A person is seen from behind, climbing a steep, light-colored rock face. They are wearing a dark long-sleeved shirt, a patterned beanie, and a climbing harness with gear. The background features a vast mountain range under a blue sky with scattered white clouds. The foreground shows a rocky outcrop and some greenery.

# The Reformation Herald

October–December, 2006

Vol. XLVII, No. 4

## “HOLD FAST”

- A Firm Platform
- A Healing Work Between Us
- Why Worry When You Can Pray?



# The Reformation Herald

GENERAL CHURCH PAPER OF THE SEVENTH DAY ADVENTIST REFORM MOVEMENT

OCTOBER–DECEMBER, 2006, VOL. XLVII, NO. 4

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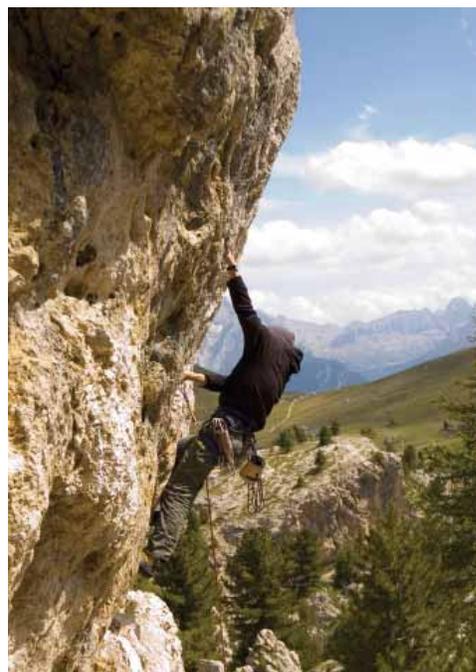
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"Believe that the Lord does just as He says He will. Go to work in faith. Hold fast to every point of vantage-ground gained. However strong the opposition may be, there must be no weakening. Hold fast by faith. Work and pray, watch and wait, hope and trust, leave everything to God. He can thresh mountains with a worm."

—*The Review and Herald*, July 2, 1895.

**Correction:** The image on p. 19 in the October–December, 2005, issue should have been credited to "Chrissi Nerantzi / www.sxc.hu"

**the Reformation Herald**

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"The age in which we live calls for  
reformatory action."

—*Testimonies*, vol. 4, p. 488.

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# Reflecting Our Father's Glory

**T**hus saith the Lord, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord” (Jeremiah 9:23, 24).

The God of all the universe delights in loving-kindness, judgment, and righteousness. And just as any father is gratified to see qualities he holds dear reflected in his children, so likewise does our heavenly Father delight in seeing us reflect His glorious virtues. When we know Him as our Father, any glory we may have will shine directly back toward Him in clear, strong rays, for it is only His own image that is being reflected.

With such a loving Father as we have, why would we ever need to worry or fear? Why would we ever feel the need to question and bicker with the firm platform of truth which has been painstakingly built upon piece by piece and has served as a strong foundation thus far on our heavenward journey? Why would we ever dream of ambitiously stirring up strife against a fellow laborer who is conscientiously seeking to do his or her share, sweating shoulder to shoulder with us in the Lord’s vineyard? “If that evil servant shall say in his heart, My lord delayeth his coming; and shall begin to smite his fellow-servants, and to eat and drink with the drunken; the lord of that servant shall come in a day when he looketh not for him” (Matthew 24:48–50).

Yet, sadly, all these things are prophesied to occur as we near the very borders of Canaan. “And there

shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men’s hearts failing them for fear” (Luke 21:25, 26). The hearts of the people are indeed failing them for fear. They worry about losing whatever pitiful glory they may possess in their mere thimbleful of human wisdom, their mortal physical prowess, or their molehill of earthly riches.

“We live amid the perils of the last days. Because iniquity abounds, the love of many waxes cold. The word ‘many’ refers to the professed followers of Christ. They are affected by the prevailing iniquity and backslide from God, but it is not necessary that they should be thus affected. The cause of this declension is that they do not stand clear from this iniquity. The fact that their love to God is waxing cold because iniquity abounds shows that they are, in some sense, partakers in this iniquity.”<sup>1</sup>

As a tragic result, over time “the leaven of false doctrine will be accepted in preference to the truth. ‘Beware,’ writes Paul, ‘lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ’ (Colossians 2:8). Under whose banner are we standing? Where are we? and what is Christ to us? By our course of action we decide our own destiny.”<sup>2</sup>

## The solution

“How would you have felt had you been in the camp of Israel, and seen the people groaning and shrieking in distress because of their swollen and painful wounds, when the brazen serpent was uplifted, and when by one look they might be healed? Would you not have exclaimed, ‘why do they not look at

the uplifted serpent? How strange it is that they do not perform the one simple act by which they may receive healing!’ But is it not as inconsistent for you to refuse to look at the crucified Saviour?”<sup>3</sup>

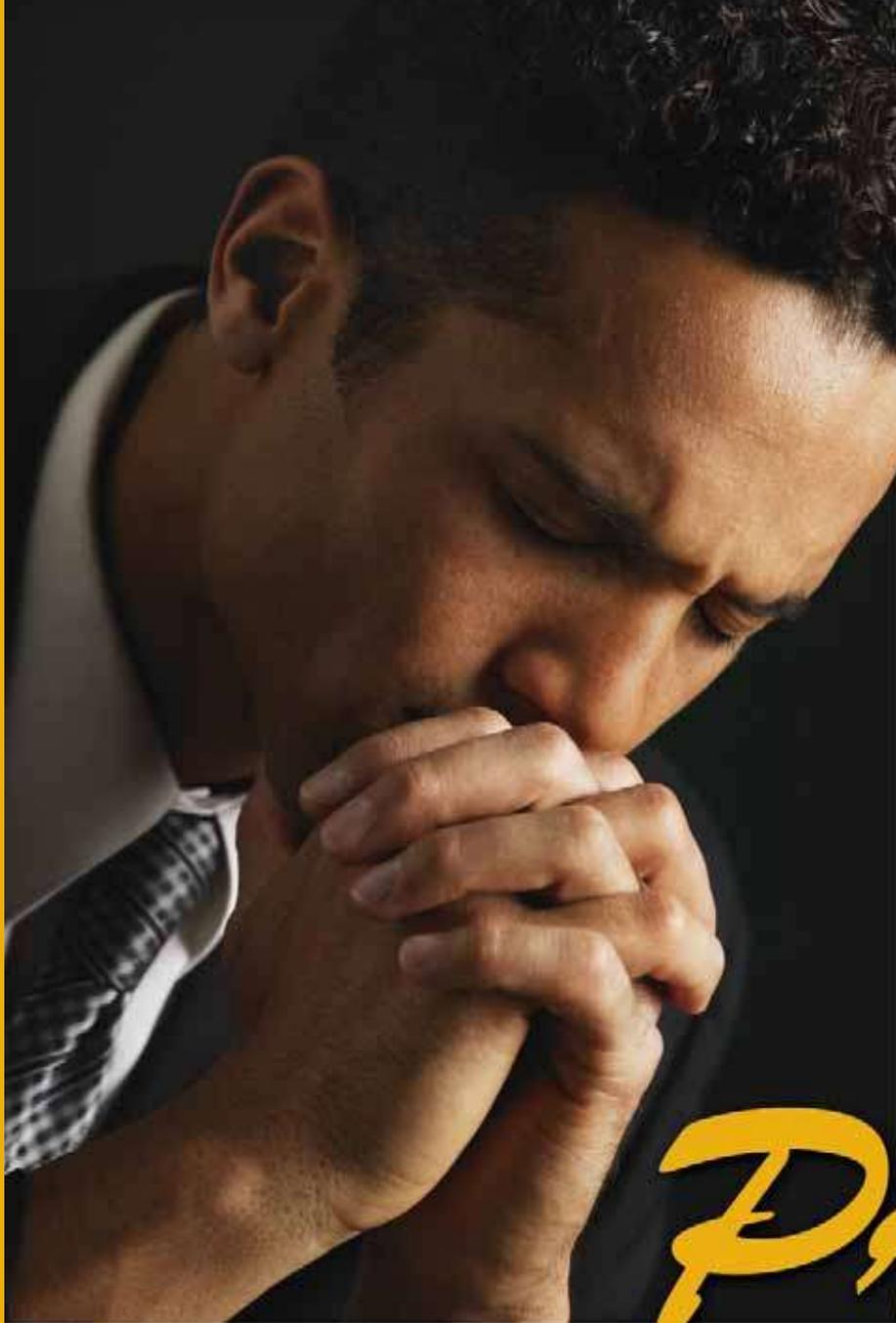
“The disciples should have learned the lessons of the Master—that it is not reputation, natural talent, acquired skill, professional standing, nor any honor given them of men, that weighs at all in the decisions of heaven; ‘but it shall be given to them for whom it is prepared of my Father’ (Matthew 20:23). Had they thought of the lessons given them in reference to humility, they would have had altogether different opinions of the ones who should be honored in the kingdom of God.”<sup>4</sup>

“Our simplicity will accomplish much in this work. We are not to try to climb up to high positions or to gain the praise of men. Our aim should not be to be the greatest. We are to have an eye single to the glory of God. We are to work with all the intelligence that God has given us, placing ourselves in the channel of light, that the grace of God can come upon us to mold and fashion us to the divine similitude.”<sup>5</sup>

“Take firm hold of [Christ] who is mighty, who will lift up for you a standard against the enemy. Close the windows of the soul earthward, against the malarious atmosphere of doubt, and open them heavenward that the bright beams of the Sun of Righteousness may shine upon you.”<sup>6</sup> Only this way can Heaven’s glory be truly reflected in the heart and life of mere earthen vessels. **R**

## References

- <sup>1</sup> *Testimonies*, vol. 2, p. 346.
- <sup>2</sup> *The Review and Herald*, March 16, 1897.
- <sup>3</sup> *The Bible Echo*, July 2, 1894.
- <sup>4</sup> *The Review and Herald*, June 21, 1898.
- <sup>5</sup> *Ibid.*, April 1, 1909.



# WHY WORRY WHEN YOU CAN *Pray?*

**BY TONY MARAIZU**

**M**any professed believers misrepresent our faith when they are worried for one problem or another. Some, through murmuring and sad countenance, show unbelievers that things are not moving well with them.

As people of God, if we carefully study the Word of God, we shall discover that problems or difficulties do not have to make us unhappy.

“Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. Nothing of the world can make them sad when Jesus makes them glad by His presence.”<sup>1</sup>

Yes, as believers, problems or difficulties do not have to make us unhappy. That is why Jesus said, “Peace I leave with you, my peace I give unto you: not as the world giveth, give

I unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

We have many Bible references that show that being a believer does not free one from the cares and the problems of this life. For instance, Psalm 34:19 reads, “Many are the afflictions of the righteous: but the Lord delivereth him out of them all.” We have an assurance that the Lord will deliver the righteous from every problem.

“We need not expect all sunshine in this world. Clouds and storms will cluster about us, and we must be prepared to keep our eyes directed where we saw the light last. Its rays may be hidden but they still live, still shine beyond the cloud. It is our work to wait, to watch, to pray, and to believe. We shall prize the light of the sun more highly after the clouds disappear. We shall see the salvation of God if we trust in God in the darkness as well as in the light.

“All trials, all afflictions, all peace, all safety, health, hope, life, and success are in God’s hands, and He can control them all for the good of His children. It is our privilege to be supplicants, to ask anything and everything of God, submitting our request in submission to His wise purposes and infinite will.”<sup>22</sup>

No one can ever doubt the fact that there are problems in this life. I mean **real** problems that often make it difficult for a person even to smile—no matter who you are, where you are, or what you have.

Many of these problems are inevitable. However, as people of God, our countenance counts so much, because many people have known us, or have heard us preach the good news of our Lord Jesus. Unbelievers are watching to see if what we preach about our Saviour is truly reflecting in our life. Thus, a sad countenance causes unbelievers to doubt our faith and what we preach.

“God cannot be glorified by His children living continually under a cloud and casting a shadow wherever they go. The Christian should cast sunshine instead of a shadow. The

unbeliever often receives the impression that religion is a gloomy thing, and that the life of the Christian has nothing inviting in it. If the Christian dwells too much upon the rough pathway, he makes it harder than it really is. If he dwells upon the bright spots in the way, and is grateful for every ray of light, and then dwells upon the rich reward that lies at the end of the race, instead of gloom, mourning and complaints, he will bear a cheerful countenance.”<sup>23</sup>

*“The Christian should cast sunshine instead of a shadow.”*

Yes, with the help of the Lord, it is possible to rejoice in times of problems and difficulties. Our God will not ask us to perform an impossibility. But the word of God does bid us, “Rejoice in the Lord alway: and again I say, Rejoice” (Philippians 4:4).

The word ALWAYS means “at all times.” That includes the time of temptation, trials, and problems.

God’s holy word admonishes us to “be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God” (Philippians 4:6), and “in every thing give thanks: for this is the will of God in Christ Jesus concerning you” (1 Thessalonians 5:18).

These passages of Scripture help us to understand very clearly that having a sad countenance, murmuring, and complaining are all caused by a lack of faith and failure to submit completely to the will of God. All we have to do is to follow the word of God implicitly. We should always do what He has commanded us to do—this alone will help us to handle every difficulty. The truth is that there are problems we can solve by ourselves by the help of God, and we have to thank God who gives us the ability to solve such problems.

But, again, there are problems we cannot solve by ourselves. In that case, what should we do? We must hand them over to God who alone can solve those problems that are beyond our ability. That is why the Bible says, “Casting all your care upon him; for he careth for you” (1 Peter 5:7).

Unfortunately, many times we try to solve all these problems by ourselves, which often causes many to sin against God.

“We try too hard to take care of self ourselves. We are uneasy and greatly lack a firm trust in God. Many worry and work, contrive and plan, fearing they may suffer need. They cannot afford time to pray or to attend religious meetings and, in their care for themselves, leave no chance for God to care for them. And the Lord does not do much for them, for they give Him no opportunity.”<sup>24</sup>

The truth is that there are indeed many problems we cannot solve by ourselves.

A friend narrated to me his ordeal upon returning by sea from Nigeria to Cameroon—a journey that takes about eight hours. According to him, before departure, someone prayed asking God to lead them safely. Two hours after their departure there arose mighty waves in the sea—huge waves that crashed on the small boat. As a result all the passengers were crying, shouting, and some began to confess their sins. However, in the midst of such agitation, the young man who had offered prayer before the departure found a place and began to sleep.

The waves, thunder, and storm continued for over two hours, and he was still sleeping.

Finally, when the storm was over, some of the passengers decided to wake him up and said to him, "We were amazed to see you sleeping when we were about to perish. What happened?" "Since I could not do anything," he responded, "I handed everything over to God and slept." This is trust in God. Believers, peace does not mean there are no problems, but rather, our peace flourishes in spite of problems. In contrast, the peace the world can give is only when things are moving smoothly.

### WHAT ABOUT PETER?

Let's read: "Now about that time Herod the king stretched forth his hands to vex certain of the church. And he killed James the brother of John with the sword. And because he saw it pleased the Jews, he proceeded

about thee, and follow me. And he went out, and followed him; and wist not that it was true which was done by the angel; but thought he saw a vision. When they were past the first and the second ward, they came unto the iron gate that leadeth unto the city; which opened to them of his own accord: and they went out, and passed on through one street; and forthwith the angel departed from him. And when Peter was come to himself, he said, Now I know of a surety, that the Lord hath sent his angel, and hath delivered me out of the hand of Herod, and from all the expectation of the people of the Jews" (Acts 12:1-11).

Interesting indeed. Now, how could Peter sleep under such pressure? James had been killed by the same person, and Peter knew it. Now

He also remembered what the Lord Jesus had told him before He left, "fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell" (Matthew 10:28). He knew that "to live is Christ, and to die is gain" (Philippians 1:21).

### WHAT ABOUT US?

The Lord is pleased when we cast all our problems upon Him. How do we do this? By praying about such problems. Unfortunately, many believers today find it very difficult to pray for our churches, brethren, sisters, ministers, and our General Conference.

Many do not pray for their sick brother or sister in the church. Instead, they comfortably go back to their houses and have their nice sleep when their brother or sister is sick somewhere. But the Word of God makes it clear that the whole church prayed for Peter. Verse 5 tells us that they prayed without ceasing. In other words, they prayed continually. Nobody could comfortably go back to his or her house while their brother Peter was in difficulty. Irrespective of how many days Peter was there in the prison, they were together in Mary's house praying. And when Peter was delivered by the angel of the Lord, he, too, went to the house of Mary (the mother of John Mark) and there he found them still praying for him!

This is the way the Lord wants us to live as His people. Nothing is as powerful as a prayer offered by the church in unity. That is why our Lord Jesus said, "Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven" (Matthew 18:18, 19).

Peter's church knew what a soul meant in the church of God, just as the shepherd in the parable of Jesus

*Nothing is as powerful as a prayer offered by the church in unity.*

further to take Peter also. (Then were the days of unleavened bread.) And when he had apprehended him, he put him in prison, and delivered him to four quaternions of soldiers to keep him; intending after Easter to bring him forth to the people. Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him. And when Herod would have brought him forth, the same night Peter was sleeping between two soldiers, bound with two chains: and the keepers before the door kept the prison. And, behold, the angel of the Lord came upon him, and a light shined in the prison: and he smote Peter on the side, and raised him up, saying, Arise up quickly. And his chains fell off from his hands. And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment

he himself was being kept between two soldiers, bound with two chains.

There were keepers before the door that kept the prison, and Peter was aware of all these things. Before the iron gate that leads to the city, there were two guard posts. In fact, this was a maximum security prison. And that showed the certainty of Peter's death. And the next day he was to face judgment, just to be executed. Nevertheless, Peter was fast asleep. How could he sleep under such pressure?

Peter slept because he knew he could not do anything in such a situation. He knew that only God has the solution at such times. He knew he would only sin against God if he tried to worry. As a disciple of Christ, he was conversant with the word of God. He knew Psalm 127:1 (RSV), "Unless the Lord watches over the city, the watchman stays awake in vain."

knew what a sheep meant for him. The church also knew that they were one body in Christ—just as the human body is made up of many parts such as the legs, the head, tongue, eyes, nose, the fingers, and so forth, but they are called one body.

One day I had a motorcycle accident and sustained an injury in my left thumb. As a result, the whole body could not sleep for several days because of the pain in the left thumb. So it is supposed to be.

“That there should be no schism in the body; but that the members should have the same care one for another. And whether one member suffer, all the members suffer with it, or one member be honoured, all the members rejoice with it. Now ye are the body of Christ, and members in particular” (1 Corinthians 12:25–27).

There is no need to worry since we can pray. Worry is caused by fear and doubt. But God has not given us the spirit of fear, for He knows what will happen to us if we are afraid.

“Worry is blind and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty, He has His way prepared to bring relief. ‘No good thing will He withhold from them that walk uprightly’ (Psalm 84:11).

“Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme will find perplexities vanish and a plain path before their feet.”<sup>25</sup>

There was a woman who professed to be a believer, but she had not assimilated the instruction found in Philippians 4:6, “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

This woman had only one son, and one day her only son became sick. Since she was not conversant with her Bible, she became worried, fearing that her only son might die. However, because of how worried she was, the neighbors suggested that she should take her son to a particu-

lar witch doctor who would cure the child’s sickness immediately. And because of her lack of faith in God, she took her little son to the witch doctor who told her that he could not treat the child’s sickness unless she bowed three times to his idols. Since the woman wanted her child to live by all means, she had no other option than to follow the instruction of the witch doctor. In the process the child died.

The sin committed by that woman was similar to that of King Ahaziah, found in 2 Kings 1:1–17, who sent his messengers to Ekron because of his sickness.

“But the angel of the Lord said to Elijah the Tishbite, Arise, go up to meet the messengers of the king of Samaria, and say unto them, Is it not because there is not a God in Israel, that ye go to inquire of Baalzebub the god of Ekron? Now therefore thus saith the Lord, Thou shalt not come down from that bed on which thou art gone up, but shalt surely die” (2 Kings 1:3, 4).

Lack of faith in God causes fear and worry. And the Word of God says, “Without faith it is impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him” (Hebrews 11:6).

In other words, this passage tells us that anyone who is worried for one reason or another cannot please the Lord.

According to the passage in 2 Kings, worry was the cause of death for both the child and the King. Worry pushed those involved to depart from God and to seek help instead from the enemy of God and man.

In the case of Peter, the church did not go out to seek for any human help. Rather, they prayed without ceasing, explaining their problems to God alone. This is what our Lord wants us to do always.

A famous hymn says it so well:

*“What a friend we have in Jesus,  
All our sins and grief to bear;  
What a privilege to carry  
everything to God in prayer!”*

*“O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry  
everything to God in prayer.”*

This song makes it clear that the reason why many forfeit their peace and bear needless pain is because they do not carry everything to God in prayer.

“If we do not feel immediate answers to our prayers, we should hold fast our faith, not allowing distrust to come in, for that will separate us from God. If our faith wavers, we shall receive nothing from Him. Our confidence in God should be strong; and when we need it most, the blessing will fall upon us like a shower of rain.”<sup>26</sup>

“Whenever one is encompassed with clouds, perplexed by circumstances, or afflicted by poverty or distress. Satan is at hand to tempt and annoy. He attacks our weak points of character. He seeks to shake our confidence in God, who suffers such a condition of things to exist. We are tempted to distrust God, to question His love. Often the tempter comes to us as he came to Christ, arraying before us our weakness and infirmities. He hopes to discourage the soul, and to break our hold on God. Then he is sure of his prey.”<sup>27</sup>

The word of God assures us, “We have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:15, 16).

When is this time of need? It is always. R

## References

- <sup>1</sup> *The Desire of Ages*, p. 331.
- <sup>2</sup> *Our High Calling*, p. 318.
- <sup>3</sup> *The Review and Herald*, April 28, 1859.
- <sup>4</sup> *Testimonies*, vol. 2, p. 196.
- <sup>5</sup> *The Ministry of Healing*, p. 481.
- <sup>6</sup> *Testimonies*, vol. 1, p. 121.
- <sup>7</sup> *The Desire of Ages*, pp. 120, 121.

# A Firm Platform

BY NATHAN TYLER

(Emphasis supplied throughout.)

**A**t the turn of the 20th century, the Advent people faced a serious crisis. Dr. John Harvey Kellogg, a leader of the Adventist medical work, began to promote teachings of pantheism—that God is present everywhere in created things. These theories appeared in his book *The Living Temple*, published in 1903.

Ellen White pointed out where pantheism would lead. “The **spiritualistic theories** regarding the personality of God, **followed to their logical conclusion, sweep away the whole Christian economy**. . . . They teach that the scenes just before us are not of sufficient importance to be given special attention. **They make of no effect the truth of heavenly origin**, and rob the people of God of their past experience, giving them instead a false science.”<sup>1</sup>

## Meeting the crisis

The Lord instructed His servant to meet the crisis. “About the time that *Living Temple* was published, there passed before me in the night season, representations indicating that some danger was approaching, and that **I must prepare** for it by writing out the things God had revealed to me regarding the **foundation principles of our faith**.”<sup>2</sup>

The representation given was of

a ship sailing across the ocean. An urgent call from the lookout told that an iceberg had been sighted, and the captain ordered, “Meet it!” It was at this time that Sister White wrote out the history of the early days of the work, more clearly than she had ever written it before. She emphasized the foundation truths that distinguish the believers in the third angel’s message.

“As a people, **we are to stand firm on the platform of eternal truth that has withstood test and trial**. We are to hold to the sure pillars of our faith. The principles of truth that God has revealed to us are our only true foundation. They have made us what we are. The lapse of time has not lessened their value.”<sup>3</sup>

“We want solid pillars for the building. Not one pin is to be removed from that which the Lord has established. . . . **Where shall we find safety unless it be in the truths that the Lord has been giving for the last fifty years?**”<sup>4</sup>

Many people have been confused on just what is meant by this statement. What are the truths that the Lord had been giving “for the last fifty years?”

## Development of present truth

The formative years of Seventh-day Adventism are fascinating history. After the Great Disappointment in October, 1844, about half of the

Advent believers gave up their faith altogether. The rest remained and began setting new dates for the coming of Christ. They claimed that they were mistaken in concluding that October 22, 1844, was the termination of the prophecy of the 2300 days.

Only a handful of Adventists did not deny God’s hand in the time proclamation. Instead of reapplying the 2300-day prophecy, they began searching to understand why they had been disappointed. Out of this process of searching, with the guidance of the Spirit of God, emerged the little company who would later take the name, “Seventh-day Adventists.”

Sister White wrote about the time spent together: “We searched for the truth as for hidden treasure. I met with the brethren, and **we studied and prayed earnestly**. Often we remained together until late at night, and sometimes through the entire night, praying for light and studying the Word. Again and again these brethren came together to study the Bible, in order that they might know its meaning, and be prepared to teach it with power.”<sup>5</sup>

What many do not realize is Ellen White’s role in this process. She records that when at times “they came to the point in their study where they said, ‘We can do nothing more,’ the Spirit of the Lord would come upon me, I would be taken off in vision, and



a clear explanation of the passages we had been studying would be given me, with instruction as to how we were to labor and teach effectively.”<sup>6</sup>

How could the brethren be sure that young Ellen was not just giving her own opinion on the things they were studying? She continues: “During this whole time I could not understand the reasoning of the brethren. **My mind was locked**, as it were, and I could not comprehend the meaning of the scriptures we were studying. This was one of the greatest sorrows of my life. **I was in this condition of mind until all the principal points of our faith were made clear** to our minds, in harmony with the Word of God. **The brethren knew that when not in vision, I could not understand these matters, and they accepted as light direct from heaven the revelations given.**”<sup>7</sup>

Sister White’s mind continued to be “locked” from 1844 to 1846,<sup>8</sup> until all main points of faith had been established. This unique process of study (by the brethren) and revelation (through the prophetess) was *never afterward repeated*. It was important to start off the little company in the right direction, with a “line of truth extending from that time to the time when we shall enter the city of God.”<sup>9</sup>

What was the result of this special time of searching? “Truth was made to shine forth, beautiful in its sim-

plicity, dignified with a power and invested with an assurance unknown before the disappointment. We could then proclaim the message in unity.”<sup>10</sup>

And proclaim it they did. All along the way, they were guided by those truths—doctrines “which we have held sacred since the third angel’s message was first given.”<sup>11</sup>

It is important to note here that the foundation of our movement was essentially laid at that time, “by prayerful study of the Word and by revelation.”<sup>12</sup> Since that time, *no part of the foundation has been proven false*. Further, *no other foundational points were added*. This is what Sister White wrote about in 1904: “Upon this foundation we have been building for the past fifty years.”<sup>13</sup> “I desire everyone to know that I stand on the same platform of truth that we have maintained for more than half a century.”<sup>14</sup>

We cannot argue new things into the foundation. Everything that we hold as truth today only *builds* on what was established way back in those first years. This platform of truth makes us who we are.

“**That which the Holy Spirit testified to as truth** after the passing of the time, in our great disappointment, **is the solid foundation of truth**. [The] pillars of truth were revealed, and we accepted the foundation principles that have made us what we are—Seventh-day Adventists, keeping the commandments of God and having the faith of Jesus.”<sup>15</sup>

### Elements of the platform

If this platform of truth is so important to us, we need to understand just what teachings it includes. You may recall reading of it as described in the book *Early Writings*. “**I was shown three steps—the first, second, and third angels’ messages**. Said my accompanying angel, ‘**Woe to him who shall move a block or stir a pin of these messages**. The true understanding of these messages is of vital importance. The destiny of souls hangs upon the manner in which they are received.’ **I was again brought down through these**

messages, and saw how dearly the people of God had purchased their experience. It had been obtained through much suffering and severe conflict. **God had led them along step by step, until He had placed them upon a solid, immovable platform.**”<sup>16</sup>

In 1888, some who opposed the presentation of Christ’s righteousness said that this message did away with “old landmarks.” The servant of the Lord clarified: “**In Minneapolis God gave precious gems of truth to His people in new settings**. This light from heaven by some was

**Everything that we hold as truth today only builds on what was established way back in those first years.**

rejected with all the stubbornness the Jews manifested in rejecting Christ, and **there was much talk about standing by the old landmarks**. **But there was evidence they knew not what the old landmarks were.**

... The minds of men were fixed, sealed against the entrance of light, because they had decided it was a dangerous error removing the ‘old landmarks’ when it was not moving a peg of the old landmarks, but they had perverted ideas of what constituted the old landmarks.”<sup>17</sup>

What were the old landmarks? “**The passing of the time in 1844 was a period of great events**, opening to our astonished eyes the **cleansing of the sanctuary** transpiring in heaven, and having decided relation to God’s people upon the earth,

# HOLD FAST

## *the Beginning of Your Confidence*

BY E. G. WHITE

*This article, published 100 years ago in The Review and Herald, August 9, 1906, contains timely instruction and is reprinted here for its value to us today.*

For many months I have been troubled as I have seen that some of our brethren whom God has used in His cause are now perplexed over the scientific theology which has come in to lead men away from a true faith in God. Sabbath night, a week ago, after I had been prayerfully studying over these things, I had a vision in which I was speaking before a large company where many questions were asked concerning my work and writings.

I was directed by a messenger from heaven not to take the burden of picking up and answering all the sayings and doubts that are being put into many minds. “Stand as the messenger of God anywhere, in any place,” I was bidden, “and bear the testimony I shall give you. Be free. Bear the testimonies that the Lord has for you to bear in reproof, in rebuke, in the work of encouraging and lifting up the soul; teaching them to observe all things

whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world” (Matthew 28:20).

After the vision I prayed aloud with great fervor and earnestness. My soul was strengthened; for the words had been spoken: “Be strong, yea, be strong. Let none of the misleading words of ministers or physicians distress your mind. Tell them to take the light given them in publications. Truth will always bear away the victory. Go straight forward with your work.

If the Holy Spirit is rejected, all my words will not help to remove, even for the time being, the false representations that have been made, and Satan stands ready to invent more. If the evidence already given is rejected, all other evidence will be useless until there is seen the converting power of God upon minds. If the convincing impressions of the Holy Spirit made in the past will not be accepted as trustworthy evidence, nothing that can be presented hereafter will reach them, because the bewitching guile of Satan has perverted their discernment.

To those who have been convinced again and again as the Holy

Spirit has borne witness, all the words that can now be said cannot be as forcible as the impression made by the Holy Spirit of God.

To my brethren I say, Go forward. Be of good courage. Whenever the Spirit of God is entertained in the place of the underworking of evil influences on mind and heart, those who have been working against God will come to their right bearings. A great work is to be done now in convicting souls. The message must in no case be changed from what it has been. As has been foretold in the Scriptures, there will be seducing spirits and doctrines of devils in the midst of the church, and these evil influences will increase; but hold fast the beginning of your confidence firm unto the end.

Let not souls be drawn into Battle Creek. Warnings are to be given. A message similar to that borne by John the Baptist is to be heard. But beware of men; for they will seek to divert the mind from the necessity of heeding the true issues for this time. Carry on the work now for those who need the truth, and who have

*Continued from p. 9. . .*

[also] the **first and second angels’ messages and the third**, unfurling the banner on which was inscribed, ‘The **commandments of God and the faith of Jesus.**’ One of the landmarks under this message was the **temple of God**, seen by His truth-loving people in heaven, and **the ark containing the law of God**. The light of the **Sabbath** of the fourth commandment flashed its strong rays in the pathway of the transgressors of

God’s law. The **nonimmortality of the wicked** is an old landmark. **I can call to mind nothing more that can come under the head of the old landmarks.**”<sup>18</sup>

These were the fundamental points that came established by study and which were confirmed through the Spirit of Prophecy in the early days, as we have seen. In fact, the statement is so clear that we can easily make a list—“nothing more” than:

- The temple of God in heaven.
- The ark of God containing the law.
- The cleansing of the sanctuary.
- The three angels’ messages.
- The commandments of God and the faith of Jesus.
- The Sabbath.
- The nonimmortality of the soul.

### “Hold fast”

When something has been proven as truth, what are we to do

## God now calls for all who choose to serve Him, to stand firmly on the platform of eternal truth.

not resisted evidences of the truth for fallacies and scientific imaginations.

The time is at hand when Satan will work miracles to confirm minds in the belief that he is God. All the people of God are now to stand on the platform of truth as it has been given in the third angel's message. All the pleasant pictures, all the miracles wrought, will be presented in order that, if possible, the very elect shall be deceived. The only hope for anyone is to hold fast the evidences that have confirmed the truth in righteousness. Let these be proclaimed over and over again, until the close of this earth's history.

The perils of the last days are upon us. Devote not precious time in trying to convince those who would change the truth of God into a lie. Proclaim the third angel's message. Bear a straightforward, clear-cut message.

Thus I was speaking before a perplexed company just before I called them to take their stand on the right side. If some choose another position, let them alone. Labor for those who have never had the evidence of truth. So long as men hold

fast to *men*, and believe men in the place of the word of God, you can do little to help them. You are working against principalities and powers, as is represented in Ephesians 6:12.

We are to revive the truth; to stand in the truth. Whoever is determined to depart from the faith cannot be helped by you. All your reasoning will be as idle tales.

Take the banner of truth and hold it aloft, higher and still higher. The Lord calls for faithful minutemen. Go into the cities that need the message of a soon-coming Saviour. Thousands of unbelievers in our cities need to hear the last message of warning.

It is Satan's plan to produce these variances, to keep our minds on dissensions and unprofitable problems until the last woe shall come upon the world. Time now is too precious to be lost through confusion. Proclaim to the world that Christ is soon coming.

Gather not at Battle Creek; spoil not the minds of youth, physicians, and ministers. Set at work in the cause of God every soul who has heeded the words of warning given.

I have been instructed that it is

not extravagant display which is now required in giving the last message of mercy to our world. We must go forth in the simplicity of true godliness. Our sanitariums, our schools, our publishing houses, are to be God's instrumentalities to represent the humble manner of Christ's teaching. In a marked manner the Lord will be the strength and power of His people. Maintain simplicity; and pray in faith, constantly. Wherever you are, your only safety is in prayer. Hold fast the beginning of your confidence firm unto the end.

Beware of the leaven of evil. Talk less; criticize less. Let everyone remember that he is now on test and trial for life, eternal life.

God now calls for all who choose to serve Him, to stand firmly on the platform of eternal truth. Let those who have brought about the present state of confusion by making the division that exists, stop to consider seriously before going any further. "Choose you this day whom ye will serve." "If the Lord be God, follow him; but if Baal, then follow him" (Joshua 24:15; 1 Kings 18:21). **R**

with it? "Prove all things; hold fast that which is good" (1 Thessalonians 5:21).

What shall we do with the old landmarks? "**No line of truth that has made the Seventh-day Adventist people what they are is to be weakened.** We have the old landmarks of truth, experience, and duty, and we are to stand firmly in defense of our principles, in full view of the world."<sup>19</sup>

Today the landmarks are still being challenged. Do you know what they are? Are you sure of your faith? May God help us to know and clearly teach the present truth, the gospel message that the world needs to hear. **R**

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<sup>5</sup> *Ibid.*

<sup>6</sup> *Selected Messages*, bk. 1, pp. 206–207.

<sup>7</sup> *Ibid.*, p. 207.

<sup>8</sup> *Manuscript Releases*, vol. 1, p. 52.

<sup>9</sup> *Selected Messages*, bk. 1, pp. 207.

<sup>10</sup> *Ibid.*, bk. 2, p. 110.

<sup>11</sup> *Counsels to Writers and Editors*, p. 54.

<sup>12</sup> *Selected Messages*, bk. 1, p. 207.

<sup>13</sup> *Ibid.*

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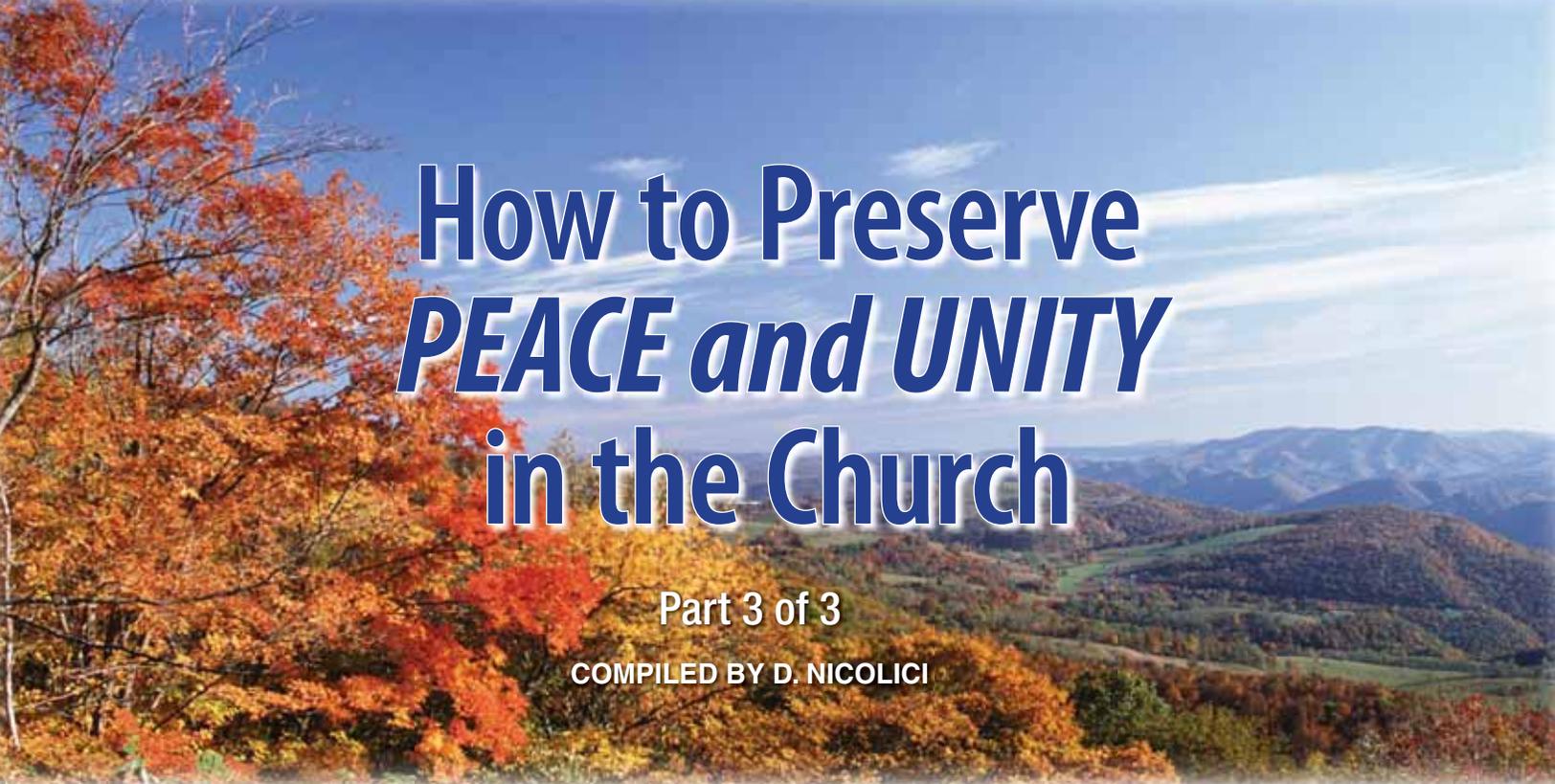
<sup>15</sup> *The Upward Look*, p. 352.

<sup>16</sup> *Early Writings*, pp. 258, 259.

<sup>17</sup> *Counsels to Writers and Editors*, p. 30.

<sup>18</sup> *Ibid.*, pp. 30, 31.

<sup>19</sup> *Testimonies*, vol. 6, p. 17.



# How to Preserve *PEACE and UNITY* in the Church

Part 3 of 3

COMPILED BY D. NICOLICI

## Edifying honesty in the love of Christ

“[Jesus] teaches that the exact truth should be the law of speech. ‘Let your speech be, Yea, yea; Nay, nay: and whatsoever is more than these is of the evil one’ (Matthew 5:37, RV)

“These words condemn all those meaningless phrases and expletives that border on profanity. They condemn the deceptive compliments, the evasion of truth, the flattering phrases, the exaggerations, the misrepresentations in trade, that are current in society and in the business world. They teach that no one who tries to appear what he is not, or whose words do not convey the real sentiment of his heart, can be called truthful. . . .

“Truth is of God; deception, in every one of its myriad forms, is of Satan; and whoever in any way departs from the straight line of truth is betraying himself into the power of the wicked one.”<sup>1</sup>

“These are the things that ye shall do; Speak ye every man the truth to his neighbour; execute the judgment of truth and peace in your gates: and let none of you imagine

evil in your hearts against his neighbour; and love no false oath: for all these are things that I hate, saith the Lord” (Zechariah 8:16, 17).

“Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him” (1 John 3:15).

“Learn that Christlike love is of heavenly birth, and that without it all other qualifications are worthless.”<sup>2</sup>

“The love of God has been waning in the church, and as a result, the love of self has sprung up into new activity. With the loss of love for God there has come the loss of love for the brethren.”<sup>3</sup>

“How careful we should be, that our words and actions are all in harmony with the sacred truth that God has committed to us!”<sup>4</sup>

“It is not the ready speaker, the sharp intellect, that counts with God. It is the earnest purpose, the deep piety, the love of truth, the fear of God, that has a telling influence. A testimony from the heart, coming from lips in which is no guile, full of faith and humble trust, though given by a stammering tongue, is accounted of God as precious as gold; while the smart speech, the eloquent oratory, of the one to whom

is entrusted large talents, but who is wanting in truthfulness, in steadfast purpose, in purity, in unselfishness, are as sounding brass and a tinkling cymbal. He may say witty things, he may relate amusing anecdotes, he may play upon the feelings; but the spirit of Jesus is not in it. All these things may please unsanctified hearts, but God holds in His hands the balances that weigh the words, the spirit, the sincerity, the devotion, and He pronounces it altogether lighter than vanity.”<sup>5</sup>

## Pure motives, calm nerves

Although scriptural doctrines, accurate prophetic understanding, and uncompromising courage are essential, there is given warning to all who believe the present truth.

“No matter how high the profession, he whose heart is not filled with love for God and his fellow men is not a true disciple of Christ. Though he should possess great faith and have power even to work miracles, yet without love his faith would be worthless. He might display great liberality; but should he, from some other motive than genuine love, bestow all his goods to feed the poor, the act would not commend him



He whose heart is not filled with love for God and his fellowmen is not a true disciple of Christ.

to the favor of God. In his zeal he might even meet a martyr's death, yet if not actuated by love, he would be regarded by God as a deluded enthusiast or an ambitious hypocrite."<sup>6</sup>

"There is nothing that can so weaken the influence of the church as the lack of love."<sup>7</sup>

"One class have come up without self-control; they have not bridled the temper or the tongue; and some of these claim to be Christ's followers, but they are not. Jesus has set them no such example. When they have the meekness and lowliness of the Saviour, they will not act out the promptings of the natural heart, for this is of Satan. Some are nervous, and if they begin to lose self-control in word or spirit under provocation, they are as much intoxicated with wrath as the inebriate is with liquor. They are unreasonable, and not easily persuaded or convinced. They are not sane; Satan for the time has full control. Every one of these exhibitions of wrath weakens the nervous system and the moral powers and makes it difficult to restrain anger on another provocation. With this class there is only one remedy—positive self-control under all circumstances. The effort to get into a favorable place, where self will not be annoyed, may succeed for a time; but Satan knows where to find these poor souls and will assail them in their weak points again and again. They will be continually troubled so long as they think so much of self. They carry the heaviest load a mortal can lift, that is self, unsanctified and unsubdued."<sup>8</sup>

"Had Lucifer really desired to be like the Most High, he would never have deserted his appointed place in heaven; for the spirit of the Most High is manifested in unselfish ministry. Lucifer desired God's power, but not His character. He sought for himself the highest place, and every being who is actuated by his spirit will do the same."<sup>9</sup>

"The envious man diffuses poison wherever he goes, alienating friends and stirring up hatred and rebellion against God and man. He seeks to be thought best and greatest, not by putting forth heroic, self-denying efforts to reach the goal of excellence himself, but by standing where he is and diminishing the merit due to the efforts of others."<sup>10</sup>

"The church at . . . need a self-abasing unpretending spirit. I have been shown that many are cherishing an unholy desire for the supremacy. Many love to be flattered and are jealously watching for slights or neglect. . . .

"While you are so eagerly striving to be first, remember that you will be last in the favor of God if you fail to cherish a meek and lowly

spirit. Pride of heart will cause many to fail where they might have made a success."<sup>11</sup>

## Banishing gossip

"Evilspeaking is a twofold curse, falling more heavily upon the speaker than upon the hearer. He who scatters the seeds of dissension and strife, reaps in his own soul the deadly fruits. How miserable is the talebearer, the surmiser of evil! He is a stranger to true happiness.

"'Blessed are the peacemakers' (Matthew 5:9). Grace and peace rest upon those who refuse to join in the strife of tongues. When vendors of scandal are passing from family to family, those who fear God will chaste keepers at home. The time that is so often worse than wasted in idle, frivolous, and malicious gossip should be given to higher and nobler objects. If the professed followers of Jesus would indeed become missionaries for God, visiting the sick and afflicted, and laboring patiently and kindly for the erring—in short, if they would copy the Pattern—the church would have prosperity in all her borders."<sup>12</sup>

What attitude should a church member take when another comes to him or her to whisper a complaint concerning any brother or sister?

## The attitude of church members toward the evil speaker

"'If any man [or woman] among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain' (James 1:26). Many will be weighed in the balance and found wanting in this matter of so great importance. Where are the Christians who walk by this rule? who will take God's part against the evilspeaker? who will please God, and set a watch, a continual watch, before the mouth, and keep the door of the lips? Speak evil of no man. Hear evil of no man. If there be no hearers, there will be no speakers of evil. If anyone speaks evil in your presence, check him. Refuse to hear him, though his manner be ever so soft and his accents mild. He may profess attachment, and yet throw out covert hints and stab the character in the dark.

"Resolutely refuse to hear, though the whisperer complains of being burdened till he speak. Burdened indeed! with a cursed secret which separateth very friends. Go, burdened ones, and free yourselves from your burden in God's appointed way. First go tell your brother his fault between you and him alone. If this fail, next take with you one or two friends, and tell him in their presence. If these steps fail, then tell it to the church. Not an unbeliever is to be made



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acquainted with the slightest particular of the matter. Telling it to the church is the last step to be taken. Publish it not to the enemies of our faith. They have no right to the knowledge of church matters, lest the weakness and errors of Christ's followers be exposed."<sup>13</sup>

This is a door which can be shut and must be shut by every true follower of Christ. Those who fail to shut this door will find that Satan by his agents will pile up his rubbish against it until it can no longer be shut.

### **The attitude of ministers, leaders, and church officers toward the evil speaker**

What attitude should ministers and others in church responsibility take toward those who come to them with a report against any coworker or member?

"When a person comes to a minister or to men in positions of trust with complaints against a brother or a sister, let the minister ask, 'Have you complied with the rules our Saviour has given?' And if he has failed to carry out any particular of this instruction, do not listen to a word of his complaint. In the name and Spirit of Jesus, refuse to take up a report against your brother or your sister in the faith. If members of the church go contrary to these rules, they make themselves subjects for church discipline and should be under the censure of the church. This matter, so plainly taught in the lessons of Christ, has been treated with strange indifference. The church has either neglected her work entirely in the matter of correcting evil, or has done it with harshness and severity, thus wounding and bruising souls. Measures should be taken to correct this cruel spirit of criticism, of judging the motives of others, as though Christ had revealed to men the hearts of their brethren."<sup>14</sup>

Our ministers, missionary workers, and church officers must first all practice this divine rule. They must gather their congregation and present before them this obligation. The evil speaker should be checked at once. The church of God will not progress until this door by which the enemy so often enters is resolutely closed. In the light of this instruction, how would we classify those who write evil reports against others and against the work, and yet never reveal it at the right time to those in responsibility? The evil speaker who whispers in the ear of another commits three evils: (1) against himself or herself; (2) against the one spoken about, and (3) against the one whose character is being destroyed. "He that hideth hatred with lying lips, and he that uttereth a slander, is a fool." "A wicked doer giveth heed to false lips; and a liar giveth ear to a naughty tongue" (Proverbs 10:18; 17:4).

The words of the whisperer might be forgotten, but the written report continues its devastating work to poison the one who reads it and the one who hears it.

"Moreover in those days the nobles of Judah sent many letters unto Tobiah, and the letters of Tobiah came unto them. For there were many in Judah sworn unto him, because he was the son in law of Shechaniah the son of Arah; and his son Johanan had taken the daughter of Meshullam the son of Berechiah. Also they reported his good deeds before me, and uttered my words to him. And Tobiah sent letters to put me in fear" (Nehemiah 6:17-19).

This work, so effective in sowing doubt, discord, and division among brethren, is classed by Solomon as one of the seven abominations. It is a betrayal of most sacred trusts and treachery to the church and the kingdom of heaven. The evil speaker today can be classified with the ten spies who, by their evil reports of the land of Canaan, led the whole congregation into rebellion.



“The way of peace they know not; and there is no judgment in their goings: they have made them crooked paths: whosoever goeth therein shall not know peace” (Isaiah 59:8).

“My soul hath long dwelt with him that hateth peace. I am for peace: but when I speak, they are for war” (Psalm 120:6, 7).

“Cast out the scorner, and contention shall go out; yea, strife and reproach shall cease” (Proverbs 22:10).

The remnant church of God today must face the same spirit of rebellion as in the days of Israel. Watch out! If not careful, you might find yourself being used by Satan as his agent to complete his work. “And we may expect just such things in these last days, for Satan is just as busy now as he was in the congregation of Israel”<sup>15</sup>

### Resist the archenemy’s tactics

“Human beings belong to one great family—the family of God. The Creator designed that they should respect and love one another, ever manifesting a pure, unselfish interest in one another’s welfare. But Satan’s aim has been to lead men to self first; and yielding themselves to his control, they have developed a selfishness that has filled the world with misery and strife, setting human beings at variance with one another. Selfishness is the essence of depravity, and because human beings have yielded to its power, the opposite of allegiance to God is seen in the

world today. Nations, families, and individuals are filled with a desire to make self a center. Man longs to rule over his fellow men. Separating himself in his egotism from God and his fellow beings, he follows his unrestrained inclinations. He acts as if the good of others depended on their subjection to his supremacy.

“Selfishness has brought discord into the church, filling it with unholy ambition. . . .

“Selfishness destroys Christlikeness, filling man with self-love. It leads to continual departure from righteousness. Christ says, ‘Be ye therefore perfect, even as your Father which is in heaven is perfect’ (Matthew 5:48). But self-love is blind to the perfection which God requires. . . .

“Christ came to this world to reveal the love of God. His followers are to continue the work which He began. Let us strive to help and strengthen one another. Seeking the good of others is the way in which true happiness can be found. Man does not work against his own interest by loving God and his fellow men. The more unselfish his spirit, the happier he is, because he is fulfilling God’s purpose for him. The breath of God is breathed through him, filling him with gladness. To him life is a sacred trust, precious in his sight because given by God to be spent in ministering to others.”<sup>16</sup>

“Satan designs to keep the church in a state of wrangling, envy, jealousy, and evil surmising, so that brethren cannot pray or work in harmony; while thus at variance, they fail to

bring the saving power of the truth to bear upon the heart of unbelievers. . . .

“[The disciples] were not assembled to relate tidbits of scandal. They were not seeking to expose every stain they could find on a brother’s character. They felt their spiritual need and cried to the Lord for the holy unction to help them in overcoming their own infirmities, and to fit them for the work of saving others. They prayed with intense earnestness that the love of Christ might be shed abroad in their hearts. This is our great need today in every church in our land. . . . All selfishness is expelled, all envy, all evilspeaking is rooted out, and a radical transformation is wrought in the heart.”<sup>17</sup>

Let us now invite Christ to come and reign in our heart and bless our church! R

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- <sup>4</sup> *Ibid.*, June 5, 1888.
- <sup>5</sup> *The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1091.
- <sup>6</sup> *The Acts of the Apostles*, pp. 318, 319.
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# A Healing Work Between Us

BY CHERI FRITZ

**I**t was several years ago that someone began to tease me. This greatly disturbed me because I could not understand the reason for this type of treatment. Looking back, I now realize that the situation needed immediate care between us. If a work of fervent prayer and study went forth, the healing work could have been accomplished much sooner.

“There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess your faults one to another, and pray one for another, that ye may be healed’ (James 5:16).”<sup>1</sup>

#### Definition of **fault**:

- A character weakness, especially a minor one.
- Something that impairs or detracts from physical perfection; a defect.
- A mistake; an error.
- A minor offense or misdeed.

#### **What is the first step before approaching another brother or sister?**

“How much stronger and happier would we be if we came to Jesus, confiding in Him, and telling Him all our joys and sorrows, our trials, our failures and successes. We should daily come to Him, saying, ‘Examine me, O Lord, and prove me; try my reins and my heart. For thy loving-kindness is before mine eyes: and I have walked in thy truth’ (Psalm 26:2, 3). We shall receive the answer, ‘I will instruct thee and teach thee in the way that thou shalt go: I will guide

thee with mine eye’ (Psalm 32:8). Our experience will be expressed by the words of the psalmist, when He says, ‘Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance’ (Psalm 32:7).”<sup>2</sup>

#### **What if we lack understanding and wisdom to approach others?**

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him’ (James 1:5). Such a promise is of more value than gold or silver. If with a humble heart you seek divine guidance in every trouble and perplexity, His word is pledged that a gracious answer will be given you. And His word can never fail. Heaven and earth may pass away, but His word will never pass away. Trust in the Lord, and you will never be confounded or ashamed. ‘It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes’ (Psalm 118:8, 9).

“Whatever position in life we may occupy, whatever our business, we must be humble enough to feel our need of help; we must lean implicitly on the teachings of God’s word, acknowledge His providence in all things, and be faithful in pouring out our souls in prayer. Lean to your own understanding, dear brethren, as you make your way through the world, and you will reap sorrow and disappointment. Trust in the Lord with all your heart, and He will guide your steps in wisdom, and your interests will be safe for this world and for the next. You need light and knowledge. You will take counsel either of God or your own

heart; you will walk in the sparks of your own kindling, or will gather to yourself divine light from the Sun of Righteousness.”<sup>3</sup>

How do we handle ourselves with others who have committed a mistake?

“By this shall all men know that ye are my disciples, if ye have love one to another” (John 13:35).

“Be kindly affectioned one to another with brotherly love; in honour preferring one another” (Romans 12:10).

“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them” (Matthew 18:19, 20).

- Love one another.
- Be affectionate, with brotherly love.
- Prefer one another.
- Agree with God’s Word as your source of reasoning power.

“A Christian reveals true humility by showing the gentleness of Christ, by being always ready to help others, by speaking kind words and performing unselfish acts, which elevate and ennoble the most sacred message that has come to our world.”<sup>4</sup>

#### **What are we to do when we have suffered due to the faults of others?**

“All who are followers of Christ should deal with one another exactly as we wish the Lord to deal with us in our errors and weaknesses, for we are all erring and need His pity and forgiveness. Jesus consented to take human nature, that He might know how to pity, and how to plead with His Father in behalf of sinful, erring mortals. He volunteered to become man’s Advocate, and He humiliated Himself to become acquainted with the temptations wherewith man was beset, that He might succor those who should be tempted, and be a tender and faithful high priest.”<sup>5</sup>

“If thy brother shall trespass against thee, go and tell him his fault

between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the church, let him be unto thee as a heathen man and a publican. Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven” (Matthew 18:15–18).

- Deal with one another as we wish the Lord to deal with us in our errors.
- We are to go to the other person and confer with him or her.
- If he or she does not listen, then we are to take one or two more and talk together.
- If the person still does not listen, then we go before the church.
- If the person takes no heed to the church, then we are to let him or her be as a heathen and a publican.

### **Can we excuse ourselves from this work?**

“You have excused yourself for speaking evil of your brother or sister or neighbor to others before going to him and taking the steps which God has absolutely commanded. You say: ‘Why, I did not speak to anyone until I was so burdened that I could not refrain.’ What burdened you? Was it not a plain neglect of your own duty, of a thus saith the Lord? You were under the guilt of sin because you did not go and tell the offender his fault between you and him alone. If you did not do this, if you disobeyed God, how could you be otherwise than burdened unless your heart was hardened while you were trampling the command of God underfoot, and in your heart hating your brother or neighbor? And what way have you found to unburden yourself? God reproves you for a sin of omission in not telling your brother his fault, and you excuse and comfort yourself by a sin of commission by telling your brother’s faults to another person! Is this the right way to pur-

chase ease—by committing sin?

“All your efforts to save the erring may be unavailing. They may repay you evil for good. They may be enraged rather than convinced. What if they hear to no good purpose, and pursue the evil course they have begun? This will frequently occur. Sometimes the mildest and tenderest reproof will have no good effect. In that case the blessing you wanted another to receive by pursuing a course of righteousness, ceasing to do evil and learning to do well, will return into your own bosom. If the erring persist in sin, treat them kindly, and leave them with your heavenly Father. You have delivered your soul; their sin no longer rests upon you; you are not now partaker of their sin. But if they perish, their blood is upon their own head.”<sup>6</sup>

### **How shall we attend to our own faults?**

“How mistaken are those who imagine that confession of sin will detract from their dignity, and lessen their influence among their fellow men. Clinging to this erroneous idea, though seeing their faults, many fail to confess them, but rather pass by the wrongs they have done others, so embittering their own lives, and shadowing the lives of others. It will not hurt your dignity to confess your sins. Away with this false dignity. Fall on the Rock and be broken, and Christ will give you the true and heavenly dignity. Let not pride, self-esteem, or self-righteousness keep anyone from confessing his sin, that he may claim the promise. ‘He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy’ (Proverbs 28:13). Keep nothing back from God, and neglect not the confession of your faults to your brethren. ‘Confess your faults one to another, and pray one for another, that ye may be healed’ (James 5:16). Many a sin is left unconfessed to confront the sinner in the day of final account; better far to confront your sins now, to confess them and put them away, while the atoning Sacrifice pleads in your behalf.”<sup>7</sup>

### **Conclusion**

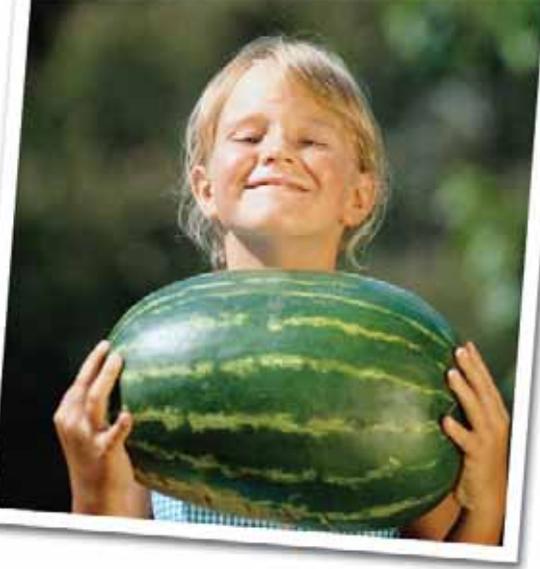
“We are exhorted to love as brethren, to be kind, courteous, forbearing, in honor preferring one another. Love for God and for one another constitutes the divine credentials which the children of God bear to the world. ‘By this,’ said Jesus, ‘shall all men know that ye are my disciples, if ye have love one to another’ (John 13:35). . . .

“None who continue to cherish a querulous, fault-finding disposition can enter heaven; for they would mar its peace and harmony. They will be left outside the city of God, with all who stir up strife. Nor should they be permitted to remain in the church to prevent unity and destroy its usefulness. Let them be reprov'd, and if they do not change their course, let them be separated from the church. But all may, if they will, conquer these evil traits. The members of the church should pledge themselves to walk together in harmony. Each should set a guard over his own heart, not permitting himself to think evil of his brethren, but giving them credit for all the good qualities they possess. We should store the mind with the precious promises and instructions of God’s word. When Satan seeks to divert the attention to things of no profit, then we should think and talk of these heavenly promises, and the tempter will be vanquished. By thus battling day by day, with earnest prayer and determined faith, all may gain the victory. Those who have most to overcome will be like the sinner to whom Christ forgave much, and who loved much; and they will at last stand nearest to the throne.”<sup>8</sup>

“And the Lord make you to increase and abound in love one toward another, and toward all men, even as we do toward you” (1 Thessalonians 3:12). R

### **References**

- <sup>1</sup> *Testimonies*, vol. 6, p. 356.
- <sup>2</sup> *The Review and Herald*, November 7, 1893.
- <sup>3</sup> *Testimonies*, vol. 5, p. 427.
- <sup>4</sup> *Life Sketches*, p. 86.
- <sup>5</sup> *Testimonies*, vol. 3, p. 93.
- <sup>6</sup> *Ibid.*, vol. 2, pp. 53, 54.
- <sup>7</sup> *Selected Messages*, bk. 1, pp. 326, 327.
- <sup>8</sup> *Historical Sketches*, p. 214.



# *Energize* Your *Life!*

BY JANET P. SURESHKUMAR

## *W*hat is health?

“Health is a treasure. Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuses enfeeble us for life, and make us losers, even if we gain by such means any amount of education.”<sup>1</sup>

“The first wealth is health,” is a popular saying. The truth is that it’s easier to maintain your health than regain it.

Why do people get sick? Because they constantly violate the basic laws of good health.

Why do people go to the doctor? Because with the doctor’s prescriptions they can continue disregarding the laws of good health and just live on without any change in their life style.

It is not a secret that good nutrition plays an es-

sential role in maintaining health and yet many may fail to live a healthful living. Healthful living is a combination of knowledge of health and its practice. Health status is determined more by one’s personal behavior rather than by the advanced knowledge in medical technology and the availability of health services.

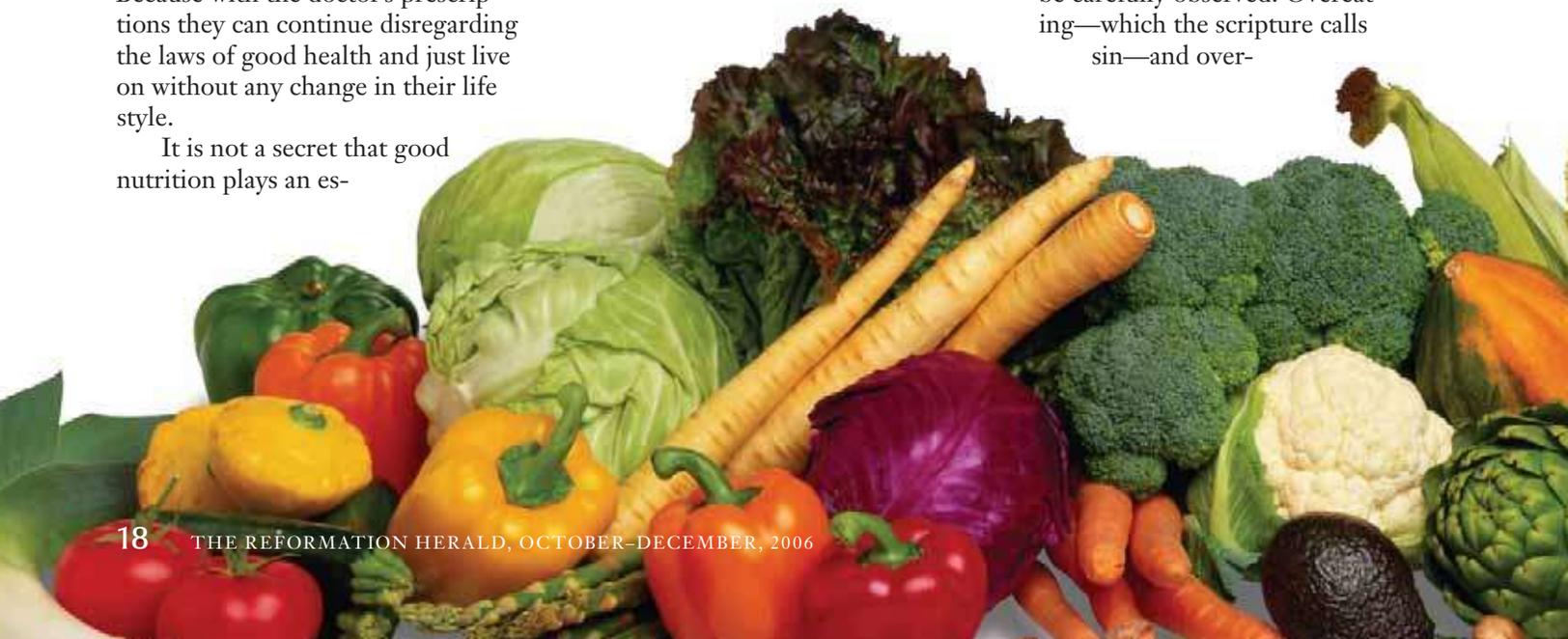
If one is willing to change his or her lifestyle so as to be more in line with the basic laws of health, then there is hope for healthful living. With a diligent application to these laws, guided by patience and powered by determination, good health is guaranteed. Sickness is not a cause, but the consequence. Ultimately, “I am what I choose to be; my self-esteem follows the same path.” —Anonymous.

## What is sickness?

“[Sickness] is the result of violating nature’s law.”<sup>2</sup>

Sickness does not result in one day or is due to one action, but is caused by violating the laws of health continually. Many have adapted wrong habits that are injuring their system, affecting their brain, causing the moral organs to become diseased, and making it impossible for them to think and act wisely upon all points.

We are living in the land of abundance and in the time of plenteousness. This causes another problem. Eating too often and in too big quantities overtaxes the digestive organs, and produces a tense state of the system. Habits of cleanliness, and care in regard to that which is introduced into the mouth, should be carefully observed. Overeating—which the scripture calls sin—and over-



weight are the major problems of this electronic age that cause another problem, obesity.

### Modern disquiet

“The Lord has instructed me that as a general rule, we place too much food in the stomach. Many make themselves uncomfortable by overeating, and sickness is often the result. The Lord did not bring this punishment on them. They brought it on themselves; and God desires them to realize that pain is the result of transgression.”<sup>3</sup>

During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese.

This increase is not limited to adults. The percentage of young people who are overweight has more than tripled since 1980. Among children and teens aged 6–19 years, 16 percent (over 9 million young people) are considered overweight.

These increasing rates raise concern because of their health implications. Being overweight or obese increases the risk of many diseases and health conditions, including the following: hypertension, dyslipidemia (for example, high total cholesterol or high levels of triglycerides), type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, some cancers (endometrial, breast, and colon). Current data indicate that the situation is worsening rather than improving.<sup>4</sup>

### Energy equation

Whether you want to lose weight or maintain a healthy weight, it is important to understand the connection between the energy your body takes in (through the foods you eat and the beverages you drink) and the energy your body uses (through the activities you do). To lose weight, you need to use more calories than you take in. To maintain a healthy weight, you need to balance the calories you use with those you take in. No matter what result you want, eating a healthy diet and being physically active can help you reach your goal.

### Get the most nutrition out of your calories

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie foods, but chances are that you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich food you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat products more often.

### Eat your fruits and vegetables

Healthy diets rich in fruits and

vegetables reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories, and are filling.

### Care for bones

Bones play a major role in the body structure and also protect organs, anchor muscles, and store calcium. Adequate calcium consumption and weight-bearing physical activity build strong bones, optimize bone mass, and may reduce the risk of osteoporosis later in life.

### Peak bone mass

Peak bone mass refers to the genetic potential for bone density. By the age of 20, an average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium consumption and physical activity could result in a



failure to achieve peak bone mass in adulthood.

### Osteoporosis

Neglecting bone care causes a serious problem known as osteoporosis. Osteoporosis or “porous bone” is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine.

### Prevention of osteoporosis

How can you prevent osteoporosis? By providing ample supply of calcium. Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be

*Regular physical activity has been associated with many positive health benefits.*

to person. Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium.

### Iron deficiency (anemia)

Another severe problem is iron deficiency. Children are at great risk of iron deficiency because of rapid growth and increased iron requirements. Iron deficiency can occur due to lack of iron in the diets; if this continues, anemia results. Anemia is a manifestation of iron deficiency when it is relatively severe.

It is important to note that not all anemia is due to iron deficiency. The primary causes of anemia include reduced red blood cell and hemoglobin production, hemolysis of red blood cells, and loss of blood. Although an inadequate dietary in-

who receive no iron-fortified foods or supplemental iron after four months of age, and formula fed term infants who are not consuming iron-fortified formula.

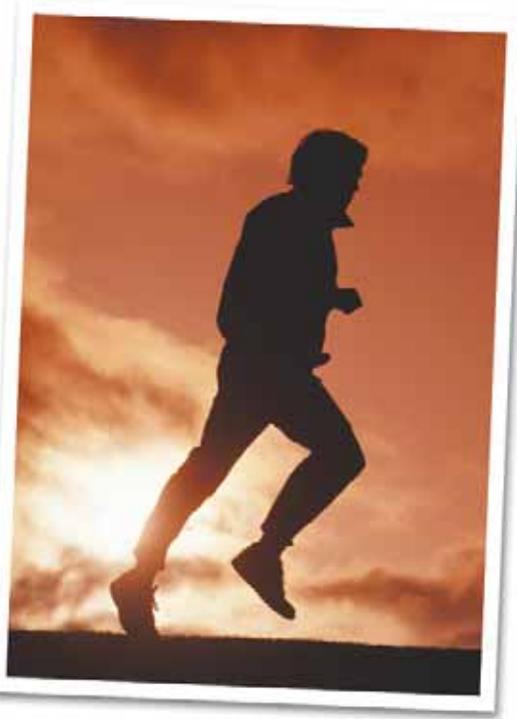
Iron deficiency anemia significantly impairs mental and psychomotor development in infants and children. Although iron deficiency can be reversed with treatment, the reversibility of the mental and psychomotor impairment is not yet clearly understood. Thus, prevention and treatment need to be emphasized more than detection. In addition, iron deficiency increases a child’s susceptibility to lead toxicity. Lead replaces iron in the absorptive pathway when iron is unavailable. Deficiency in vitamin B12 also causes anemia.

### Prevention of anemia

Beets are very helpful in curing anemia. Beet juice contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbohydrates, proteins, fat, vitamins B1, B2, B6, niacin and vitamin P (bioflavonoid). With their high iron content, beets help in the formation of red blood cells. Fenugreek, lettuce, spinach, soybeans, and sesame seeds also help building RBC (red blood cells). Further, honey is remarkable for building hemoglobin in the body. This is largely due to the iron, copper, and manganese contained in it. There are several other foods which are rich sources of iron, such as bananas, black grapes, plums, strawberries, raisins, onions, squash, radish, celery, and tomatoes. Vitamin B12, which is also needed for preventing or curing anemia, is found in nutritional yeast and foods made from wheat gluten or soybeans.

### What does it mean to be physically “fit?”

Physical fitness is defined as “a set of attributes that people have or achieve that relates to the ability to perform physical activity.”<sup>5</sup> In other words, it is more than being able to run a long distance or lift a lot of weight at the gym. Being fit is not defined only by what kind of activ-



absorbed through food. Good sources of calcium include dark green leafy vegetables—bok choy (an Asian member of the cabbage family that has a mild flavor) and broccoli. Calcium is also found in fortified orange juice, cereals, bread, soy beverages, tofu products, nuts and almonds.

The amount of calcium required for the body differs from person

to person. take of several nutrients may reduce the production of red blood cells and hemoglobin, the most common cause of anemia throughout the world is iron deficiency.

Iron deficiency anemia is seen most commonly in children six months to three years of age. Those at the highest risk are low birth weight infants, breastfed term infants

ity you do, how long you do it, or at what level of intensity you do it. While these are important measures of fitness, they only address single areas. Overall fitness is made up of five main components: cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility.



### Weight-bearing physical activity

Who ever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of strenuous exercise or boring workouts. Instead, imagine doing fun physical activities you enjoy and watch the health benefits follow!

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by exercising moderately on a regular basis.

Regular physical activity has been associated with many positive health benefits, including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight-bearing physical activities include walking, jogging, or running, stair climbing, jumping rope, hiking, and weight lifting. Incorporating weight-bearing physical activity into an exercise plan is a great way to

keep bones healthy and meet physical activity recommendations.

### Energize your life!

Regular physical activity substantially reduces the risk of coronary heart disease, the nation's leading cause of death, and decreases the risk of stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations,

physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from moderate exercise, such as 30 minutes of brisk walking five or more times a week.

Regular physical activity improves health and . . .

- Reduces the risk of developing coronary heart disease (CHD) and the risk of dying from CHD.
- Reduces the risk of stroke.
- Reduces the risk of having a second heart attack.
- Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the "good" cholesterol).
- Lowers the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have hypertension.
- Lowers the risk of developing non-insulin-dependent (type 2) diabetes mellitus.
- Reduces the risk of developing colon cancer.
- Helps people achieve and maintain a healthy body weight.

- Reduces feelings of depression and anxiety.
- Promotes psychological well-being and reduces stress.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling or becoming excessively fatigued.<sup>6</sup>

### Can a lack of physical activity hurt your health?

No one is too old to enjoy the benefits of regular physical activity. Research shows that those who are not physically active are definitely not helping their health, and may likely be hurting it. The closer we look at the health risks associated with a lack of physical activity, the more convincing it is that the one who is not yet regularly physically active should become active.

Do it, move it, make it happen. "No one ever sat his way to success." —Unknown

The good news about regular physical activity is that everyone can benefit from it.

Good health is not acquired by chance but by choice. To obey is better than sacrifice. None should sacrifice health and happiness by disregarding the laws of nature. "Whether . . . ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31). R

### References

- <sup>1</sup> *Counsels on Diet and Foods*, p. 20.
- <sup>2</sup> *Ibid*, p. 21.
- <sup>3</sup> *Testimony Studies on Diet and Food*, p. 168.
- <sup>4</sup> Centers for Disease Control and Prevention
- <sup>5</sup> CDC. *Physical Activities for Everyone: Components of Physical Fitness*, Atlanta, GA: U.S. Department of Health and Human Services, 1996.
- <sup>6</sup> CDC. *Physical Activities for Everyone: The Importance of Physical Activity: Can everyone benefit from physical activity?* Atlanta, GA: U.S. Department of Health and Human Services, 1996.





Camp Meeting,  
West Virginia, USA,  
June 2006



Baptism in Guyana, March 2006



Baptism in Sacramento, California, USA, June 2006



Baptism in Colombia, March 2006



Baptism in Atlanta, Georgia, USA, June 2006



Congregation in Burundi, April 2006



Baptism in DR Congo, April 2006



Prophecy class in Cameroon, December 2005

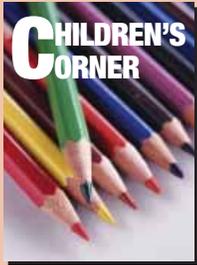


Missionary School students in Romania, March 2006



Conference in Okinawa, Japan, January 2006

**MOVING?** Please let us know.



## Seeing Things as They Are

*“Let not thine heart  
envy sinners: but be  
thou in the fear of the  
Lord all the day long”  
(Proverbs 23:17).*

**W**hat does it mean to “envy” someone? Sometimes another person may have a house or toy that we would really like to have. If we are tempted to covet that thing, we may also be tempted to envy the one who has it. To envy people means to feel jealous of them and of what they have. Sometimes what they have is not even a thing or object at all—it may be the family they have or simply the fact that many people like them. Maybe they are handsome or pretty. Maybe difficult schoolwork comes easily to them or they can memorize well or play musical instruments. There are lots of talents that others may have that we do not have.

No matter how big a house you may live in, no matter how many toys you may own, no matter how many facts are stored in your brain, there will always be someone who has more. The angel Lucifer realized this in heaven. He had the highest position among the angels. He was the most beautiful, he had the most musical talent, and he was able to lead the choir. But there was one who had more—and that was Christ. It made no sense for Lucifer to envy Christ. Lucifer was only a created being, but Christ was the Creator. Lucifer should have been thankful even to have life, and to be free to enjoy using the wonderful talents that God had given him.



When Lucifer rebelled against God and became Satan, he came to this earth. Ever since the creation of mankind, Satan has worked to plant the evil seed of envy in each of our hearts. He triggers in people the same cold, hard jealousy that he holds against Christ.

Satan envies Someone perfect, pure, and holy. But people do something even more foolish than he does when they envy sinners. What is there to envy in a sinner? A sinner is much weaker than you may think. All those big, fancy things they possess are going to burn up in the end. Even their life will only be spared if they totally surrender their heart to Christ. And if they do this, you may find yourself liking them more because they will be kinder to you also. That’s the plan of God for all of us. As we abide in the fear

of God all the day long, we realize that others are children of God just as we are. We will be kind to each other because we’re all part of one great family. And with the creative power of Christ, foolish envy is changed into love. “They shall see, and be ashamed for their envy at the people” (Isaiah 26:11). “For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another. But after that the kindness and love of God our Saviour toward man appeared, not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on us abundantly through Jesus Christ our Saviour” (Titus 3:3–6).