

the
REFORMATION
herald

VOL. 48, No. 1



A House
of Symbols

The Mystery of Mysteries \ Know What You Eat \ Just Another Day?



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Official Church Publication of the
Seventh Day Adventist
Reform Movement

"The age in which we live calls for reformatory action."
—Testimonies, vol. 4, p. 488.

Editor: D. Sureshkumar
Assistant to the Editor: B. Monteiro
Creative Services: H. Clements and D. Lee
Subscription rates:
United States US\$12.95/year
Foreign (surface mail) US\$16.00/year
Foreign (air mail) US\$20.00/year
Single issue US\$ 3.50

THE REFORMATION HERALD® (ISSN 0482-0843) features articles on Bible doctrine that will enrich the spiritual life of those who seek to know more about God. It is published bimonthly by the Seventh Day Adventist Reform Movement General Conference, P. O. Box 7240, Roanoke, VA 24019-0240, U.S.A. It is printed and distributed by Reformation Herald Publishing Association.

Web: <http://www.sdarm.org>
e-mail: info@sdarm.org

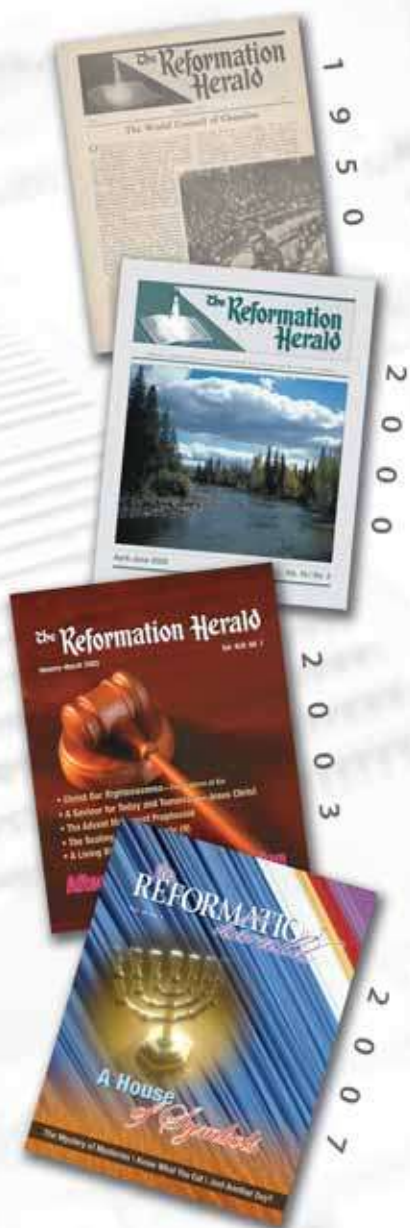
Manuscripts, inquiries, address changes, subscriptions, payments, and donations should be mailed to the address below. Periodical postage paid at Roanoke, Virginia 24022.

POSTMASTER: Send address changes to *Reformation Herald*, P. O. Box 7240, ROANOKE, VA 24019.

Illustrations: iStock.com on pp. 1, 2, 6-9, 16, 17, 19-23, 25, 28, 32; Getty Images on pp. 2, 4, 6, 14, 18, 24, 32; Dreamtime.com on pp. 1, 3, 12, 13, 26, 27, 32; DesignPix on pp. 2, 10, 11; Getty Cips on p. 12.

A Fresh Face, *a Vibrant Heart*

D. Sureshkumar



YES, you're right—the *Reformation Herald* has a new look. It's a fresh, new smile with the same warm heart, pulsing with love for God and humanity. Our motto remains the same: "The age in which we live calls for reformatory action."¹ To uplift the standards of faith as taught in the Bible and the Spirit of Prophecy, to present deep, thought-provoking articles that strengthen Christian character amidst the trials of this late hour of earth's history, and to refresh and invigorate earnest believers who "desire a better country, that is, an heavenly" (Hebrews 11:16)—these are our goals.

As by faith we each step out from the mindset of the world and its alluring entrapments, our love for Christ grows. We see Him more clearly, we discern His ways more distinctly. Just as Abraham was called to leave the land of his upbringing, so we all need to step forward, away from whatever hereditary and cultivated habits and thought patterns may have tended to drag us downward.

Yet, at the same time, as we come up to higher ground, there also blossoms in our heart a stronger yearning to share more of this glorious present truth with others. Every day we encounter persons wallowing in the same dark pit from which we ourselves have been dug (Isaiah 51:1), people whom Christ loves every bit as much as He loves us, souls whom He is eagerly seeking to reach with the precious boon of spiritual victory and eternal life.

For that reason, you will notice that the *Reformation Herald* is becoming

more and more practical in its approach, with some articles that can be easily understood and hence shared as "milk" with persons having little or no actual experience in the three angels' messages. So, this publication is now a more effective missionary tool! Regular features on interesting topics will consistently be provided, and you may find that you will be able to depend on some of these feature articles as valuable resources in your outreach efforts.

At the same time, just as the Master Teacher was able to reach all types and ages of people simultaneously in His discourses, in our goal to help spiritual "babes," we still do not want to neglect our long-time, loyal audience. For decades our readers have truly cherished the rich spiritual food which the *Reformation Herald* has faithfully provided for those who appreciate that "strong meat [which] belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil" (Hebrews 5:14). So now, in one neat, attractive package we are seeking to present the best of both worlds, and on a more frequent basis.

"Our church members are to arise and shine because their light has come, and the glory of the Lord has risen upon them. Let those who know the truth arouse out of sleep, and make every effort to reach the people where they are. The work of the Lord must no longer be neglected by us, and made secondary to worldly interests. We have no time to be idle or discouraged. The gospel is to be proclaimed to all the world. The publications containing the light of present truth are to go forth to all places."² May the Lord guide and bless the efforts of us all to spread this current, practical, and timely good news!

References

¹ *Testimonies*, vol. 4, p. 488.

² *The Review and Herald*, June 2, 1903.

Human Nature

—the Degrading Effects of Sin & the Work of Restoration

Compiled from the Bible and Spirit of Prophecy
with annotations by S. Barat
[Emphasis supplied throughout.]

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ” (1 Thessalonians 5:23).

In the image of God

“God created man in his own image, **in the image of God** created he him; male and female created he

them” (Genesis 1:27). “I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well” (Psalm 139:14).

“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.”¹

“The white robe of **innocence** was worn by our first parents when they were placed by God in holy Eden. They lived in perfect conformity to the will of God. **All the strength of their affections was given to their heavenly Father**. A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God it would ever have continued to enshroud them”²

“In what consisted the strength of the assault made upon Adam, which caused his fall? **It was not indwelling sin**; for God made Adam after His own character, pure and upright. There were no corrupt principles in the first Adam, **no corrupt propensities or tendencies to evil**. Adam was as faultless as the angels before God’s throne.”³



The fall of Adam

Immediately following his fall, Adam told the Lord, “I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself. And [the Lord God] said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?” (Genesis 3:10, 11).

“Adam and Eve both ate of the fruit, and obtained a knowledge which, had they obeyed God, they would never have had—an experience in disobedience and disloyalty to God—the knowledge that they were naked. The garment of innocence, a covering from God, which surrounded them, departed; and they supplied the place of this heavenly garment by sewing together fig-leaves for aprons.”⁴

Sin is a tremendous evil

“When man transgressed the divine law, **his nature became evil**, and he was in harmony, and not at variance, with Satan. There exists naturally no enmity between sinful man and the originator of sin. Both became evil through apostasy.”⁵

“The infinite value of the sacrifice required for our redemption reveals the fact that sin is a tremendous evil. Through sin **the whole human organism is deranged**, the mind is perverted, the imagination corrupted. Sin has degraded the faculties of the soul. **Temptations from without find an answering chord within the heart, and the feet turn imperceptibly toward evil.**”⁶

“The result of the eating of the tree of knowledge of good and evil is manifest in every man’s experience. There is in his nature a bent to evil, a force which, unaided, he cannot resist.”⁷

“Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others” (Ephesians 2:3).

The consequences of disobedience

“Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the

“Man, although the most helpless of God’s creatures when he comes into the world, and the most perverse in his nature, is nevertheless capable of constant advancement.”

flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would” (Galatians 5:16, 17). In this same chapter, verses 19–21 reveal how the works of the flesh are manifest. In Romans 7:5, the apostle calls this “the motions of sins.”

“For I know that **in me (that is, in my flesh) dwelleth no good thing:** for to will is present with me; but how to perform that which is good I find not. . . . But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members” (Romans 7:18, 23).

“But every man is tempted, when he is **drawn away of his own lust**, and enticed” (James 1:14).

“It is Satan’s work to dethrone God from the heart, and to mold human nature into his own image of deformity. He stirs up all evil propensities, awakening unholy passions and ambitions.”⁸

“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof” (Romans 6:12).

“Why is this weakness? It is because the animal propensities have been strengthened by exercise until they have gained the ascendancy over the higher powers. Men and women lack principle. They are dying spiritually because they have so long pampered their natural appetites that their power of self-government seems gone. The lower passions of their nature have taken the reins, and that which should be the governing power has become the servant of corrupt passion. The soul is held in lowest bondage. Sensuality has quenched the desire for holiness and withered spiritual prosperity.”⁹

The apostle refers to the “vile body” (Philippians 3:21). In the original Greek this means “base,” or “humiliated.”

“In our own strength it is impossible for us to deny the clamors of our fallen nature. Through this channel Satan will bring temptation upon us. Christ knew that the enemy would come to every human being, to take advantage of hereditary weakness, and by his false insinuations to ensnare all whose trust is not in God.”¹⁰

“Let us not spare ourselves. Let us with self-renunciation lift the cross of Christ, and follow in His footsteps. Let us begin in earnest the work of reformation. Let us **crucify the flesh. Unholy habits will clamor fiercely for the victory, but in the name and through the power of Jesus we may conquer them.** To him who seeks daily to keep his heart with all diligence, to be a true child of God, the promise is sure, ‘In all these things we are more than conquerors through him that loved us’ (Romans 8:37).”¹¹

The effects of sin on Adam’s descendants

“Adam lived an hundred and thirty years, and begat a son in his own likeness, after his image; and called his name Seth” (Genesis 5:3). The first man had been created in God’s image, but after the Fall, the descendants of men and women were born in the fallen image of every succeeding generation.

“Children are born with the animal propensities largely developed, the parents’ own stamp of character having been given to them. . . . The sins of the parents will be visited upon their children because the parents have given them the stamp of their own lustful propensities.”¹²

The Lord declares that He is “visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me” (Exodus 20:5). “It is inevitable that children should suffer from the consequences of parental wrongdoing, but they are not punished for the parents’ guilt, except as they participate in their sins. It is usually the case, however, that children walk in the steps of their parents. **By inheritance and example the sons become partakers of the father’s sin. Wrong tendencies, perverted appetites, and debased morals, as well as physical disease and degeneracy, are transmitted as a legacy from father to son,** to the third and fourth generation. This fearful truth should have a solemn power to restrain men from following a course of sin.”¹³

“The first Adam was created a pure, sinless being, without a taint of sin upon him; he was in the image of God. He could fall, and he did fall through transgressing. **Because of sin his posterity was born with inherent propensities of disobedience.**”¹⁴

“**Children generally inherit the peculiar traits of character which the parents possess,** and in addition to all this, many come up without any redeeming influence around them.”¹⁵

“Many have to battle against **strong hereditary tendencies to evil. Unnatural cravings, sensual impulses, were their inheritance from birth.** These must be carefully guarded against. **Within and without, good and evil are striving for the mastery.**”¹⁶

“**Man,** although the most helpless of God’s creatures when he comes into the world, and **the most perverse in his nature,** is nevertheless capable of constant advancement. He may be enlightened by science, ennobled by virtue, and may progress in mental and moral dignity, until he reaches a perfection of intelligence and a purity of character but little lower than the perfection and purity of angels.”¹⁷

Sin and sinfulness taken too lightly by many today

Some people take sin too lightly, saying it is only in the thought.

Then they change the thought temporarily and assume that all is right.

Some may even refer to the well-known quotation: “The flesh of itself cannot act contrary to the will of God.”¹⁸ Such take this point out of context and make a theory that the body is innocent. It is true that the body cannot

act without the brain and commit sin; it must have the consent of the will. But it is sometimes forgotten that the brain is part of the body. And what will we do with the many other statements in the Bible and the Spirit of Prophecy? Let us see what the Word of God says. The same paragraph in the quotation above reads: “The lower passions have their seat in the body and work through it. The words ‘flesh’ or ‘fleshly’ or ‘carnal lusts’ embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God. **We are commanded to crucify the flesh, with the affections and lusts.**”¹⁹

“In our own strength it is impossible for us to **deny the clamors of our fallen nature.** Through this channel Satan will bring temptation upon us.”²⁰

“The sin of Judah is written with a pen of iron, and with the point of a diamond: it is graven upon the table of their heart, and upon the horns of your altars” (Jeremiah 17:1).

“**This goody-goody religion that makes light of sin and that is forever dwelling upon the love of God to the sinner, encourages the sinner to believe that God will save him while he continues in sin and he knows it to be sin.** This is the way that many are doing who profess to believe present truth. The truth is kept apart from their life, and that is the reason it has no more power to convict and convert the soul. There must be a straining of every nerve and spirit and muscle to leave the world, its customs, its practices, and its fashions.”²¹

It would be very good for us all to consider deeply *Testimonies*, vol. 2, pp. 439–489.

“Let none flatter themselves that sins cherished for a time can easily be given up by and by. This is not so. **Every sin cherished weakens the character and strengthens habit; and physical, mental, and moral depravity is the result.** You may repent of the wrong you have done, and set your feet in right paths; but the mold of your mind and your familiarity with evil will make it difficult for you to distinguish between right and wrong. Through the wrong habits formed, Satan will assail you again and again.”²²

“The brain is the citadel of the being. Wrong physical habits affect the brain and prevent the attainment of that which the students desire—a good mental discipline.”²³

“Actions repeated form habits, habits form character, and by the character our destiny for time and for eternity is decided.”²⁴

Where are our actions and habits recorded? Is it not in the physical brain within our nervous system?

“The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain.”²⁵

“Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character.”²⁶

The Lord cannot accept “patchwork religion” in our cleansing

“A genuine conversion changes hereditary and cultivated tendencies to wrong. The religion of God is a firm fabric, composed of innumerable threads, and woven together with tact and skill. Only the wisdom which comes from God can make this fabric complete. There are a great many kinds of cloth which at first have a fine appearance, but they cannot endure the test. They wash out. The colors are not fast. Under the heat of summer they fade away and are lost. The cloth cannot endure rough handling. . . .

“Christ’s plan is the only safe one. He declares, ‘Behold, I make all things new’ (Revelation 21:5). ‘If any man be

in Christ, he is a new creature’ (2 Corinthians 5:17). . . . **The patchwork religion is not of the least value with God. He requires the whole heart.**”²⁷

“The Saviour gives no encouragement to any to think that He will accept a patchwork religion. Such a religion is of no value in His sight. **There may at first seem to be some of self and some of Christ; but it is soon seen that there is none of Christ. The patches of selfishness increase till the entire garment is covered with them.**”²⁸

“We must learn of Christ. We must know what He is to those He has ransomed. **We must realize that through belief in Him it is our privilege to be partakers of the divine nature**, and so escape the corruption that is in the world through lust. Then we are cleansed from all sin, all defects of character. We need not retain one sinful propensity. . . . [Ephesians 2:1–6 quoted.] . . .

“As we partake of the divine nature, hereditary and cultivated tendencies to wrong are cut away from the character, and we are made a living power for good.”²⁹

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¹⁸ *The Adventist Home*, p. 127.

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²¹ *Selected Messages*, bk. 3, p. 155.

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The Mystery

of Mysteries

The Supreme Sacrifice

By Michel-Ange F. Ducheine

Death is a mystery that has puzzled the mind of philosophers and religious thinkers of all ages. Ever since the entrance of sin into our world, it has become a fearful foe in the realm of the living. The most significant death occurred in the spring of the year 31 A.D. when the Son of God laid down His life on the cross of

Calvary. "And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross" (Philippians 2:8).

An epicenter

The death of Jesus Christ on the cross is a mystery that "was kept secret since the world began," but it has been "made manifest" (Romans 16:25, 26). It is "the great truth around which all other truths cluster."¹ Its understanding will help us to comprehend other problems of life for "the mystery of the cross explains all other mysteries."²

From the pen of Inspiration

we find the following advice, "We must gather about the cross. Christ and Him crucified should be the theme of contemplation, of conversation, and of our most joyful emotion. We should keep in our thoughts every blessing we receive from God, and when we realize His great love we should be willing to trust everything to the hand that was nailed to the cross for us."³

As we contemplate and try to understand its enigmas, may our admiration of the cross deepen and our views broaden; and while this great and grand mystery begins to unfold before us, may our faith increase in the supreme Sacrifice of the Godhead.

Motives and effects of the supreme sacrifice

Much has been said and written about Jesus' death. But what is the true meaning of this grand event that has divided history? In the scope of the great controversy between good and evil, the word of Inspiration points out several reasons why Christ came and died on Calvary's cross:

To reveal God's character:

In the sacerdotal prayer offered right before His betrayal, Jesus spoke of the purpose of His earthly journey: "And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them" (John 17:26). To declare God's name is to reveal His character (Exodus 34:5-7), and of such character love is the essence for "God is love" (1 John 4:8). This was one of the objects of Christ's mission on earth. The Spirit of Prophecy explains: "Our Lord, having committed Himself to the wonderful work of

redemption, would withhold nothing necessary to the completion of His plan. He poured out all heaven to man in that one great gift.”⁴

“Nothing could have induced Christ to leave His honor and majesty in heaven, and come to a sinful world, to be neglected, despised, and rejected by those He came to save, and finally to suffer upon the cross, but eternal, redeeming love, which will ever remain a mystery.”⁵

“Who can measure the love of God? Angels cannot comprehend it; it is to them a depth of mystery that they cannot fathom. Angels marvel at the divine love manifested for fallen men; but men themselves remain indifferent and unimpressed. Few respond to the love of God. Few appreciate the marvelous love of Christ in His life of suffering, in His death of shame.”⁶

“But while we behold in the cross God’s hatred of sin, we also behold His love for sinners, which is stronger than death. **To the world the cross is the incontrovertible argument that God is truth and light and love.**”⁷

To confirm the Law:

“Christ came to earth to vindicate the claims of His Father’s law, and His death shows the immutability of that law”⁸ which “removes every argument that Satan could bring against the precepts of Jehovah.”⁹

Centuries before His incarnation, Christ spoke through the Psalmist regarding His mission, and stated what would be His code of conduct: “Then said I, Lo, I come: in the volume of the book it is written of me, I delight to do thy will, O my God: yea, thy law is within my heart” (Psalm 40:7, 8).

“It was not [Jesus’] purpose to abolish by His death the law of God, but rather to show the immutability of its sacred claims. It was His purpose to ‘magnify the law, and make it honourable’ (Isaiah 42:21), so that every one who should look upon the cross of Calvary with its uplifted Victim should see the unanswerable argument of the perfect truth of the law.”¹⁰

“Instead of proclaiming the abolition of the law, Calvary’s cross proclaims in thunder tones its immu-

table and eternal character. Could the law have been abolished, and the government of heaven and earth and the unnumbered worlds of God maintained, Christ need not have died. The death of Christ was to forever settle the question of the validity of the law of Jehovah.”¹¹

To unmask Satan’s character:

Speaking to the unbelieving Jews who were plotting to destroy Him, Christ declared: “Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it” (John 8:44).

“When Christ came to our world in the form of humanity, all were intensely interested in following Him as He traversed, step by step, the bloodstained path from the manger to Calvary. Heaven marked the insult and mockery that He received, and knew that it was at Satan’s instigation. . . . **Satan had revealed his true character as a liar and a murderer.** It was seen that the very same spirit with which he had ruled the children of men who were under his power, he would have manifested if permitted to control the intelligences of heaven.”¹²

“At the cross of Calvary, love and selfishness stood face to face. Here was their crowning manifestation. Christ had lived only to comfort and bless, and in putting Him to death, Satan manifested the malignity of his hatred against God. He made it evident that the real purpose of his rebellion was to dethrone God, and to destroy Him through whom the love of God was shown.”¹³

The light that shines from Calvary cross sheds its beams upon the true character of the archdeceiver and reveals who he really is. And this reve-

lation is not only important to us on earth, but it is very helpful to the sinless beings of the vast universe of God.

To secure the unfallen worlds and angels:

The appearance of sin as an intruder has imperiled the entire universe and has left every inhabitant perplexed. Since our little planet is the only one that has followed one third of the angelic host in yielding to sin, it has become the lesson book for the entire universe. This is why Paul wrote, “We are made a spectacle unto the world, and to angels, and to men” (1 Corinthians 4:9), and the Spirit of Prophecy adds: “The atonement of Calvary vindicated the law of God as holy, just, and true, not only before the fallen world but before heaven and before the worlds unfallen.”¹⁴

Through the supreme Sacrifice, even the remaining two thirds of loyal angels are being secured from falling. “The angels ascribe honor and glory to Christ, for even they are not secure except by looking to the sufferings of the Son of God. **It is through the efficacy of the cross that the angels of heaven are guarded from apostasy.** Without the cross they would be no more secure against evil than were the angels before the fall of Satan.”¹⁵

If the holy angels who dwell in God’s glory are not safe without the cross, how unsafe are human beings who live on a planet where darkness reigns! How vital is then our daily contemplation of that monument!

To cast Satan down:

“The casting down of Satan as an accuser of the brethren in Heaven was accomplished by the great work of Christ in giving up His life.”¹⁶

“Christ bowed His head and died, but He held fast His faith and His submission to God. ‘And I heard a loud voice saying in heaven, Now is come

This great and grand mystery of the cross is such a deep and broad theme that even the endless ages of eternal glory will not be enough to exhaust it.

salvation, and strength, and the kingdom of our God, and the power of His Christ: for the accuser of our brethren is cast down, which accused them before our God day and night' (Revelation 12:10).¹⁷

Thus were fulfilled the words of Christ: "Now is the judgment of this world: now shall the prince of this world be cast out. And I, if I be lifted up from the earth, will draw all men unto me" (John 12:31, 32). And from this time on Satan does not have any longer access to Heaven (Job 1:6).

To redeem humanity:

In their journey through the wilderness, the murmuring children of Israel were bitten to death by fiery serpents. Upon God's command, Moses uplifted a serpent of brass on a pole, that whoever was bitten may look and live (Numbers 21:4-9). From that event this question arises: How can a person be saved from death by a simple look to a lifeless serpent?

Here is the key to unlock that mystery: "And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believeth in him should not perish, but have eternal life. For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:14-16).

"Without the cross, man could have no connection with the Father. On it hangs our every hope. In view of it the Christian may advance with the steps of a conqueror; for from it streams the light of the Saviour's love. **When the sinner reaches the cross, and looks up to the One who died to save him, he may rejoice with fullness of joy; for his sins are pardoned. Kneeling at the cross, he has reached the highest place to which man can attain.** The light of the knowledge of the glory of God is revealed in the face of Jesus Christ; and the words of pardon are spoken: Live, O ye guilty sinners, live. Your repentance is accepted; for I have found a ransom."¹⁸

The death of Christ on Calvary is the revealing power of God's love for the redemption and restoration of

humanity. I do not have words to express how deeply I am touched by the thought that Christ would have died for me alone in order that I might live through the eternal ages. (See *Testimonies*, vol. 8, p. 72.)

"It is through the cross alone that we can estimate the worth of the human soul. Such is the value of men for whom Christ died that the Father is satisfied with the infinite price which He pays for the salvation of man in yielding up His own Son to die for their redemption. What wisdom, mercy, and love in its fullness are here manifested! The worth of man is known only by going to Calvary. **In the mystery of the cross of Christ we can place an estimate upon man.**"¹⁹

"Christ died on the cross to save the world from perishing in sin. He asks your cooperation in this work. You are to be His helping hand. With earnest, unwearying effort you are to seek to save the lost. Remember that **it was your sins that made the cross necessary.** When you accepted Christ as your Saviour you pledged yourself to unite with Him in bearing the cross. For life and for death you are bound up with Him, a part of the great plan of redemption."²⁰

To destroy sin forever:

The final result of the cross of Christ is the complete and eternal destruction of sin, its author, and his servants. "Forasmuch then as the children are partakers of flesh and blood, [Jesus] also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil" (Hebrews 2:14).

We are told by the prophet Nahum that the Lord "will make an utter end: affliction shall not rise up the second time" (Nahum 1:9). But which event made certain the eternal safeguard of the universe from the possibilities of a second apostasy? It was doubtlessly the supreme sacrifice of Jesus on Calvary's cross.

"The death of Christ upon the cross made sure the destruction of him who has the power of death, who was the originator of sin. When Satan is destroyed, there will be none to tempt



to evil; the atonement will never need to be repeated; and **there will be no danger of another rebellion in the universe of God.** That which alone can effectually restrain from sin in this world of darkness, will prevent sin in heaven. The significance of the death of Christ will be seen by saints and angels. Fallen men could not have a home in the paradise of God without the Lamb slain from the foundation of the world. Shall we not then exalt the cross of Christ?"²¹

The cross of Christ "is the central pillar on which hangs the far more exceeding and eternal weight of glory which is for those who accept that cross. **Under and around the cross of Christ, that immortal pillar, sin shall never revive, nor error obtain control.**"²²

"Angelic perfection failed in heaven. Human perfection failed in Eden, the paradise of bliss. All who wish for security in earth or heaven must look to the Lamb of God. The plan of salvation, making manifest the justice and love of God, provides an eternal safeguard against defection in unfallen worlds, as well as among those who shall be redeemed by the blood of the Lamb. Our only hope is perfect trust in the blood of Him who can save to the uttermost all that come unto God by Him. The death of Christ on the cross of Calvary is our only hope in this world, and it will be our theme in the world to come."²³

Transformed and uplifted

From the voice of the one crying in the wilderness over 2,000 years ago



echoes to our ears this sublime invitation: “Behold the Lamb of God, which taketh away the sin of the world” (John 1:29).

“Looking upon the crucified Redeemer, we more fully comprehend the magnitude and meaning of the sacrifice made by the Majesty of heaven. The plan of salvation is glorified before us, and the thought of Calvary awakens living and sacred emotions in our hearts. Praise to God and the Lamb will be in our hearts and on our lips; for **pride and self-worship cannot flourish in the soul that keeps fresh in memory the scenes of Calvary.**

He who beholds the Saviour’s matchless love will be elevated in thought, purified in heart, transformed in character. He will go forth to be a light to the world, to reflect in some degree this mysterious love. The more we contemplate the cross of Christ, the more fully shall we adopt the language of the apostle when he said, ‘God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world’ (Galatians 6:14).”²⁴

“The work of redemption involves consequences of which it is difficult for man to have any conception. ‘Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him’ (1 Corinthians 2:9). **As the sinner, drawn by the power of Christ, approaches the uplifted cross, and prostrates himself**

before it, there is a new creation. A new heart is given him. He becomes a new creature in Christ Jesus. Holiness finds that it has nothing more to require. God Himself is ‘the justifier of him which believeth in Jesus’ (Romans 3:26). And ‘whom He justified, them He also glorified’ (Romans 8:30). Great as is the shame and degradation through sin, even greater will be the honor and exaltation through redeeming love. **To human beings striving for conformity to the divine image there is imparted an outlay of heaven’s treasure, an excellency of power, that will place them higher than even the angels who have never fallen.**”²⁵

Was not Adam created in his state of perfection “a little lower than the angels”? (Psalm 8:5). Then how can one, after experiencing sin which is very hateful to God, be placed higher than the holy angels who have never disobeyed Him? This cannot be easily or fully comprehended by human minds. Here we can only realize the awesome power of the cross of Christ.

An exhaustless theme

Great indeed is that mystery (1 Timothy 3:16)! It “increases as we try to comprehend it. It is incomprehensible, and yet human beings will allow worldly, earthly things to intercept the faint view it is possible for mortals to have of Jesus and His matchless love. . . . How can we be enthusiastic over earthly, common things and not be stirred with this picture—the cross of Calvary, the love that is revealed in the death of God’s dear Son?”²⁶

This great and grand mystery of the cross is such a deep and broad theme that even the endless ages of eternal glory will not be enough to exhaust it. Our lovely Redeemer will always bear the stigmas of His crucifixion, “And one shall say unto him, What are these wounds in thine hands? Then he shall answer, Those with which I was wounded in the house of my friends” (Zechariah 13:6).

“The Lord Jesus, who is the image of the invisible God, gave His own life to save perishing man, and, oh, what light, what power, He brings with Him! In Him dwells all

the fullness of the Godhead, bodily. **What a mystery of mysteries! It is difficult for the reason to grasp the majesty of Christ, the mystery of redemption. . . . Redemption is an inexhaustible theme, worthy of our closest contemplation. It passes the comprehension of the deepest thought, the stretch of the most vivid imagination. Who by searching can find out God? . . . The theme of redemption will employ the minds of the redeemed through all eternity. There will be new and rich developments made manifest in the plan of salvation throughout eternal ages.**”²⁷

Let us therefore “work out [our] own salvation with fear and trembling” (Philippians 2:12), preparing ourselves to join the company of the unfallen beings, and together with them shall we “find in the cross of Christ [our] science and [our] song”²⁸ during the ceaseless ages of everlasting LIFE.

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- ⁹ *The Signs of the Times*, May 21, 1912.
- ¹⁰ *The Review and Herald*, August 6, 1895.
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- ¹³ *The Desire of Ages*, p. 57.
- ¹⁴ *Faith and Works*, p. 119.
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- ¹⁷ *The Desire of Ages*, p. 761.
- ¹⁸ *The SDA Bible Commentary* [E. G. White Comments], vol. 5, p. 1133. [Emphasis Supplied.]
- ¹⁹ *God’s Amazing Grace*, p. 175. [Emphasis Supplied.]
- ²⁰ *Testimonies*, vol. 7, p. 9. [Emphasis Supplied.]
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- ²³ *The Signs of the Times*, December 30, 1889.
- ²⁴ *The Desire of Ages*, p. 661. [Emphasis Supplied.]
- ²⁵ *Christ’s Object Lessons*, pp. 162, 163. [Emphasis Supplied.]
- ²⁶ *That I May Know Him*, p. 371. [Emphasis Supplied.]
- ²⁷ *The Review and Herald*, June 3, 1890. [Emphasis Supplied.]
- ²⁸ *The Desire of Ages*, p. 20.

A House of Symbols

By N. Tyler

How would you reach a whole generation of busy, work-oriented people with the Gospel message? What would you do to get the attention of people, accustomed to compelling imagery in popular entertainment and worship, long enough to teach them about deeper spiritual things? How would you ever get across such abstract concepts as justification, atonement for sin, or the judgment?

This was exactly the problem that Moses was called to face when he took the leadership of over a million people, marching out of Egypt toward Canaan. They had spent generations in slavery; now they were ignorant of God's will and prone to doubt and disobedience. They had a hard time understanding anything they couldn't see—a life spent being threatened with whips produced a cramped mind and a degraded dignity.

Faith under siege

Right after sin, God instructed Adam to offer sacrifices as a token atonement for sin. He promised that the Messiah would be born among the family tree of believers. As Adam's descendants sacrificed a lamb, they showed faith in God's promise of

deliverance from sin. When Abel obeyed God's instructions, he "offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous" (Hebrews 11:4). Abraham got a better idea of what this meant, when God said he must sacrifice his own son. And the promises to Abraham were God's way of explaining the gospel: "in thy seed shall all the nations of the earth be blessed" (Genesis 22:18; compare with Galatians 3:8, 16). But when Jacob's sons settled in Egypt, the Gospel picture, which had once been so clear, began to fade. A new Pharaoh came to power, and turned the Hebrews into slaves. Sabbathkeeping became difficult. To make matters worse, "on account of the superstitious veneration in which animals were held by the Egyptians, the Hebrews were not permitted, during their bondage, to present the sacrificial offerings. Thus their minds were not directed by this service to the great Sacrifice, and their faith was weakened."¹

At the same time, the popular religion of Egypt was very senses-oriented. Everything they worshipped was something you could see. Impressive ceremonies led by their pagan priests held the common people in superstitious wonder. And if you just wanted to have a "good time," the deities of the day wouldn't condemn your immorality—in fact, the golden calf scene at Sinai was just an imitation of Egypt's cult festivals.

Under these circumstances, something drastic had to be done, to impress upon the newly-freed Israelites a knowledge of God's character and of His plan to save them, not

only from slavery, but from the bondage of sin.

A new picture

It is no surprise, then, that when Moses went up into the mountain, God outlined a system that would teach His people in more detail than had ever been revealed before. The solution? "Let them make me a sanctuary; that I may dwell among them" (Exodus 25:8). This would be God's house in their camp, a house of symbols.

The sanctuary was to be at the heart of a new system of worship, which was rich in lessons about salvation and the Messiah to come. This system only built on the basic service, long forgotten or neglected, of offering a sacrificial lamb. But it added much more detail about the process of justification, and judgment, and blotting out of sin. We are still unraveling its myriad lessons today.

How do we know that the elements of the "tabernacle" represented a better, heavenly system? Moses was emphatically told to "make them after their pattern, which was shewed thee in the mount" (Exodus 25:40). And the apostle Paul notes that the Levite priests "serve unto the example and shadow of heavenly things" (Hebrews 8:5). This is just after he points out that Christ is our "high priest, who is set on the right hand of the throne of the Majesty in the heavens; a minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man" (Hebrews 8:1, 2).



Symbol elements

An brief outline of the meaning of the elements in the tabernacle services:

The Tabernacle's Layout. The layout of the tabernacle represents both time and place. The outer court, where the altar of sacrifice was, represents the earth, where Jesus was crucified. Passing into the tabernacle itself, we move from earth to heaven. There, two apartments represent two phases of Jesus' ministry as priest, the daily and yearly services mentioned below. These three (the court, the holy place, and the most holy place), and the services that were performed in each of them, form a prophetic timeline of Jesus' work of redemption, spanning from His nativity to the final destruction of sin.

The Lamb. When John the Baptist pointed out the Messiah standing in the crowd along the Jordan river, he declared, "Behold the Lamb of God, which beareth away the sin of the world" (John 1:29, margin). Jesus was the One who all the sacrifices (mainly lambs) pointed to. He is even called the passover lamb: "Christ our passover is sacrificed for us" (1 Corinthians 5:7).

The Priesthood. Since they "serve unto the example and shadow of heavenly things" (Hebrews 8:5), the priesthood ordained in the time of Moses must also be symbolic. Indeed, when Jesus ascended to heaven, He did so as our "great high priest" (Hebrews 4:14). What does He do there? Just as earthly priests presented the blood of sacrifices and incense representing the prayers of the saints, "we have an advocate with the Father, Jesus Christ the righteous" (1 John 2:1), who "maketh intercession for the saints according to the will of God" (Romans 8:27).

The Daily Service. The fact that there is a heavenly priesthood proves that Christ's work in the atonement was not finished at the cross, but that He still mediates for us today, pleading the merits of His sacrifice. This was represented by the daily sacrifice and the incense in the tabernacle.

The whole sanctuary service was simply a prophecy of redemption through Jesus.

The Yearly Service. Once a year, the high priest performed a special work of blotting out the sins of the people. This was figurative, since "it is not possible that the blood of bulls and of goats should take away sins" (Hebrews 10:4). In the prophecy of Daniel, spanning 2,300 years, we find a prediction of the work of Christ in the most holy place, which was foretold by the Day of Atonement in the tabernacle service, and which began in 1844. We are now living in the time of the Day of Atonement.

The big picture

What was the purpose of all these representations? "Through the teachings of the sacrificial service, Christ was to be uplifted before all nations, and all who would look to Him should live. Christ was the foundation of the Jewish economy. *The whole system of types and symbols was a compacted prophecy of the gospel*, a presentation in which were bound up the promises of redemption."²

Through a diligent study of the sanctuary we will come to understand that the ancient tabernacle and its services are a *picture* of the ministry of Christ for His church during the *Christian era*, right down to the close of time. This doesn't just relate to topics like the Investigative Judgment, but also to subjects like the Seven Churches—represented long before their time by a golden candlestick in the tabernacle in the wilderness.

The services of Old Testament times are often called "a shadow" (see Colossians 2:17; Hebrews 8:5; 10:1). Some people might think that today it is not necessary to understand these shadows of heavenly things. But shadows are important. When light shines on any object, the shadow it casts makes that object more distinct. Studying the shadow of the cross today only makes the cross itself more vibrant to us.

Conclusion

Moses climbed down the mountain, carrying God's blueprint with him. It would be just what was needed: the Lord's plan to draw near and "dwell among" the people. He would teach them His character. He would help them understand the mission of the Messiah to come. But what did Moses find at the foot of Mt. Sinai? A people already seduced into idolatry—already reverting back to Egyptian cult worship, with its visible, tangible, enchanting, and sensual rites.

Yet today, is it any different? The conditions of society offer a striking similarity to the world in Moses' time. The basic problems of society are the same. And the instructions written down by Moses can help us, too—only in a different way.

Today we do not offer sacrifices. We do not keep the festivals, and we don't have a temple. These have met their fulfillment as "a shadow of things to come" (Colossians 2:17). But the truths taught in the "patterns of things in the heavens" (Hebrews 9:23) are still relevant today. What we need is to study the beautiful sanctuary message, presenting its symbols and parallels that make the gospel so plain. How would you get the attention of the busy, work-oriented people of our modern world, long enough to reach them with the Gospel? Let's take a page from the books of Moses, and make that Old Testament message come alive for this generation.

For further study:

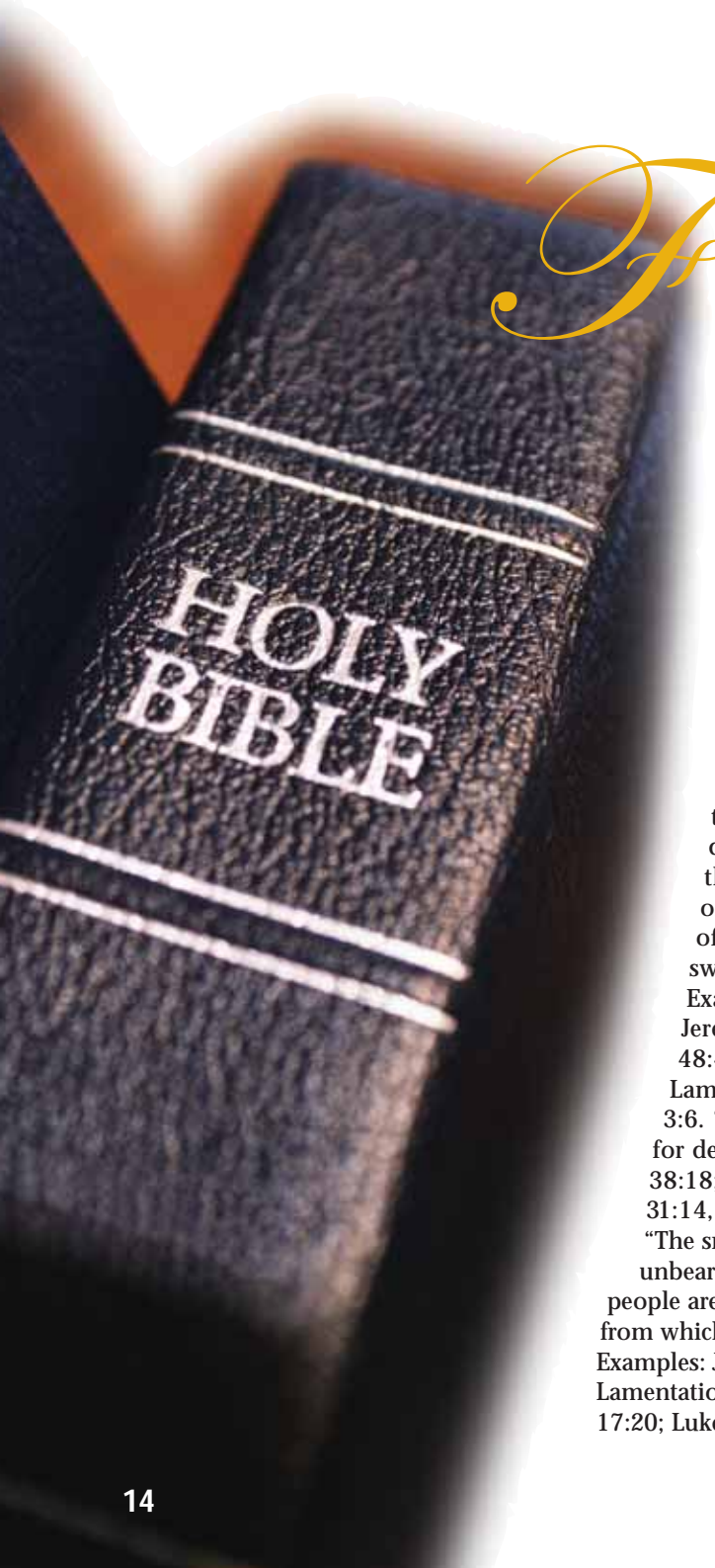
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¹ *Patriarchs and Prophets*, pp. 333, 334.

² *The Acts of the Apostles*, p. 14. [Emphasis Supplied.]

The World on the Verge of a *Great Crisis*



Fear, and the pit, and the snare, are upon thee, O inhabitant of the earth” (Isaiah 24:17).

Isaiah, chapters 24, 25, and 26 describe the events that are to take place on the earth in these last days. The origin of the symbols employed in Isaiah 24:17 is explained by a Bible commentator as follows: “Fear is the term applied to the cords with feathers of all colors which, when fluttered in the air, scare beasts into the **pitfall** or birds into the **snare**.”¹

A tentative application of these symbols draws our attention to three main evils which are on the increase: “Fear” is often connected with the sword. It is a symbol of wars. Examples: Isaiah 21:2–4; Jeremiah 6:25; 30:5; 48:42–46; 49:5, 24–29; Lamentations 3:46, 47; Amos 3:6. “The pit” is another word for death. Examples: Isaiah 38:18; 51:14; Ezekiel 28:8; 31:14, 16; 32:24, 25, 29, 30.

“The snare” is a difficult, terrible, unbearable situation, into which people are caught unexpectedly and from which they cannot escape. Examples: Jeremiah 50:24; Lamentations 3:47; Ezekiel 12:13; 17:20; Luke 21:35.

The fulfillment of Isaiah 24 is becoming more and more conspicuous as the end is drawing nigh. Everything in the world shows that we are going from bad to worse. The event that took place in New York on September 11, 2001, surprised the whole world. It was the prelude of a new type of war—terrorism—that is fustigating a number of nations and that resulted in military intervention in Afghanistan and Iraq.

The inhabitants of the earth want peace, but there will be no peace in the world before the coming of the Prince of Peace, Jesus Christ, who declared: “Ye shall hear of wars and rumours of wars: . . . For nation shall rise against nation, and kingdom against kingdom: . . . All these are the beginning of sorrows” (Matthew 24:6–8).

Christ did not mean only sporadic local wars as have been witnessed throughout the history of humanity. He referred to international conflicts involving more and more nations. Evidence shows that He had in view the world wars, as well as the final battle, predicted for the time of the end. Compare Joel 3:15 with Matthew 24:29. The Lord foretold through Joel the prophet: “Proclaim ye this among the Gentiles; Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: Beat your plowshares into swords, and your pruninghooks into spears: let the weak [the small nations] say, I am strong. Assemble yourselves, and come, all ye heathen, and gather yourselves together round about: thither cause thy mighty ones to come down, O Lord. Let the

heathen be wakened, and come up to the valley of Jehoshaphat: for there will I sit to judge all the heathen round about. Put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the vats overflow; for their wickedness is great. Multitudes, multitudes in the valley of decision: for the day of the Lord is near in the valley of decision” (Joel 3:9–14).

This is the fearful event that Jesus had in mind when He spoke about “wars and rumors of wars” to be expected in the last days. John the Revelator had a vision of the great final conflict, which he described as follows: “Spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty” (Revelation 16:14).

In the present political situation, America is playing an important role. President Bush declared in a speech delivered on June 1, 2002:

“We are in a conflict between good and evil, and America will call evil by its name.”

Other superpowers are also playing an important role in the present situation in view of the great problems and dangers that are threatening the world. But not all are pulling in the same direction, because there is a conflict of interests. So it is evident that something very serious is going to happen.

“Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed upon the events taking place about us. They are watching the relations that exist among the nations. . . . They recognize that something great and decisive is about to take place—that the world is on the verge of a stupendous crisis.”²

So far the predicted international conflict has been detained. Why? There is a reason why—a reason that affects each one of us individually

and all of us as a people. God in His mercy is still holding back the winds of the coming strife, not because the nations are not ready to engage in mortal combat, but because God’s chosen people are not ready to receive the seal of protection and deliverance. John the Revelator wrote: “And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree. And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads” (Revelation 7:1–3).

The fierce winds of contention, which will bring international ruin, have not as yet been released for one specific reason—because the remnant of God’s people have not all been sealed. During this waiting time something extraordinary is going to happen: The inhabitants of the world will be deceived by false rumors. It will be announced everywhere that peace and safety—the world’s greatest need—is just around the corner. Bible prophecy, however, warns us against this illusive desire and expectation. The apostle Paul writes: “The day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them” (1 Thessalonians 5:2, 3).

“Satan will then plunge the inhabitants of the earth into one great, final trouble. As the angels of God cease to hold in check the fierce winds of human passion, all the elements of strife will be let loose. The whole world will be involved in ruin more terrible than that which came upon Jerusalem of old.”³

In this terrible time, after the close of probation, the people of God will find refuge in the mountains and under the cleft of the

rocks. They will be under the protection of Christ and the holy angels. And they will have bread and water to survive until the coming of the Lord. Bible prophecy describes this fearful time as follows: “They shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him” (Malachi 3:17).

“Come, my people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast. For, behold, the Lord cometh out of his place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain” (Isaiah 26:20, 21).

Many things that Jesus predicted in Matthew, chapter 24, had already been foretold by Him through the Old Testament prophets. Concerning the promised deliverance, He said: “At that time shall Michael stand up, the great prince which standeth 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 same time: and at that time thy people shall be delivered, every one that shall be found written in the book” (Daniel 12:1).

“Men’s hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. . . . And when these things begin to come to pass, then look up, and lift up your heads; for your redemption [deliverance] draweth near” (Luke 21:26, 28).

From what will God’s remnant people be delivered? And how can they make sure that their names will remain in the book of life and that they will receive the seal of God? These questions will be discussed in the next issue of this magazine. *R*

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¹ Jamieson, Fausset, and Brown, *A Commentary on the Old and New Testaments*, vol. 2. [Emphasis Supplied.]

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Lessons From the *Preparation of Soil*

(Part 1)

By Les Gibson

In His life as the Son of man on earth, Jesus explained many spiritual principles by speaking in parables. A well-known example of this is found in the parable of the sower in Matthew chapter 13. In this parable, our Lord reveals the importance of having the “soil” of our heart to be as “good ground” to welcome and nurture the “seed” of the gospel of salvation.

This groundwork, this “preparation of the soil” of our heart is essential when we consider something very important which is due to occur, and highly relevant in the times in which we are living:

“Then shall we know, if we follow on to know the Lord: his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth” (Hosea 6:3). “Be glad then, ye children of Zion,

and rejoice in the Lord your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month” (Joel 2:23). “Ask ye of the Lord rain in the time of the latter rain; so the Lord shall make bright clouds, and give them showers of rain, to every one grass in the field” (Zechariah 10:1). “For the earth shall be filled with the knowledge of the glory of the Lord, as the waters cover the sea” (Habakkuk 2:14). “And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory” (Revelation 18:1). “Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters (Revelation 14:7).

Here we have read 6 promises, 6 prophecies. Three are speaking about the former and latter rains and three verses about the glory of God. The Latter Rain will come! That other angel of Revelation 18 will also come, and lighten the earth with his glory! What part can we play? Where do we

fit in the picture? What preparation is necessary? Are we just to sit idly by? What shall we do?

There are three classes of people in the world today, those who make things happen, those who stand by and watch things happen, and those who sit around and wonder, “what’s happening?” Dear friend, which class of people describes you?

“Let us read and receive and present to others the second chapter of the book of Acts. We need a deeper piety and the sincere meekness of the Great Teacher. . . . The whole book of Acts is our lesson book. All of us need to humble our own individual hearts, and be converted daily.”¹

As we consider the second chapter of the book of Acts, we read that “when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance” (Acts 2:1–4).

“The Holy Spirit abides with consecrated laborers who in any locality are seeking to advance the cause.”²

This outpouring of the Holy Spirit was a clear manifestation of “that which was spoken by the prophet Joel;

and it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams: and on my servants and on my handmaidens I will pour out in those days of my Spirit; and they shall prophesy: and I will shew wonders in heaven above, and signs in the earth beneath; blood, and fire, and vapour of smoke: The sun shall be turned into darkness, and the moon into blood, before that great and notable day of the Lord come: and it shall come to pass, that whosoever shall call on the name of the Lord shall be saved. . . . Now when [the multitude] heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do?” (Acts 2:16–21, 37).

What shall we do?

Indeed, in considering the wonderful phenomenon of the outpouring of the Holy Spirit without measure, this is the question of the hour: WHAT SHALL WE DO? What can we do? What preparation can we make to receive the Holy Spirit in such fullness?

In reference to this outpouring of the Holy Spirit at the time of Pentecost, we are assured that “God is willing to give us a similar blessing, when we seek for it as earnestly. The Lord did not lock the reservoir of heaven after pouring His Spirit upon the early disciples. We also may receive of the

fullness of His blessing. Heaven is full of the treasures of His grace, and those who come to God in faith may claim all that He has promised. If we do not have His power, it is because of our spiritual lethargy, our indifference, our indolence. Let us come out of this formality and deadness.”³

Is there a connection between the latter rain and the glory of the angel of Revelation 18?

“It is with an earnest longing that I look forward to the time when the events of the Day of Pentecost shall be repeated with even greater power than on that occasion. John says, ‘I saw another angel come down from heaven, having great power; and the earth was lightened with his glory’ (Revelation 18:1). Then, as at the Pentecostal season, the people will hear the truth spoken to them, every man in his own tongue. God can breathe new life into every soul that sincerely desires to serve Him, and can touch the lips with a live coal from off the altar, and cause them to become eloquent with His praise. Thousands of voices will be imbued with the power to speak forth the wonderful truths of God’s Word. The stammering tongue will be unloosed, and the timid will be made strong to bear courageous testimony to the truth. May the Lord help His people to **cleanse the soul temple from every defilement, and to maintain such a close connection with Him** that they may be partakers of the latter rain when it shall be poured out.”⁴

“In the work that was accomplished on the Day of Pentecost, we may see what can be done by the exercise of faith. Those who believed in Christ were sealed by the Holy Spirit.

*Our hard, world-loving hearts are like heavy clay soil.
The life-giving seeds of gospel truth can only sprout and flourish when
that soil is softened and prepared for planting.*



As the disciples were assembled together, 'there came a sound . . . as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them' (Acts 2:2, 3). And Peter stood up among them and spoke with mighty power. Among those who lis-

tened to him were devout Jews, who were sincere in their belief. But the power that accompanied the words of the speaker convinced them that Christ was indeed the Messiah. What a mighty work was accomplished! Three thousand were converted in one day. **"The seed had been sown** by the greatest Teacher the world had ever known. For three and a half years the Son of God had sojourned in the land of Judea, proclaiming the message of the gospel of truth and working with mighty signs and wonders. **The seed had been sown**, and after His ascension the great ingathering took place. More were converted by one sermon on the Day of Pentecost than were converted during all the years of Christ's ministry. So mightily will God work **when men give themselves to the control of the Spirit.**"⁵

Acts chapter 2, in speaking of the Day of Pentecost, refers us to Joel's prophecy of the last day events preceding the second coming of Christ. "The sun shall be turned into darkness, and the moon into blood, before the great and the terrible day of the Lord come" (Joel 2:31).

Notice, these prophecies have already been fulfilled! Our study here is not about the sealing message, but it is connected with it. Our study here is not about seed sowing, but it is connected with it. What we are talking about here is a preparation—soil preparation, that is, **HEART PREPARATION!**

We often study events to occur before the second coming of Christ, but how much time do we spend studying what has to happen before the latter rain comes? What do we

think, will God just one day pour out the prophesied gift, just to see what we will do with it? The Lord does not work that way. Let us read more from the prophecy of Joel: "And it shall come to pass **afterward**, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit" (Joel 2:28, 29). Notice the word "**afterward**." After what? What is it that proceeds the pouring out of the Holy Spirit? Why is the book of Acts so important? What, as we read earlier, from the second chapter are we to "**read, and receive, and to present to others**"?

"For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call" (Acts 2:39). What promise? The promise and prophecy of the early and latter rains, and of the whole earth being filled with the glory of God! This we found prophesied in Joel 2:28, but what is it that proceeds the "**afterward**"? What has to happen before the prophesied latter rain can come?

"Be glad then, ye children of Zion, and rejoice in the Lord your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month" (Joel 2:23). Notice, the former rain is spoken of in the past tense, but the latter rain is still future. This then must be exactly the time in which we live today. But it still does not completely answer, "What shall we do?"


In Colossians 3:2 we are bidden, "Set your affection on things above, not on things on the earth." How do we, as a people, do that? We will find out in our next issue.

References

- ¹ *The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1055. [Emphasis supplied.]
- ² *Testimonies to Ministers*, p. 218.
- ³ *The Review and Herald*, June 4, 1889.
- ⁴ *Ibid.*, July 20, 1886. [Emphasis supplied.]
- ⁵ *The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1055. [Emphasis supplied.]

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Know What You Eat

By Janet Sureshkumar

As the saying goes, it's "what goes in, that comes out." "Garbage in, garbage out." The matter of eating and drinking is a subject seriously to be considered in the Christian life. Paul says in 1 Corinthians 10:31, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." This is why we must keep our body, mind, and soul free from pollution.

The apostle teaches that our body is the temple of the Holy Ghost which is in us and is it necessary to keep the body from defilement, for we are not our own and are bought with a price. "Therefore glorify God in your body, and in your spirit, which are God's" (1 Corinthians 6:20).

If we are to develop the character of Christ and reach heaven at last, it is necessary to deny ourselves in some articles of diet. It is possible to defile our bodies by improper eating. Daniel knew this and was careful with his diet. "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself" (Daniel 1:8). The young Daniel had plead, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink" (Daniel 1:12).

Rat Race

We are living in a world where everyone is in a rat race. There is so much competition out there. We are bombarded with advertisements and entertainments. People realize the competition—so in order to get our attention, manufacturers of food products use fancy words. These things have become more garish and obscene just to get noticed. Many times when we buy food from a health food store we tend to take for granted that it is indeed health-promoting food.

But in reality, we might be eating a wrong food, even non-vegetarian, if we do not know how to decode the food label.

If only we lived and shopped in a pure world where labels told the whole truth and nothing but the truth. That would be great. But while consumers rely on labels to make wise nutritional choices, food processors use labels to sell their prod-

ucts. Sometimes the two functions of a label—providing accurate information, and enticing someone to buy the product—are in conflict. Labels can be misleading, especially if you do not learn to read between the lines and examine the fine print. Knowing what the words on the label really mean is a big step in learning to make nutritious choices at the supermarket.

Ignore the hype on the front of the package. This part of the label is designed by the food processor's marketing and advertising departments. It will contain whatever trendy words will help sell the product. While the meanings of many of these terms are regulated by law, it's still easy to be deceived by them. The food may not be as good for you as these large and colorful words want you to believe. Manufacturers cannot legally lie on a food label, but they can stretch the truth a bit. Be wary of vague, tricky terms.

Most packaged foods you buy at the grocery store have a food label. They tell you a lot about the food you eat—like what is a serving size, how many calories, and how much salt, sugar, fat, cholesterol, vitamins, and minerals you're getting. Making a habit of reading food labels can help you have a healthier diet. Once you know what to look for, reading food labels will take very little extra time. And it will be time well spent. Otherwise we may be thinking that we are eating vegetarian food and end up eating some insects or some animal products.

Are you eating vegetarian food?

Labeling is a bit of a pest, as there is no requirement for companies or shops to label their products vegetarian—so some do and some don't. Some companies have their own vegetarian symbol, some use the Vegetarian

Society logo and some say "suitable for vegetarians." If a product has nothing on it, it might still be okay but the only way to check is to go through the list of ingredients. Even then, some ingredients or additives may not be suitable for vegetarians. Hidden trips to look out for are:

Meat stock: found in otherwise veggie-looking products such as soups.

Gelatine (or E441): found in foods such as ice cream, low-fat spreads and yoghurts, pots of desserts, sweets and nutritional supplements.

Animal rennet: found in some hard cheeses.

E102: the red coloring cochineal, made from crushed insects.

E542: edible bone phosphate, which is non-vegetarian.

Therefore it is essential to understand and decode the food label.

Understanding the Food Labels

If you look at the packaging or label, you'll find the following:

LIST OF INGREDIENTS: this tells you what is in the food including water and the majority of additives. Flavorings must be listed but don't need to be individually named.

SAFE STORAGE INSTRUCTIONS: this tells you how to store the food. Ensure that you always follow storage instructions.

NUTRITIONAL INFORMATION: In many countries this is optional, unless a nutritional claim, such as "low fat" or "reduced salt," is made. The values must be given per 100g and compared with specific Guideline Daily Amounts. Some products say how much saturated fat, sugar, fiber, and sodium (or salt) it contains.

Don't be misled by labeling tricks and traps. The terms used are often

misleading. For example:

The term "light" or "lite" doesn't necessarily mean that the product is low in fat or energy. The term "light" may refer to the texture, color or taste of the product. The characteristic that makes the food "light" must be stated on the label.

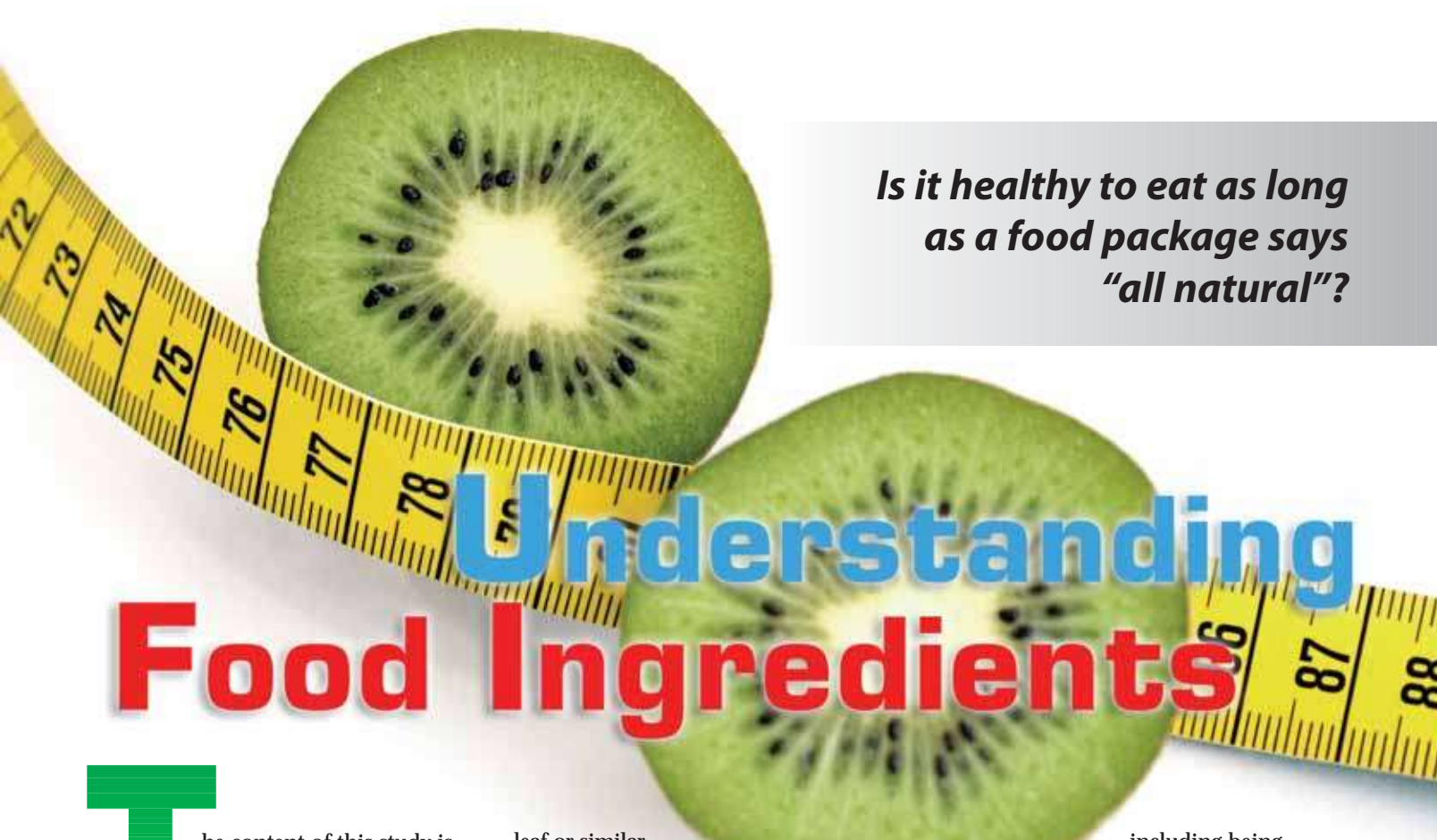
The claims "no cholesterol" or "cholesterol free" on foods derived from plants, like margarine and oil, are meaningless because all plant foods contain virtually no cholesterol. Some can be high in fat and can contribute to weight gain if used too generously.

"Baked, not fried" sounds healthier, but it may still have just as much fat—check the nutrition panel to be sure.

"Fresh as" actually means the product hasn't been preserved by freezing, canning, high-temperature or chemical treatment. However, it may have been refrigerated and has likely spent time in processing and transport.¹



BEST BEFORE AND USE BY DATES: "Best before" dates are used on products that keep for a while. These foods will not necessarily have spoiled or be dangerous after that date but are best used by then, as after that date the quality may have deteriorated. "Use by" dates are important and they indicate that the food is indeed perishable, at least eventually. Freeze it or eat it before the date—but if you forget, throw it away rather than risk an upset stomach.



**Is it healthy to eat as long
as a food package says
“all natural”?**

Understanding Food Ingredients

The content of this study is not intended to provide personal medical advice, but to clearly understand what we eat and drink. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement. Information can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

VITAMIN B-12, when used to fortify foods, is generally synthetic or fungal in origin. While it is commonly found in animal products, it is now more readily available in soy milks, meat analogues, and Vegetarian Support Formula (Red Star T-6635+) nutritional yeast.

NATURAL FLAVORS: “The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root,

leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.”²

In other words, natural flavors can be pretty much anything approved for use in food. It is basically impossible to tell what is in natural flavors, unless the company has specified it on the label. Why do companies “hide” ingredients under “natural flavors”? It is considered a way of preserving the product’s identity and uniqueness. It’s sort of like a “secret recipe”—they worry that if people knew what the flavorings were, then someone would be able to duplicate their product.

CHEESE AND RENNET: Cheese is often made with rennet or rennin, which is used to coagulate the dairy product. According to the *McGraw-Hill Encyclopedia of Science and Technology*, rennin, which is an enzyme used in coagulating cheese, is obtained from milk-fed calves. “After butchering, the fourth stomach . . . is removed and freed of its food content.” After this the stomach goes through several steps,

including being dry-salted, washed, scraped to remove surface fat, it is stretched onto racks where moisture is removed, and then it is finally ground and mixed with a salt solution until the rennin is extracted.³

CHEWING GUMS innocuously list “gum base” as one of their ingredients, masking the fact that petroleum, lanolin, glycerin, polyethylene, polyvinyl acetate, petroleum wax, stearic acid, and latex may be among the components. Because of standards of identity for items such as gum base and flavoring, manufacturers are not required to list everything in their product. According to Dertoline, a French chemical manufacturer, their adhesive “dercolytes” are used as a label and tape adhesive, as well as a chewing gum base. Many brands also list glycerin and glycerol as ingredients on the label. Both of those compounds can be animal-derived.

COCHINEAL (CARMINE): Some red dyes are made from the cochineal beetle. These are usually labeled as cochineal, carmine, or carminic acid.

SODIUM STEAROYL LACTYLATE: An animal-mineral (cow or hog-derived,

Lactate or **lactic** acid is not from dairy (exception—sterol lactate due to the stearic acid). **Lactose** is always from dairy.

472b, 472c, 472d, 472e, 473, 474, 475, 476, 477, 478, 481, 482, 483, 491, 492, 493, 494, 495, 570, 572, 627, and 635.

WHEY: The watery material that remains after most of the protein and fat have been removed from milk during the cheese-making process. It is also the liquid that rises to the top of yogurt. It is not vegan.

ENZYMES: These are proteins added to foods as modifiers. They can be animal, vegetable, bacterial, or fungal. Those used in cheese-making are often animal-derived, others are used in breadmaking and are often fungal. Examples of enzymes are: lactase (fungal), lipase (animal, fungal), papain (vegetable), pectinase (fruit), protease (animal, vegetable, bacterial, or fungal), rennet (animal), and trypsin (animal).

DOES GUACAMOLE CONTAIN GELATIN? Some processed kinds found in the supermarket do, but fresh guacamole usually does not contain it.

CYSTEINE/CYSTINE ALSO KNOWN AS L-CYSTINE: Research indicates that the source of cysteine is human hair. Cystine is an amino acid needed by humans, which can be produced by the human body. A very small quantity is used in less than 5% of all bread products.

MONOGLYCERIDES AND DIGLYCERIDES: These are common food additives used to blend together certain ingredients, such as oil and water, which would not otherwise blend well. The commercial source for diglycerides is from animal based (cow- or hog-derived) and monoglycerides may be from vegetable. They are often found in bakery products, beverages, ice cream, chewing gum, shortening, whipped toppings, margarine, and confections.

AMYLASE is an enzyme that breaks down starch into a simpler form. It can be derived from bacterial, fungal, or animal (pig-derived) sources.

across the world. In Europe, some food ingredients are noted as “E” numbers. Those that vegans and vegetarians will want to avoid include:

E120 - cochineal (red food coloring made from crushed beetles). E542 - edible bone phosphate. E631 - sodium 5'-inosinate. E901 - beeswax. E904 - shellac. E920 - L-cysteine hydrochloride.

Ingredients with the following “E” numbers may be animal derived: 101, 101a, 153, 203, 213, 227, 270, 282, 302, 322, 325, 326, 327, 333, 341a, 341b, 341c, 404, 422, 430, 431, 432, 433, 434, 435, 436, 470, 471, 472a,

or milk), or vegetable mineral. This is a common food additive, which is often used to condition dough or to blend together ingredients that do not normally blend, such as oil and water. *Vegetarian Guide* reports it “May be non-vegetarian.”

“E” NUMBERS: There are different words for different food ingredients

ROYAL JELLY is a substance produced by the glands of bees and used as a source of B vitamins, minerals, and amino acids. It is considered vegetarian.

STEARIC ACID is used as a binder in foods, and its source may be either animal or vegetable. It is used in butter flavoring, vanilla flavoring, chewing gum and candy, fruit waxes, and may not be vegetarian.

CALCIUM LACTATE: It is a calcium salt of lactic acid.

LACTIC ACID, LACTOSE, AND LACTATE: If it's lactate or lactic acid, it's not from dairy (exception - sterol lactate due to the stearic acid). "Lac" ingredients are usually produced by a fermentation process using cornstarch or beet sugar. Lactose is always from dairy. Most ingredients made with calcium are vegan (i.e., calcium carbonate, calcium phosphate, calcium sulfate).

THE DIFFERENCE BETWEEN VITAMIN D₂ AND D₃: D₂ (ergocalciferol) is derived from yeast, while D₃ (cholecalciferol) is derived from lanolin (from sheep) or fish. D₂ and D₃ are both used to fortify milk and other dairy products. Some D₃ vitamin supplements are made with fish oil. D₃ can also be produced by plants and fungi, but this isn't as common as using lanolin or fish as a source.

CARAMEL COLOR: This is a common food coloring and flavoring that is usually obtained from corn. It is derived from vegetable sources, and is considered vegan. It is used in baked goods to impart a brown color, and also as a flavoring.

ASPARTIC ACID is an amino acid needed by humans, and can be produced by the body. It is considered typically vegetarian, and its commercial source is generally bacterial or fungal.

GLUTAMIC ACID is an amino acid generally used as a flavor enhancer. It is considered typically vegetarian. Its commercial source is generally vegetable.

CASEIN is a milk derivative. It is often used to enhance texture in soy and rice cheeses because it helps the "cheese" melt.

NIACIN (also known as nicotinic acid, nicotinamide, niacinamide, vitamin B₃) is a B vitamin that is important in the normal functioning of the nervous

system. Its commercial source is synthetic, and it may also be found in liver, yeast, meat, legumes, and whole cereals.

LECITHIN is found in egg yolks, the tissues and organs of many animals, and some vegetables such as soybeans, peanuts, and corn. Lecithin is commonly used in foods that are high in fats and oils in order to make dissimilar substances, such as oil and water, blend and/or stay blended.

DEXTROSE has a vegetable source, but may be processed through a bone char filter. It is a simple sugar, which functions as a sweetener in foods and drinks.

MALTODEXTRIN has a vegetable source. It is a modified food starch, which may be used to give body to foods.

GLUTEN is a mixture of proteins from wheat flour. It is a vegan product. You will often see it mentioned as wheat gluten or seitan.

GELATIN is made from the bones, skins, hoofs, and tendons of cows, pigs, fish, and other animals. It is animal protein used especially for its thickening and gelling properties. It is often used in candies, capsules containing food supplements, and in "Jello."

GLYCERIN can be animal, vegetable or synthetic. It is commonly animal based, or a blend of animal and vegetable oils. Even kosher glycerine can be animal based.



Seriously consider these words:

“PURE” Everyone wants to eat food that’s pure. You would not want to put contaminated food into your body. But “pure” has no regulated, agreed-upon meaning in food labeling. It tells you nothing about what is in the package that perhaps should not be there.

“NATURAL” is probably the least trustworthy of all the label terms. While the term “natural” sounds appealing, it really says little about the nutritional quality of the food, or even its safety. In reality, “natural” is empty of nutritional meaning. Consumers believe that “natural” means the food is pretty much as Mother Nature grew it, but this is seldom the case. And even then, “natural” is not the same as nutritious, or good for you. The fat marbling in a New York strip steak is “natural,” but it’s not good for your arteries.

“MADE FROM” simply means the food started with this product. For example, the claim “made from 100 percent corn oil” may be technically correct, yet it is misleading. Consumers are led to believe they are eating 100 percent corn oil. They think of fields of corn under a clear blue Iowa sky. But a lot can happen to corn oil before it gets to the grocery store. The label really means the processor started with 100 percent corn oil, but along the way may have diluted or hydrogenated it, changing it into a fat that will clog your arteries, not one that flows free and golden. Another common label lie is “made from natural...” This simply means the manufacturer started with a natural source, but by the time the food was processed it may be anything but “natural.”

“MADE WITH REAL FRUIT” is a good example of a misleading claim. The law does not require the label to say how much real fruit is in the product. This boast is particularly prevalent in snacks for children,

which may contain a grape or two in a snack that is otherwise mostly sugar.

“MADE WITH WHOLE GRAINS” is another little, “white” label lie. The consumer is led to believe that this is a whole-grain cereal or waffle, yet the package label is not legally required to say how much “whole grain” is in the product. Its main ingredient could be refined flour with just a small amount of whole wheat added. So, the food won’t contain all the fiber and other nutrients associated with whole grains.

“MADE WITH VEGETABLES” is another misleading term, which sounds healthy, but says nothing about how much nutrition is really in the box.

“FAT FREE” on a label. For example, suppose a food is labeled 95 percent “fat-free.” This means that five percent of the total weight of the food is fat, (which may not seem like much), yet a single gram of fat contains nine calories compared to four calories in a gram of protein or carbohydrates. Five grams of fat in 100 grams of ground or dark-meat turkey represents one-fourth of the calories in that serving.

“ENRICHED” is a tip-off that something bad was done to the food, requiring another process to put some of the good stuff back in. Enriched flour or enriched white bread are not as healthy as their whole wheat counterparts.

“SMOKED” legally describes the flavor of the food, not how it was smoked. The consumer imagines the food is smoked in a backyard barbecue or an old-fashioned smokehouse. Really, the food could be artificially or chemically smoked and/or just contain smoked flavoring and still legally be labeled “smoked.”

FRUIT “DRINKS.” Beware of these, which may contain little or no real fruit juice. Look at the ingredients to find out what’s really in there. “Drink” on the name of the product tells you right away that it is not 100 percent juice. It may, in fact, be mostly sugar and water,

with added vitamin C. This enables the manufacturer to say the product is “high in vitamin C,” even if it’s a long way from being real orange juice.

“ORGANICALLY GROWN,” “organic,” pesticide-free “all natural” and “no artificial ingredients” say very little about the nutritional value or safety of the product. Trust only labels that say “certified organically grown.” These are the only words that mean the food was grown without chemical fertilizers and pesticides, in soil free of these substances.⁴

“As we near the close of time we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice. Precept and practice combined have a telling influence.”⁵

“Appetite must not be your god. . . . Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world’s object lesson of health and prosperity.”⁶

Have you ever thought of your eternal life in this perspective? “It is impossible for a man to present his body a living sacrifice, holy, acceptable to God, while continuing to indulge habits that are depriving him of physical, mental, and moral vigor.”⁷

“Who will enter in through the gates into the city? Not those who declare that they cannot break the force of appetite.”⁸

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

¹ Food standards code (2004) [online], Food Standards Australia New Zealand (Victorian Government, Australia) http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Food_labels_explained.

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³ <http://www.vrg.org/nutshell/cheese.htm>

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⁵ Testimonies, vol. 6, p. 112.

⁶ Ibid., vol. 9, pp. 164, 165.

⁷ Counsels on Health, 23.

⁸ Counsels on Diet and Food, pp. 169, 170.



Just Another Day?

(PART 1)

By Pam Stenmler

Today, the blood must be placed upon the doorposts or tonight terrible things will happen in all of the homes without the necessary preparation. I am sure that you remember the events of which we speak. It was the time in the history of Israel, just before they were gathered out of Egypt. God had spoken, God had proven Himself, God had worked and now they had something to do as well. They needed to show their faith in Him, their works needed to prove their loyalty to Him, their belief in what He had said. They need to apply the blood. Notice the following:

“The Lord declared: ‘I will pass through the land of Egypt this night, and will smite all the firstborn in the

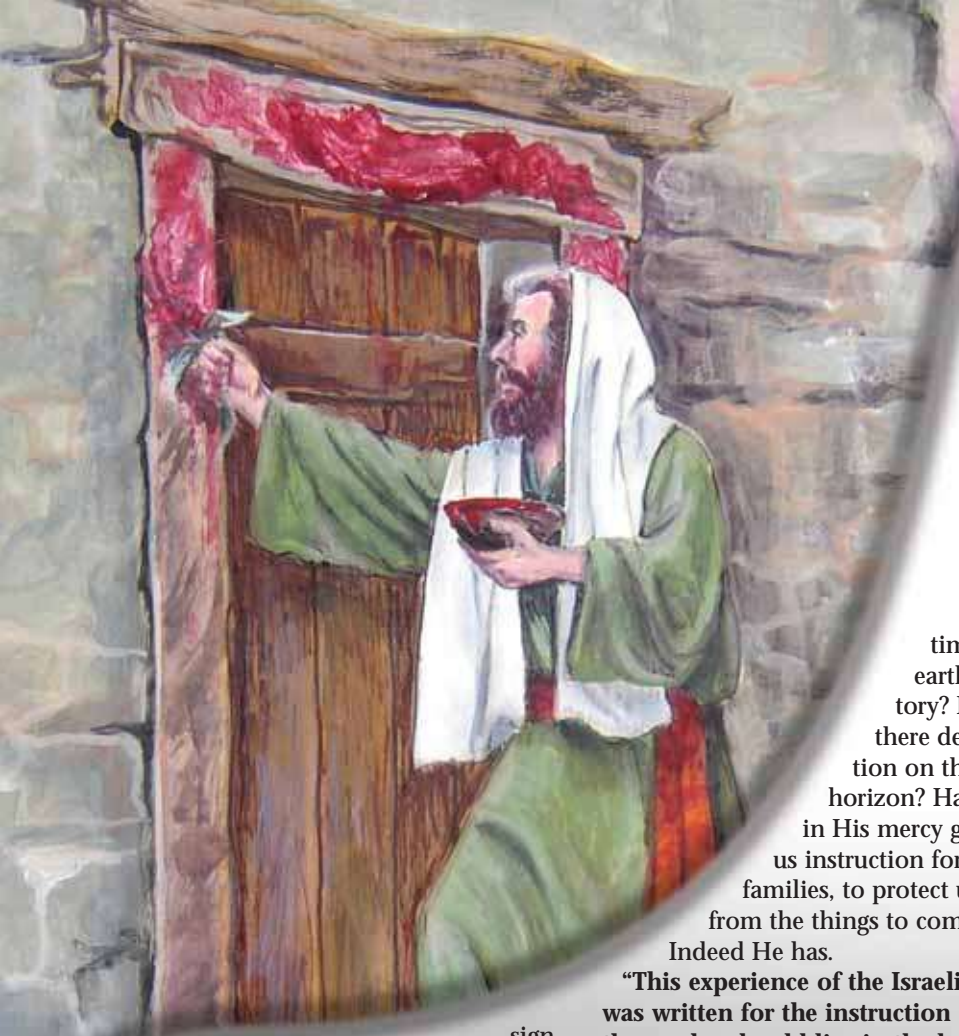
land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment. . . . And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt’ (Exodus 12:12, 13).”¹

“Many of the Egyptians had been led to acknowledge the God of the Hebrews as the only true God, and these now begged to be permitted to find shelter in the homes of Israel when the destroying angel should pass through the land. They were gladly welcomed, and they pledged themselves henceforth to serve the God of Jacob and to go forth from Egypt with His people.

“The Israelites obeyed the directions that God had given. . . . Fathers and mothers clasped in their arms their loved firstborn as they thought of the fearful stroke that was to fall that visited by the death-dealing angel. The

Another day has begun. Eyes open, bodies stretch, thoughts are toward what this day will hold.

Another day of servitude in Egypt? Another day of threats, anger, unfairness, wondering? Wait! Memory is jogged to remember the past days and all of their unusual events. Water turned to blood, frogs, flies, darkness, and so forth. Today is the final day. Today, the choice must be made!



sign of blood—the sign of a Saviour’s protection—was on their doors, and the destroyer entered not.”²

What wonderful care of the Father for His children! For those who would follow His instruction, protection; for those who would not, destruction. There is another interesting thought about this subject:

“When the children of Israel were gathered out from among the Egyptians, the Lord said: ‘For I will pass through the land of Egypt this night, and will smite all the firstborn in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I am the Lord’ (Exodus 12:12). . . . Any one of the children of the Hebrews who was found in the Egyptian habitations was destroyed.”³

Is it possible, that with all the light that Israel had been given, some would not have availed themselves of His protecting care? If so, what was the result? Destruction! What a terrible thing to happen to one of His professed children. What about in our

time of earth’s history? Is there destruction on the horizon? Has God in His mercy given us instruction for our families, to protect us from the things to come?

Indeed He has.

“This experience of the Israelites was written for the instruction of those who should live in the last days. Before the overflowing scourge shall come upon the dwellers of the earth, the Lord calls upon all who are Israelites indeed to prepare for that event. To parents He sends the warning cry: Gather your children into your own houses; gather them away from those who are disregarding the commandments of God, who are teaching and practicing evil. Get out of the large cities as fast as possible. Establish church schools. Give your children the word of God as the foundation of all their education. This is full of beautiful lessons, and if pupils make it their study in the primary grade below, they will be prepared for the higher grade above.”⁴

“There is an earnest work to be done for the children. . . . Had the churches in different localities sought counsel of God, they would not need to be thus addressed on this point.”⁵

Why the urgency, why such strong words, why should we go through all of the changes necessary to fulfill this commission?

“Now, as never before, we need to understand the true science of education. If we fail to understand this, we shall never have a place in the kingdom of God.”⁶

Did you notice the message? Read the above again, please. If we fail to understand the true science of education, we shall never have a place in the kingdom of God. That’s serious. It reminds me of another thought: “**In the highest sense the work of education and the work of redemption are one.**”⁷

Why? Because true education is about character! “Higher education calls for something greater, something more divine, than the knowledge to be obtained merely from books. It means a personal, experimental knowledge of Christ; it means emancipation from ideas, from habits and practices, that have been gained in the school of the prince of darkness, and which are opposed to loyalty to God. It means to overcome stubbornness, pride, selfishness, worldly ambition, and unbelief. It is the message of deliverance from sin.”⁸

“When the truth for these last days came to the world in the proclamation of the first, second, and third angel’s messages, we were shown that in the education of our children a different order of things must be brought in; but it has taken much time to understand what changes should be made.”⁹

Why a different order of things? Because the surrounding atmosphere and what they were being taught affected the character, therefore the salvation of the child. “We have a special work to do in educating and training our children, that they may not, either in attending school or in associating with others, be influenced by those of corrupt habits.”¹⁰

True education has a different basis than what the world offers. A different foundation, a different focus, a different motive, a different goal.

“This is life eternal, that they might know Thee the only true God,

and Jesus Christ, whom Thou hast sent' (John 17:3). If this is the price of heaven, shall not our education be conducted on these lines?"¹¹

In this series of articles, we hope to discuss the characteristics of true education in the hope that we may individually and corporately have a different order of things, that we may, by the grace of God, have a people prepared for the work ahead, prepared to meet Jesus, prepared to live in heavenly places.

Have you thought about who is going to finish the work here on earth? "The Lord has appointed the youth to be His helping hand."¹²

"With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world! How soon might the end come—the end of suffering and sorrow and sin! How soon, in place of a possession here, with its blight of sin and pain, our children might receive their inheritance where 'the righteous shall inherit the land, and dwell therein forever;' where 'the inhabitant shall not say, I am sick,' and 'the voice of weeping shall be no more heard' (Psalm 37:29; Isaiah 33:24; 65:19)."¹³

Who will train the youth? We, as parents and as a church, must understand that the children of today are the leaders of tomorrow. "Satan is marshaling his hosts. Are you prepared for the conflict just before us? Are you preparing your children for the crisis? Are your children forming habits of decision, that they may be firm to principle? Parental duty has been sadly neglected. Will you not now repent, and take up your God-given lifework? There is no time to lose. Redeem the time, because the days are evil. Pray that your spiritual perceptions may be quickened. Strive to realize the importance of living in obedience to the Holy Spirit. When you do this, the heavenly angels will minister to you as teachers in the home, training you for the work of teaching your children."¹⁴

"While the judgments of God were falling upon the

land of Egypt, the Lord directed the Israelites not only to keep their children within their houses, but to bring in even their cattle from the fields. . . . As the Israelites kept their children within their houses during the time when the judgments of God were in the land of Egypt, so in this time of peril we are to keep our children separate and distinct from the world. We are to teach them that the commandments of God mean much more than we realize. Those who keep them will not imitate the practices of the transgressors of God's law."

"Parents must regard God's Word with respect, obeying its teachings. To the parents in this day, as well as to the Israelites, God declares: "These words . . . shall be in thine heart; and thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates' (Deuteronomy 6:6–9)."¹⁵

There is a prophesied reformation in Malachi 4:5, 6: "Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: and he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse."

May we partake of the blessing! *R*

True education
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Mommy M's Vegan Bread Pudding

Ingredients & directions

1. Mix in a bowl:

- 3 shredded apples
- juice of 1/2 lemon
- 1/3 cup raisins (organic if possible)
- 1/2 cup sliced almonds
- 2 Tbs. ground flax seed meal (grind seeds in a coffee grinder)

2. Cut up:

- 6 cups whole grain bread, cubed, small

3. Blend first 6 ingredients into a cream:

- 2 cups water (add slowly)
- 1/2 cup raw almonds
- 1/2 cup maple syrup

- rind of 1/2 an orange (peeled very thinly)
- dash cardamom
- 1/2 tsp. sea salt
- a few drops of almond extract

4. Place

1/3 of the bread in the bottom of a lightly oiled baking dish and cover with 1 cup of the apple mixture. Pour almost a cup of the blended mixture on the apples. Repeat the layers of bread and apple, ending with a top layer of bread and the remaining blended mixture.

5. Pat down

lightly. Let the pudding set 20 minutes before baking. Bake covered, 350°F for 35–45 minutes. When done, let it set out of the oven for about 15 minutes before serving.

You could serve this with some fresh fruit “ice cream” made from frozen bananas and other fruits extracted from a Champion juicer. Enjoy!



God's *Newest* Wellness Center

By Kathie Bauer

There is a way that seemeth right unto a man, but the end thereof are the ways of death" (Proverbs 16:25).

Have you ever thought that you were so sure your way was the best way to accomplish something, and then later found out that it was wrong? I think we all have. It is so good that we have a guide for us in the important things of life, and it is so good to be among a people who are striving to listen to the light given to us for these last days. "And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them" (Isaiah 42:16). When we are blind to our ways, then the Lord can lead us in His ways.

We are all very excited about the Lord's newest Wellness Center, the first to open among SDA Reformers as a part of a church effort in the United States. We want it to be all that the Lord can

make it under His guidance. We want to see a chain reaction with many small Wellness Centers starting up.

How many Wellness Centers should we have?

"Intemperance has filled our world, and medical missions should be established in every city. By this I do not mean that expensive institutions should be established, calling for a large outlay of means. . . . In every city where we have a church there is need of a place where treatments can be given. . . . The building might be inelegant and even rude, but it should be furnished with facilities for giving simple treatments."¹

Is this possible only by having medical doctors with a PhD?

"We should not at this time seek to compete with worldly medical schools. Should we do this, our chances of success would be small. We are not now prepared to carry out suc-

cessfully the work of establishing large medical institutions of learning. Moreover should we follow the world's methods of medical practice, exacting the large fees that worldly physicians demand for their services, we would work away from Christ's plan for our ministry to the sick."²

How much time should we spend training medical missionaries?

"Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed."³

"Now, as never before, we need to understand the true science of education. If we fail to understand this, we shall never have a place in the kingdom of God."⁴

What can we learn from the great Teacher?

"Let the whole burden of soul be to be just what Christ was in His work. We are to make no compromise with the habits and practices of the world. We are to stand upon the platform of eternal truth—pure, unadulterated truth. In this we may be considered singular, but this is the lot of all who make Christ their portion. Every worker in medical missionary lines is to make that work a success by living in connection with the Great Worker."⁵

What type of people is the Wellness Center to help?

"It is to save the souls, as well as to cure the bodies of men and women,



Floor being poured over the radiant heating system.

Steel framing for the two story director's home.



that at much expense our sanitariums are established. God designs that by means of these agencies of His own planting, the rich and the poor, the high and the low, shall find the bread of heaven and the water of life.”⁶

What type of talent is needed?

“The Lord calls for the best talents to be united . . . for the carrying on of the work as He has directed—not the talent that will demand the largest salary, but the talent that will place itself on the side of Christ to work in His lines. We must have medical instructors who will teach the science of healing without the use of drugs. . . . We are to prepare a company of workers who will follow Christ’s methods.”⁷

What type of salary?

“Our sanitariums are not to be conducted after the customs of the world. It is not to be considered necessary that even the medical superintendent shall draw a large salary. We are the servants of God.”⁸

“The Lord desires us to be consistent in everything. He desires us to follow the self-sacrificing example of Christ, and when we do that, His blessing rests upon us. . . .

“Those who have the cause of God at heart must realize that they are not working for themselves or for the small wage they may be receiving, and that God can make the little they do receive go farther than they may think it can. He will give them satisfaction and blessing as they go forward in self-

sacrificing labor. And He will bless every one of us as we labor in the meekness of Christ.”⁹

“The Lord calls for self-denial in His service, and this obligation is binding upon physicians as well as upon ministers. We have before us an aggressive work which requires means, and we must call into service young men to labor as ministers and as physicians, not for the highest wages, but because of the great needs of God’s cause. The Lord is not pleased with this spirit of grasping for the highest wages. We need physicians and ministers whose hearts are consecrated to God, and who receive their marching orders from the greatest Medical Missionary that has ever trod this earth. Let them behold His life of self-denial, and then gladly sacrifice, in order that more workers may engage in sowing the gospel seed. If all will work in this spirit, less wages will be required.”¹⁰

What is another much needed talent in the Wellness Center?

“Food is prepared in such a way that it is not appetizing, but is having the tendency to dry up the desire for food. I would pay a higher price for a cook than for any other part of my work.”¹¹

How can a gospel minister be more successful?

“Some utterly fail to realize the importance of missionaries’ being also medical missionaries. A gospel minis-

ter will be twice as successful in his work if he understands how to treat disease. Continually increasing light has been given me on this subject. Some, who do not see the advantage of educating the youth to be physicians both of the mind and of the body, say that the tithe should not be used to support medical missionaries, who devote their time to treating the sick. In response to such statements as these, I am instructed to say that the mind must not become so narrowed down that it cannot take in the truth of the situation. A minister of the gospel who is also a medical missionary, who can cure physical ailments, is a much more efficient worker than one who cannot do this. His work as a minister of the gospel is much more complete.”¹²

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.”¹³

Take a look at some of the wonderful methods of healing!

“We combined prayer and labor. We used the simple water treatments, and then tried to fasten the eyes of the patients on the Great Healer. We told them what He could do for them. If we can inspire the patients with hope, this is greatly to their advantage. We want all that have any part to act in our sanitariums to have a firm grasp on the power of the Infinite. We believe in Him and in the power of His word. When we do our best for the recovery of the sick, we may then look for Him to be with us, that we may see of His salvation. We put too little confidence in the power of the hand that rules the world.”¹⁴

“Let there be in the Sanitarium much prayer for the healing of the sick. We must depend more decidedly upon the great Healer. It is the miracle-working power of God that will give efficiency to the gospel message. As believers, are we not sons and daughters of God? Is not Christ our Elder Brother? Then shall we not believe that He will reveal His power in restoring the sick to health? Tell Him your wishes and desires, and plead the promise, ‘Let him take hold of My strength, that

he may make peace with Me, and he shall make peace with Me' (Isaiah 27:5). Christ cannot too often be reminded of His pledged word."¹⁵

The great effects of the medical missionary work.

"[Jesus] sent [His disciples] to preach the kingdom of God, and to heal the sick. . . . And they departed, and went through the towns, preaching the gospel, and healing every where" (Luke 9:2, 6).

"There are many suffering from disease and injury, who, when relieved of pain, will be prepared to listen to the truth. Our Saviour was a mighty Healer. In His name there may be many miracles wrought in the South and in other fields, through the instrumentality of the trained medical missionary."¹⁶

"Christ attaches great importance to the work of the ministry; but this does not mean preaching merely. It means personal effort also. The Saviour of the world devoted more time and labor to healing the sick than to preaching. His last injunction to His apostles, His representatives upon earth, was to lay hands on the sick, that they might recover. And when the Master shall come again, He will commend those who have visited the sick, and relieved the necessities of the afflicted. 'Well done, good and faithful servant,' he will say; 'enter thou into the joy of thy Lord' (Mathew 25:23)."¹⁷

What should we have in connection to the Wellness Center?

"In [our Saviour's] name there may be many miracles wrought in the South and in other fields through the instrumentality of the trained medical missionary. Therefore it is essential that there shall be a sanitarium connected with the Madison school. The educational work at the school and the sanitarium can go forward hand in hand. The instruction given at the school will benefit the patients, and the instruction given to the sanitarium patients will be a blessing to the school."¹⁸

How shall we build this Wellness Center?

"At the Huntsville school a thor-



ough work is to be done in training men to cultivate the soil and to grow fruits and vegetables. Let no one despise this work. Agriculture is the ABC of industrial education. Let the erection of the buildings for the school and the sanitarium be an education to the students."¹⁹

How can we support this Wellness Center?

"Wherever a sanitarium is established, facilities are to be provided, to a greater or smaller extent, as the case may demand, for the preparation of health foods."²⁰

"In all parts of our world experiments will be made, processes invented and methods discovered in the preparation and manufacture of healthful foods that can be used for the benefit of all the people. The all-wise God, who has given light and wisdom to one party, will not withhold His light and wisdom from others who are just as devoted to the interests of our sanitariums and all lines of medical missionary work. There are to be new food industries. Foods that are perfectly healthful and yet inexpensive are to be made, and thus the way will be opened for those to find work who, by accepting the truth, have been thrown out of employment. The Lord God of heaven will give understanding to His human agents."²¹

As we prepare to launch off with our Wellness Center in Tennessee, let us keep these things in mind, and

ever be praying for the future work here. We do need consecrated, self sacrificing workers. Praise the Lord that we have the land and good soil to grow the produce. We put in a small garden to see how thing would grow here, and the plants came up so fast and so big that we were amazed. The cucumbers and corn are doing especially well. We are thinking of some industries to help with the support. We are asking for your prayers and suggestions. One of the things we are considering is the production of non-vinegar items that are hard to find, such as mayonnaise, catsup, mustard, pickles, and so forth. May the Lord help us, and guide us in His perfect way! *R*

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The Cheerful *Chipmunk*

By B. Monteiro



Lord, thou preservest man and beast. How excellent is thy loving-kindness, O God! therefore the children of men put their trust under the shadow of thy wings” (Psalm 36:6, 7).

Have you ever seen or heard of a chipmunk? This cute, little animal can be found in wooded areas throughout the eastern United States and Canada. The smallest member of the squirrel family, it has a neatly striped body, sparkling eyes, perky ears, and a long, furry tail.

The chipmunk is a hard worker able to hold an amazing amount of nuts, grains, and seeds in its stretchable cheeks. The food stash is gathered up and then hidden underground to provide the little creature with nourishment during the cold, winter months. The chipmunk sometimes wakes up from its hibernation from time to time to enjoy this carefully stored feast.

Chipmunks like to chat happily with one another and they

often do so in groups. They also are quick to warn each other of danger and easily run to escape it. The Lord has blessed chipmunks with rapid speed to scamper away from those enemies in the animal kingdom that would destroy them.

In sacred Scripture, the psalmist prayed: “Deliver me, O Lord, from mine enemies: I flee unto thee to hide me” (Psalm 143:9). Here is a simple lesson for children and youth when approached by those who seek to do evil. Like the cheerful chipmunk, a child should be happy to flee quickly from temptation and trouble as fast as it comes along.

“In thee, O Lord, do I put my trust: let me never be put to confusion. Deliver me in thy righteousness, and cause me to escape: incline thine ear unto me, and save me. Be thou my strong habitation, whereunto I may continually resort: thou hast given commandment to save me; for thou art my rock and my fortress. Deliver me, O my God, out of the hand of the wicked, out of the hand of the unrighteous and cruel man. For thou art my hope, O Lord God: thou art my trust from my youth” (Psalm 71:1–5). *R*

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