward, unswerving integrity.” *Seventh-day Adventist Bible Commentary*, Vol. 4, 1142

5.b. In contrast to Satan’s confederacy, what is God’s prescription for unity among the faithful believers? John 17:17–21; 1 John 1:7

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Noah, the faithful preacher of righteousness, lived for 350 years.

**Note:** “We are to unify, but not on a platform of error.” *Manuscript Releases*, Vol. 15, 259

“Our only hope of reaching heaven is to be one with Christ, and then, in and through Christ, we shall be one with one another.” *The Upward Look*, 141

“We are now in a time when we are to stand steadfast for the truth. We are to cherish love for souls, but never, never are we to surrender the least vital point of truth, for it is by maintaining truth, pure, unadulterated truth, that we can at this time bring honor and glory to Jesus Christ our Prince.” *Sons and Daughters of God*, 196

## Friday

### PERSONAL REVIEW QUESTIONS

- How is the Babel builders’ initial separation a warning to us?
- What motivated the building of the tower, and why did God stop it?
- Name some ways in which Babel tower-building is repeated today.
- How can this syndrome creep even into faithful churches?
- What distinguishes a false confederacy from true unity?

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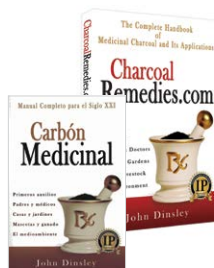
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# Onions

**O**nions are part of the *Allium* family, a group of spicy, sharp root vegetables that includes garlic, leeks, and chives. They're especially high in organosulfur compounds. These chemicals give onions their strong odor and taste.

There are many onion varieties including white, yellow, and red onions, shallots and scallions, pearl onions, Spanish onions, Vidalia onions, and others.

Onions have many health benefits. People have used onions for medicinal purposes for centuries. Studies suggest that onion health benefits, such as enhanced immunity and cancer protection,

are due to its many antioxidants. These include flavonoids like quercetin and anthocyanins, the same type of protective compounds founds in berries, cherries, and eggplant, plus organosulfides and nutrients like vitamin C.

Many people enjoy sweet onion varieties best, like Vidalia onions and shallots, because they tend to have a milder taste and can even be eaten raw, but compared to white and red onions, these usually have a lower percentage of beneficial compounds.

Sweeter onions are left in the soil longer before being harvested so more

of their carbohydrates have a chance to turn to sugars, hence their sweeter taste.

In general, the longer onions are left in the ground, the sweeter they taste but the lower phytonutrient count they have. Usually, the more potent the smell and taste of an onion, the more nutrients are present, and therefore is more likely to make you tear.

With hundreds of varieties, it's easy to add onions to your meals.

<https://health.clevelandclinic.org/are-onions-good-for-you/>; <https://draxe.com/nutrition/onions-nutrition/> **LM**

Fruit

**Vegetables**

Legumes

Nuts/Seeds

Grains



## LASAGNA SOUP

### Ingredients

1 onion, chopped	6 whole grain lasagna noodles, or more, broken into pieces
4-5 cloves garlic, minced	
2 tsp. Italian seasoning	¼ cup nutritional yeast
1 tsp. onion granules	½ cup canned coconut milk, shaken well
½ tsp. paprika	1 Tbs. lemon juice
1 tsp. salt, or to taste	handful of shredded spinach or kale
2 Tbs. tomato paste, or more to taste	
5 cups vegetable broth	
1 cup marinara or any tomato-based sauce	
½ cup red lentils	

### Process

Sauté onion and garlic in a splash of water or broth until softened, about 5 minutes. Add the Italian seasoning, onion granules, paprika, salt, and tomato paste. Stir and sauté for 1 minute more. Pour in the broth, marinara sauce, red lentils, and broken noodles. Bring to a boil. Reduce heat and simmer uncovered for about 15-18 minutes, or until lentils and noodles are tender, stirring occasionally. Stir in nutritional yeast and coconut milk. Cook for another 2-3 minutes to heat through. Turn off the heat. Stir in lemon juice and shredded greens allowing greens to wilt before serving.



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## Health Benefits of Onions

- *Many antioxidants*
- *Regulates blood sugar levels*
- *Improves digestive health*
- *Loaded with nutrients*
- *Anti-inflammatory properties*
- *May help with cancer*
- *Reduces risks of Alzheimers*
- *Great source of vitamin C*
- *Supports bone health*
- *Antibacterial properties*

<https://spiceworldinc.com/health/10-health-benefits-of-onions/>

