



# **YOUTH** **messenger**

Vol. XXIX, No. 1

**DYING for a soda**

**a pattern  
for youth**

**WHAT IS  
THE SPIRIT  
OF PROPHECY**

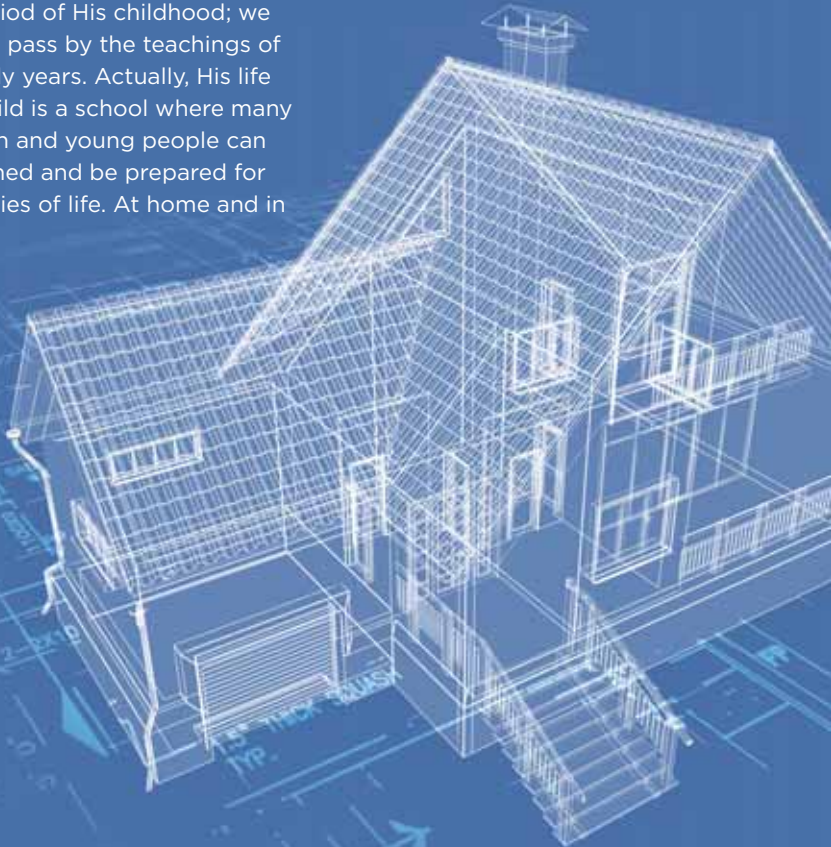
# a pattern for youth

Jackson Zamy

Part 1

**J**esus came to this earth to be an example for all. From His childhood as well as from His manhood, many lessons can be learned. But often we do not really take time to dwell upon the period of His childhood; we tend to pass by the teachings of His early years. Actually, His life as a child is a school where many children and young people can be trained and be prepared for the duties of life. At home and in

His daily occupations, He left a great example for the youth. The inspired word says: "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should



follow his steps" (1 Peter 2:21). A study of His life, while He was a child and a young man will help us see the example He has given for us.

### **A life of activity**

It is recorded in the Gospel according to Mark that Jesus was a carpenter (6:3). His life was filled with industry. He worked at the shop of Joseph and took part in the matters of life. No idleness was seen in His life. He was a laborer who did not live a selfish life. The inspired pen declares that Jesus "went about doing good" to people (Acts 10:38).

He explained to His disciples, "I must work the works of him that sent me, while it is day: the night cometh, when no man can work" (John 9:4). In these words is seen the importance Jesus gave to time. Knowing that His time was short, He put Himself to work in order to accomplish the purpose for which He had been sent. The Bible teaches us on this point that we need to do with our hands whatever we can, for there will be a time when we will not be able to do them. (See Ecclesiastes 9:10.)

Let us, as Jesus, live a life of activity and do what is within our reach for the help of others, knowing that our time is short.

### **Relationship with parents**

These days, at the age of eighteen, as is the rule in many countries,

it is believed that young people are free to make any decision regardless of their parents' wishes. Some children do not even wait until this age to act independently, yet the fifth commandment declares: "Honour thy father and thy mother" (Exodus 20:12). The life of Jesus on this point is a great lesson for all indifferent children. Inspiration records that "for thirty years [Jesus] submitted to parental restraint" (*The Youth's Instructor*, September 1, 1873).

As a proof of respect and love for His mother, while on the cross and suffering from intense physical pain, Jesus, looking at His mother said: "Woman, behold thy son!" And then, turning His face towards John, He declared: "Behold thy mother!" (John 19:26, 27). Even at the cross, just about to die, Jesus remembered His mother and thought about her well-being. So, before His death, Christ entrusted the care of His mother to someone He knew would give her special attention. What a good example of love!

The fifth commandment is given with a promise: "That thy days may be long upon the land which the Lord thy God giveth thee" (Exodus 20:12). Children who want to live longer on this earth will honor their parents. They will not live in such a way to grieve the heart of their parents and cause them pain. They will follow the example of Christ. They will know and accept that

“the fifth commandment is binding upon children as long as their own lives and the lives of their parents are spared” (Ibid).

### **A life of consecration**

The life of Jesus was characterized by prayer and consecration. At the age of twelve, He was already familiar with the Scriptures, which can be seen in His conversation with the doctors of the law at the temple (Luke 2:42–47). In His childhood, youth, and manhood He gave great importance to prayer and the study of the Scriptures. He would be seen early in the morning and in the evening time on the mountain praying and reading the word of God. (See *Education*, p. 185.) Should not this be our attitude? If Jesus gave so much importance to consecration, how much more should we, as sinners, give importance to prayer and the reading of the word of God?

The word of God tells us to pray without ceasing (1 Thessalonians 5:17). And Jesus, knowing the weakness of human nature, said to the disciples: “Watch and pray, that ye enter not into temptation” (Matthew 26:41). Therefore, “at the beginning of the day, do not, dear

May God help us  
to become like His  
Son—the pattern for  
all ages, including  
youth!

youth, neglect to pray earnestly to Jesus that He will impart to you strength and grace to resist the temptations of the enemy in whatsoever form they may come; and if you pray earnestly, in faith and contrition of soul, the Lord will hear your prayer. But you must watch as well as pray” (*God’s Amazing Grace*, p. 289).

### **A surprising attitude**

The visit of Jesus to the Passover festival at the age of twelve is to be considered by the youth of today. It was a custom among the Jewish people to go to the Passover feast every year. So Jesus was taken to that place, too, while He was a child. But the attitude He manifested was really striking. As He entered the temple, He beheld all that was being performed, especially that which had to do with His own life. Being attracted by the thought-provoking scenes, He decided to



separate Himself and sought to be alone. He was so engaged in the things of the temple that His parents did not realize that they had left Him behind. (See *The Desire of Ages*, p. 78.)

Considering the sacredness of the moment, Jesus did not get involved in vain conversations. His mind was attracted to what was spiritual. He decided not to follow the example of those who, by their conversations, had lost sight of the spirituality of the moment. (See p. 82.)

At our camp meetings today which are, in a sense, similar to those holy convocations—are not our youth often indifferent in their attitude? They are the ones who sometimes chatter the most and are ready to yield to frivolity which characterizes every vain conversation. Many think that a youth convention is a special occasion for amusements, soccer games, and so on. Would Jesus as a child take part in our camp meetings today?

### **Christ and amusements**

Jesus never took part in earthly amusements; His life was in entire

conformity to the word of God. The Bible says: ‘My son, if sinners entice thee, consent thou not.’

“My son, walk not thou in the way with them; refrain thy foot from their path.” (Proverbs 1:10, 15). Jesus gave strict obedience to these words. “Often He was asked, Why are you bent on being so singular, so different from us all? It is written, He said, ‘Blessed are the undefiled in the way, who walk in the law of the Lord. Blessed are they that keep His testimonies, and that seek Him with the whole heart. They also do no iniquity: they walk in His ways’ (Psalm 119:1-3).

“When questioned why He did not join in the frolics of the youth of Nazareth, He said, It is written, ‘I have rejoiced in the way of Thy testimonies, as much as in all riches. I will meditate in Thy precepts, and have respect unto Thy ways. I will delight myself in Thy statutes; I will not forget Thy word’ (Psalm 119:14-16”; *Ibid.*, p. 89). May the attitude of Christ be ours, dear youth. Jesus will be a guide for you if you want to follow His steps. 🙏



# Technology DEPENDENCE

Isaac Senior

# ENT

It was a Monday in late August, the sky was crystal clear, and the sun shone as brightly as ever. Its radiance was so unbearable, in fact, not a single soul in my entire neighborhood—or probably in the entire city for that matter—found the idea of stepping outside and embracing the sunshine to be amusing.

Unfortunately, staying indoors wasn't all that pleasing either at this point in time. Thus two of my friends and I, like most of my neighbors, found ourselves sitting under the shade of an open garage. With idle stares we scanned the road in front of the driveway, glancing at anything that moved, which for the most part was nothing but occasional speeding cars passing by.

## What was the problem?

This was the week after the unwelcome Hurricane Francis had smashed its way through central Florida, leaving all of us frustrated and unhappy with the results. Francis, a category four

hurricane, had done quite a bit of damage, leaving people homeless, injured, and sadly, some even dead. In my case, and that of my friends, Francis had not killed us, but it most certainly had left us lifeless, so to speak. So much of our life had been interrupted by the hurricane that we wondered "what's next."

You see, for children of the twenty-first century, technology plays a major role in their lifestyle. Computers, cell phones, I-pods, the Internet, all of these are key components that help keep our life technologically healthy.

On that hot summer day, however, we were far from healthy, and all thanks to the not-so-benevolent Francis which the week before had recklessly swept across the city, cutting out power in various neighborhoods, including ours. Now, it certainly doesn't take a genius to figure out that when the power goes out, life for a twenty-first-century teen can get quite a bit complicated; like if it

## Computer batteries and cell phone batteries run out of power, and then what?

were the end of civilization. That's pretty much how all of us felt that Monday.

As a result, my friends and I were sick and dying of boredom, and although generations before ours would have easily brushed off these technological needs, we found ourselves in dire and tragic circumstances. So the three of us sat, one holding a cell phone which had died an hour ago, another holding a laptop which was one bar away from suffering the same fate, and me—well, let's just say, feeling very frustrated that our lives were as it had been “hijacked.”

What we were going to do then, none of us knew, but we all did feel like something had to be done.

### **Why not give this a try?**

Finally, after some time of coping with our tragic losses, we moved on, deciding to follow the advice of the older generation and revert to spending time together, communicating on a personal basis, without the cell phone and the Internet. As time passed, our misery began to

give way. We began to let go of our loss and grasp our gain. We discovered how much we enjoyed our communications one on one, without the electronic devices. We did not have to press any keys, since we were not text messaging. After a while, I realized we were actually having a great time.

Surprisingly enough, we had begun to enjoy ourselves, forgetting about the heat, forgetting about our circumstances. Instead we took our situation and carved out of it our own simple lifestyle, one that didn't require the complexity of technology. I felt as if I was experiencing a new kind of health, one that required not the vain and material ingredients of the old, but instead relied on much more natural and wholesome ingredients, ingredients like friendship, companionship, positivity, and contentment.

### **Positive results**

To this day I haven't forgotten that lifestyle which I am sure previous generations have cherished for lifetimes, and just that small glimpse of it, which I received that day, has led me to understand how much we have become technology dependent. The prophet of the Lord foresaw this coming, when he said that in the last days “many shall run to and fro, and knowledge shall be increased” (Daniel 12:4). I also understood the importance of the personal interaction in my life. I have come to realize that though it is a great privilege and luxury



to live with means of technology, under no circumstances can their value be compared to that of living by natural means, such as friendship, love, and joy.

**Wait—there’s more!**

Computer batteries and cell phone batteries run out of power, and then what? Can you mobile a friend? Can you send an e-mail? Yes, you can. I have a Friend with whom I communicate on a personal basis without cell phones and computers. Yes, no e-mails and no text messaging. I have an open line at all times. I can talk to Him with clear reception. My friend is holding His arms wide open to extend a hearty reception to you, too. He says; “Because he hath set his love upon me, therefore will I deliver him: I will set him on


high, because he hath known my name. He shall call upon Me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him. With long life will I satisfy him, and shew him my salvation” (Psalm 91:14-16). Lines are open now. He is waiting for your call. 📞



**Do you know** where is this place, & what event will take place at this location?



The place is called “Porumbacuu Creek” and is located in Romania where the 20th General Conference Session of the Seventh Day Adventist Reform Movement will be held in 2011.

A white dove is shown in flight against a bright blue sky filled with soft, white clouds. The dove is positioned in the center-left of the frame, facing right. Its wings are fully extended, showing the intricate structure of its feathers. In its beak, it holds a red olive branch. The lighting is bright, suggesting a sunny day, with some lens flare effects visible in the lower right corner.

*A 4-part Bible study series prepared  
by Peter D. Lausevic, with emphasis  
supplied throughout.*

*the*

**W**hat is this that we often refer to as “the Spirit of Prophecy”? Why is it useful? Would you like to understand the subject better and be able to explain it to friends? Here is a four-part presentation to help your understanding!

**Ever since sin first entered this world, how has God communicated with humanity?**

“God, who at sundry times and in divers manners **spake** in time past unto the fathers **by the prophets**” (Hebrews 1:1).

**How does our Creator communicate directly in New Testament times?**

He “hath in these last days spoken unto us by his Son, whom he hath appointed heir of all things, by whom also he made the worlds” (verse 2).

This obviously includes all the teachings of Christ while on earth, as revealed in the four Gospels about the life of Jesus.

**Were the Gospels intended to be the entire teachings of Jesus?**

The Lord told His disciples, “I will pray the Father, and he shall give you **another Comforter**, that he may abide with you for ever” (John 14:16). What was this “another Comforter” going to accomplish?

“**The Comforter**, which is the Holy Ghost, whom the Father will send in my name, he shall **teach you all things**, and **bring all things to your remembrance**, whatsoever I have said unto you” (verse 26).

What is included in this “all things”? Jesus explained, “When **the Comforter** is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall **testify of me**” (John 15:26).

**What shows that there were more things to be revealed by the Holy Spirit other than what is seen in the four Gospels?**

The Lord said, “It is **expedient for you that I go away**: for if I go

# What is

# Spirit of prophecy

Part 1: Rules for discerning true prophets.

not away, the **Comforter** will not come unto you; but if I depart, I **will send him unto you**. . . . I have yet many things to say unto you, but ye cannot bear them now” (John 16:7, 12). Was Jesus unable to tell us everything we need to know while here on earth? Referring



to the Holy Spirit, the Lord revealed, “When he, **the Spirit of truth**, is come, he **will guide you into all truth**: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. He shall glorify me: for he shall receive of mine, and **shall shew it unto you**” (verses 13, 14). It is for this reason the disciples were not able to begin their lifework immediately after the ascension. The Lord told them, “Behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high” (Luke 24:49).

**When the Holy Ghost did come on the day of Pentecost, how was the promise of Christ fulfilled?**

“This is 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” (Acts 2:16-18). The gift of prophecy through men and women was reintroduced and would not cease at the death of the last apostle. This gift was to be present again in the church in the time of the end (verse 17). In continuation, we will discuss the following questions:

1. Does this promise include the gift of prophecy?
2. How do we distinguish true prophets from the false?
3. What specific rules can we safely follow in this testing process?

## 1 the gift of *Prophecy*

**How does the apostle Paul recognize that all the gifts of the Spirit will be present in the church till the end of time?**

“So that ye come behind in no gift; waiting for the coming of our Lord Jesus Christ: who shall also confirm you unto the end, that ye may be blameless in the day of our Lord Jesus Christ” (1 Corinthians 1:7, 8).

**Which specific gift is mentioned in this context?**

The apostle says, “I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ; that in every thing ye are enriched by him, in all utterance, and in all knowledge; even as the **testimony of Christ** was confirmed in you” (verses 4-6).

After the period of the Dark Ages prophesied in the New Testament, **what two things would specifically identify the remnant church?**

“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have **the testimony of Jesus Christ**” (Revelation 12:17).

- a. The commandments of God.
- b. The testimony of Jesus Christ.

**What is this testimony of Jesus?**

“The testimony of Jesus is the spirit of prophecy” (Revelation 19:10).

“The word of God is sufficient to enlighten the most beclouded mind and may be understood by those who have any desire to understand it. But notwithstanding all this, some who profess to make the word of God their study are

found living in direct opposition to its plainest teachings. Then, to leave men and women without excuse, God gives plain and pointed testimonies, bringing them back to the word that they have neglected to follow” (*Testimonies*, vol. 2, pp. 454, 455).

“Additional truth is not brought out; but God has through the *Testimonies* simplified the great truths already given. . . . The *Testimonies* are not to belittle the word of God, but to exalt it and attract minds to it, that the beautiful simplicity of truth may impress all” (Ibid., pp. 605, 606).

**What is the purpose of the testimony of Jesus (the spirit of prophecy)?**

“Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good” (1 Thessalonians 5:19-21).

The commandments of God are under attack in these last days. Therefore, the law of God needs to be once again magnified. “Bind up the testimony, seal the law among my disciples” (Isaiah 8:16).

**While the law of God is being promulgated, what false manifestation will also show itself?**

“They shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead?” (verse 19).

There is in the heart of humans a desire to receive instruction from

the unseen world, while the Lord's willingness to impart light and guidance is ignored. Therefore, while the people are being directed to turn to the occult, we are invited to seek the Lord our God. This is implied in Isaiah 8:16.

What are then the rules laid out in the Scriptures regarding true prophets?

## 2 Seven tests of a true Prophet

(We will cover only five of these in this first article.)

**1. All communication from God must be in harmony with His word and His law. "The spirits of the prophets are subject to the prophets" (1 Corinthians 14:32).**

**2. The idea of the indwelling Saviour through the Holy Spirit must pervade the prophet's words and writings.**

Can we blindly just believe everyone who uses the name of Jesus? "Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world. Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: and every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world" (1 John 4:1-3).

There is a difference between professing Christ and having Christ in our life: "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him" (John 14:23). "That **Christ may dwell in your hearts by faith**; that ye, being rooted and grounded in love" (Ephesians 3:17). It is insufficient for salvation to believe that Jesus existed. We need to experience the life described by the apostle: "**Christ in you, the hope of glory**" (Colossians 1:27).

**3. Not catering to the world or prophesying smooth, easy things.**

To what do false prophets cater? "They are of the world: therefore speak they of the world, and the world heareth them" (1 John 4:5). This verse comes after showing what true prophets must believe in (rule #2). It reveals that the teaching of false prophets will pander to the carnal heart, instead of exalting the self-denying and cross-bearing way. "Which say to the seers, See not; and to the prophets, Prophesy not unto us right things, speak unto us **smooth** things, prophesy deceits: get you out of the way, turn aside out of the path, cause the Holy One of Israel to cease from before us" (Isaiah 30:10, 11).

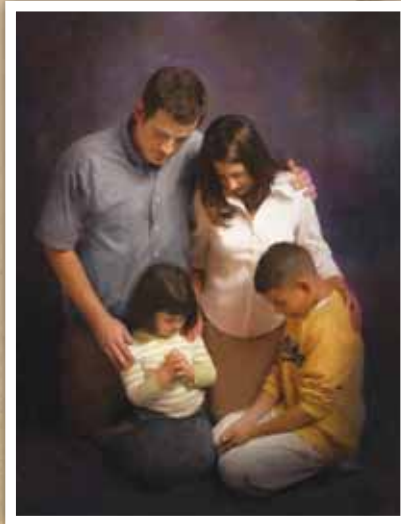
**4. A life of suffering and self-denial for Christ and reproof of sin.**

How do true prophets have to do their work? "Take, my brethren, the prophets, who have spoken in

the name of the Lord, for an example of suffering affliction, and of patience” (James 5:10). Why did they have to have so much patience and suffer affliction? “Thus saith the Lord of hosts, Harken not unto the words of the prophets that prophesy

unto you: they make you vain: they speak a vision of their own heart, and not out of the mouth of the Lord” (Jeremiah 23:16). How do the false prophets try to make the people feel comfortable? “They say still unto them that despise me, The Lord hath said, Ye shall have peace; and they say unto every one that walketh after the imagination of his own heart, No evil shall come upon you” (verse 17).


True prophets reveal faithfulness in reproving sin, even when surrounded by a vastly superior number of false prophets as in the case of Elijah. “And it came to pass, when Ahab saw Elijah, that Ahab said unto him, Art thou he that troubleth Israel? And he answered, I have not troubled Israel; but thou, and thy father’s house, in that ye have forsaken the commandments of the Lord,



and thou hast followed Baalim” (1 Kings 18:17, 18).

### **5. Living out the virtues of a genuine Christian life.**

What do we have to carefully evaluate in the life of an individual? Jesus says: “Ye shall know them by their fruits” (Matthew 7:16).

The Lord has put different ministries in the church: “some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ” (Ephesians 4:11-13). A true prophet among God’s people will promote unity based on the truth until the character of Jesus is reflected in every aspect of their life. It definitely benefits us to take heed to the words of true prophets! “Believe in the Lord your God, so shall ye be established; believe his prophets, so shall ye prosper” (2 Chronicles 20:20). 



# DYING for a soda

Liliane Balbach, M.S., R.D.

**T**eenagers drink gigantic amounts of sodas. An average 13–19-year-old boy drinks 86 gallons a year—that’s 917 soda (12-ounce (oz)) cans a year, or 2 cans/day. Girls, of the same age, drink 58 gallons a year—that’s 620 cans a year, or  $1\frac{2}{3}$  cans a day. Teenagers drink 13% of their total calories from sodas. Americans spent \$66 billion on carbonated soft drinks plus billions more on noncarbonated sodas, in 2004. Sodas are not only robbing people’s wallets—even worse, they are robbing their health. Sodas are health robbers! They not only have unhealthy ingredients—they cause damage to our body and affect our mind and push healthy foods from our diet. Teenagers who drink soda tend to drink less nourishing beverages, and they eat less fruits, vegetables, and other high-fiber foods. Don’t be a victim!

## 10 STRIKES AGAINST SODAS

### High in sugar and calories

Drinking a lot of soda means eating a lot of sugar (from high-fructose corn syrup) and many calories. The American Heart Association recommends that women should have no more than 6 teaspoons (tsp) of added sugar a day and men no more than 9 tsp a day. A 12-oz soda has 8 tsp of sugar and 150 calories. Research shows that many teens drink soda with other unhealthful foods such as french fries, chips, candy, and pastries, which cause overweight and obesity. The average 12–19-year-old boy gets 15 tsp of sugar from soda a day. Girls of the same age get 10 tsp of sugar a day. Teens who drink sodas eat more food than they should. So, based on the American Heart Association recommendations, just one soda

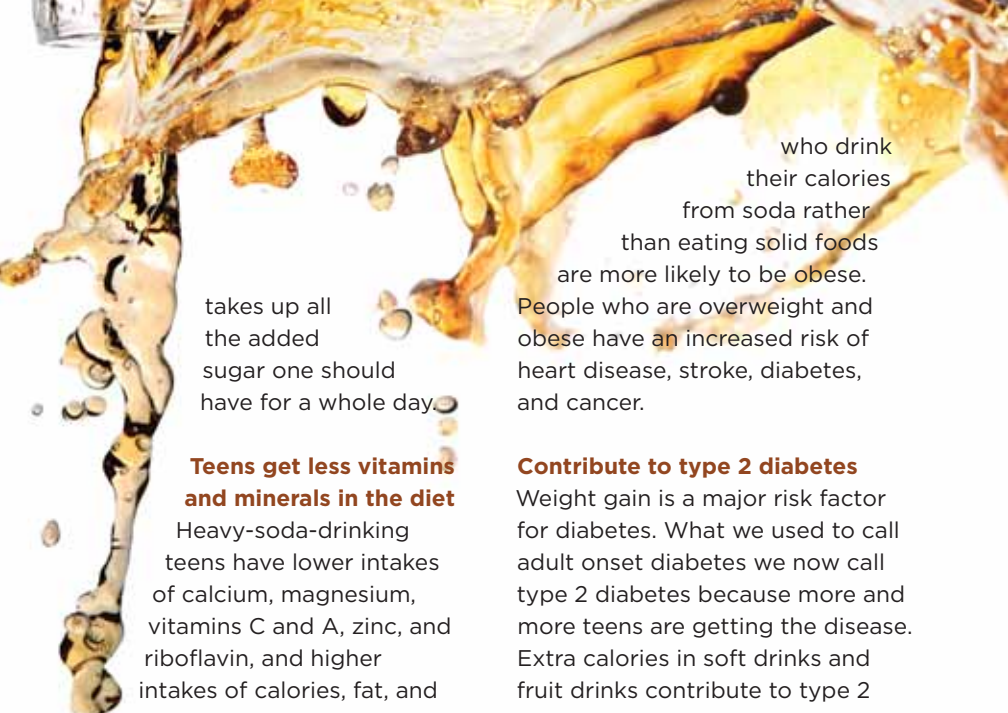




### Caffeine Content of Beverages

Beverage Type	Caffeine Serving Size (mg)	Beverage Type	Caffeine Serving Size (mg)
Starbucks Frappuccino Blended Coffee Beverages 9.5 oz	115	Diet Pepsi 12 oz	36
Arizona Iced Tea Green 16 oz	15	Coca-Cola Classic 12 oz	35
Mountain Dew MDX regular or diet 12 oz	71	Coke Zero 12 oz	35
Mountain Dew regular or diet 12 oz	54	Monster Energy 16 oz	160
Diet Coke 12 oz	47	Red Bull 8.3 oz	80
Dr. Pepper 12 oz	42	Glaxo Vitamin Water Energy Citrus 20 oz	50
Pepsi 12 oz	38		

Source: Most information was obtained from company Web sites or by direct inquiries (September 2007).



takes up all the added sugar one should have for a whole day.

### **Teens get less vitamins and minerals in the diet**

Heavy-soda-drinking teens have lower intakes of calcium, magnesium, vitamins C and A, zinc, and riboflavin, and higher intakes of calories, fat, and carbohydrates. Teenage boys

drink about  $2\frac{2}{3}$  cups of soft drinks a day but only 1 cup of milk. Girls drink  $1\frac{2}{3}$  cups of soda a day, yet less than 1 cup of milk.

### **Cause overweight and obesity**

Teenagers are becoming bigger and heavier. From 1971–2002, teenagers have increased in weight from 6–16%. Studies show that the more sodas the teens drink, the more weight they gain. One study showed that people

who drink their calories from soda rather than eating solid foods are more likely to be obese.

People who are overweight and obese have an increased risk of heart disease, stroke, diabetes, and cancer.


### **Contribute to type 2 diabetes**

Weight gain is a major risk factor for diabetes. What we used to call adult onset diabetes we now call type 2 diabetes because more and more teens are getting the disease. Extra calories in soft drinks and fruit drinks contribute to type 2 diabetes.

### **Sodas cause tooth decay**

Teens who often drink soft drinks bathe their teeth with sugar water for long periods of time during the day. The sugar causes tooth decay while the acids in regular and diet soft drinks erode the enamel of the teeth. Tooth decay is caused by eating sugary foods and beverages between meals. Do you want cavities and eroded teeth?

**Soda-pop consumption is directly linked to weight gain and many other health problems. Some children consume as many as 1,000 calories a day from soft drinks according to Dr. David Ludwig, director of the obesity program at Children's Hospital in Boston (Mass.).**



### **May increase the risk of osteoporosis**

People who drink sodas are more likely to have low intakes of calcium. Low calcium intake causes bones to be fragile and easily broken (osteoporosis). By 18 years of age, girls build up 92% of their bone mass. Studies show that teenage girls who drank more sodas, fruit drinks, coffee, and tea built up less bone mass. If they don't get enough calcium in their teenage years, they cannot catch up later.

### **May contribute to heart disease**

A high fat and high cholesterol diet, smoking, and lack of exercise are the main causes of heart disease. But high carbohydrate and sugar diets increase triglyceride and insulin levels in the blood, which also contributes to heart disease and diabetes.

### **Sodas have caffeine, which affects the mind**

Six out of seven soft drinks have caffeine. (See table.) A 20-oz can of Mountain Dew has 90 milligrams (mg) of caffeine, as much as a 6-oz cup of brewed coffee. Caffeine at first makes one more alert, but then it causes nervousness, increased heartbeat, sleeplessness, and irritability. Children may get headaches, become restless, and have trouble sleeping. Caffeine also causes

calcium to be excreted in the urine. The caffeine in one soda will affect one's mood and performance, while 2-3 sodas per day can cause dependence and withdrawal symptoms such as headache and fatigue. Be aware that energy drinks and even some vitamin waters are loaded with caffeine. (See table.)

### **Sodas have additives that cause allergic reactions in some people**

Yellow #5 is a dye that causes a runny nose, hives, and asthma in some people. The red color is extracted from insects and can cause life-threatening reactions. Dyes can cause attention-deficit hyperactivity disorder (ADHD) in sensitive children.

### **Contribute to kidney stones**

Those who frequently drink sodas are at greater risk of getting kidney stones. Kidney stones are a very painful disorder of the urinary tract.

### **WHAT DOES INSPIRATION TELL US ABOUT CAFFEINE?**

- "Tea, coffee, and tobacco are all stimulating and contain

poisons.”—*Counsels on Diet and Foods*, pp. 420, 421.

- “Never take, tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues.”—*Ibid.*, p. 421.
- “Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the after effect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. . . . Unless . . . the habit is overcome, the activity of the brain is **permanently lessened.**”—*Ibid.*, (emphasis supplied).
- “Tea and coffee drinking is a sin, an injurious indulgence, which, . . . injures the soul.”—*Ibid.*, p. 425.
- “*Those who use tobacco, tea, and coffee should lay aside those idols, and put their cost into the treasure of the Lord.*”—*Ibid.*

In Ellen White’s time the people didn’t have sodas, but they did have coffee which is loaded with caffeine. So what she wrote about coffee would apply to sodas also.

Notice how science agrees with what the Lord revealed over a hundred years ago! But what science cannot tell (and which only our Creator knows) is that caffeine injures our soul and our relationship with our Creator. Inspiration also tells us that “sugar, when largely used, is more injurious than meat” (*Ibid.*, p. 328). “The free use of sugar in any form tends to clog the system and is not infrequently a cause of disease” (*Ibid.*, p. 197). Natural forms of sugar in moderation do not cause a problem.

What shall we drink then? God gave us the perfect drink: pure, fresh water. It has no calories and no health-destroying substances. You don’t have to worry about gaining weight from drinking water. Our body is 60-70% water, so we need to drink enough of this free gift from God in order to stay healthy.

### **Say no!**

What should you do when your friends offer you a soft drink? Be not afraid or ashamed to say politely but firmly, “No, thank you.” If they ask you why, you can give



them an intelligent answer based on what you have learned or give them a copy of this article.

### Power to change

Dear youth, if you have been drinking sodas, not realizing how dangerous they are to your body, mind, and soul, I believe you will want to quit drinking this injurious drink. If you don't have the power to quit, look to Jesus. Remember Him hanging on the cross saying, "I thirst?" The soldiers put vinegar (sour wine) to His lips, "but when He had tasted it, He refused it. He would receive nothing that could

becloud His mind. His faith must keep fast hold upon God. This was His only strength. To becloud His senses would give Satan an advantage" (*The Desire of Ages*, p. 746). Jesus fully overcame the enemy's temptation on appetite so that you and I can have the victory over drinking sodas and every other unhealthful habit. Ask Him to give you the power to overcome, and He will. Make this promise your very own: "I can do all things through Christ who strengtheneth me" (Philippians 4:13). (All scientific references for this article are available upon request.) 🍷

## Prayer

The "prayer of a righteous man availeth much" (James 5:16). Since none of us are righteous, will our prayers avail (be worth) anything? The enemy would like us to think that it is not worth praying. He may suggest that we are not worthy to approach God, and that God will not hear us because of our imperfections. On the contrary—God will hear every sincere prayer which comes from the heart. In fact, we are told to "pray without ceasing" (1 Thessalonians 5:17).

What is prayer, and how do we go about praying? What do we pray for, and when should we pray? This series is intended to answer these questions and to enrich your personal devotional and prayer life. In these pages, there are inspirational thoughts to help you unlock precious gems of truth. Also, you will find encouraging words and suggested prayers to help you through life's trials, whether they are small or severe.

It is neither practical nor necessary to list here every prayer found in Scripture and inspiration. The book of Psalms, for example, is mostly a blending of prayer and praise. The book of Lamentations is prophet Jeremiah's pouring out his heart before God.

Where do the prayers listed here come from? They are entirely taken from inspiration (Bible and writings from the Spirit of Prophecy). These prayers are actually tested and tried. Taste and see that the Lord is good! Pray! Heaven is ready to hear. 🍷



**W**hy do people love roller coasters, skydiving, and bungee jumping?

Why do we take risks? Why is it more exciting to do something forbidden or illegal? The people who are attracted to dangerous activities usually do it for the adrenaline rush. The news regularly informs us of such thrill seekers who get injured or killed—and yet many seem fatally attracted to gamble with life.

Unfortunately, professed Christians are attracted to the world in much the same way.

“The world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever” (1 John 2:17). When we become enticed by the forbidden fruit of this world, we are walking into a fatal trap. All the sin of this world will be destroyed, and God is asking us to separate ourselves completely from it.

The Bible gives us a little test to see if we are worldly or not: “Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world” (verses 15, 16).

### **What’s wrong with the world?**

We cannot love both the world and the Father at the same time. If our

mind is absorbed with television shows, movies, unbalanced music, games, and amusement parks then we will have no desire to study God’s word. If we love our Bibles and communion with God then the things mentioned above will have no attraction for us. Unfortunately, many seem satisfied pretending to be God’s children while actually giving their hearts to the world.

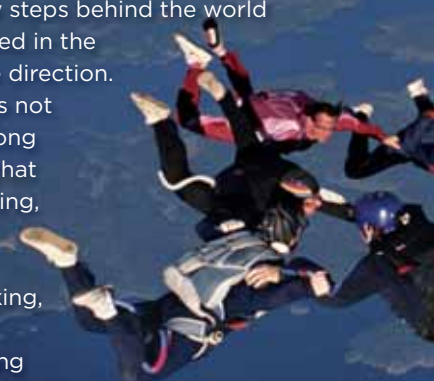
If we look carefully at history, we will find that the professed children of God are almost always a few steps behind the world headed in the same direction.

It was not too long ago that drinking,

smoking, and playing cards were condemned

by Christians as great social evils. Now they are considered normal. A

rock music few years back was looked upon by Christians as evil and demonic. And now in popular churches you’ll find the same music blasting supposedly for God’s glory. A hundred years



*JONATHAN TYLER*

# What Th

ago modesty and Christianity went hand in hand, but now it is common to see shorts, mini-skirts, and tank tops on platforms of Christian churches.

The world is becoming so wicked that we often seem desensitized and cannot discern between right and wrong.

Today you can think to be a Christian and no one could know unless you told them. We will not be judged by what other Christians think, by what the church teaches, or by what we think

to be right or wrong. We will be

judged by God's word. And we are told by Him in James "that the friendship of the world is enmity with God" and that

"a friend of the world is the enemy of God" (4:4)

### **Just compare the cost!**

So what if a man gains the delights of "the whole world, and [loses]

his own soul? or what shall a man give in exchange for his soul?" (Matthew 16:26). Is your soul worth a television show? Is it worth a sports car, a hit song, or a little alcohol?


Has God placed us in this world so that we could sit around and be entertained? Why did He place Adam and Eve in a garden instead of in front of a television? Was God forgetting that they might get bored? Instead of a fruit tree, should God have made the tree of life a game?

### **Boredom in abundance**

Children without toys don't get bored in third world countries. They play with rocks, sticks, bugs; they dance, sing, and make up their own little games. They seem like the happiest children in all the world, but in America and similar nations, it seems that the young people are the most dissatisfied. Without the latest gadget or newest clothes, they think that life becomes dull. Do you think the problem is really the lack of things? If so, take a look into the life of those movie stars that are so often idolized. Do you see happiness and satisfaction? Most of the time they live a very troubled life.

What is the reason for unhappiness? Happiness and satisfaction do not come knocking on the selfish heart's door. It is only by giving and seeking to help

# Thrills Us?



others that we feel happy and satisfied in life. Peace and joy only come from a connection with God and daily communion with Him.

So what is Satan's plan to get us so distracted and involved in this world that we cannot hear or discern God speaking to us? It is to bring every amusement and excitement to fill our day that we will have no time for God and no desire for spiritual things.

### Here's the key

If something takes our mind and our time away from God's word and communion with Him, then unless it is necessary for life we would do well to discard it. Why? Dear friend, we are living in dangerous times. "The devil, as a roaring lion, walketh about, seeking whom he may devour" (1 Peter 5:8).

How much do we love the truth? If we do not love it more than our own life, then at last we will be deceived. If we really do love the truth, then we will know it and follow its principles. "Ye are my friends, if ye do whatsoever I command you" (John 15:14) Whose friend have we become? The Bible is clear: We cannot be both the friend of God and of the world.

What is our purpose here in this world? Are we not here to stand holding high the banner of truth and to help others out of the pit of sin?

### Time to choose

Are we letting the standards trail in the dust? Whose side are we really on? These are questions to ponder. God is looking for standard-bearers, true soldiers of Jesus Christ, who will carry this truth to the gates of the New Jerusalem.

God is now dropping destruction in limited measure upon this generation, but the great cup of His wrath has been tipped and no human hand can stop it from spilling. Though we may wish to delay the coming judgments of God, we cannot and it would not be wise to act as though we had another generation in which to live and please ourselves.

Dear youth, now is not the time to be conformed to this world. But rather to be "transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God" (Romans 12:2).

### Getting in tune

Years ago musicians noticed that all errand boys in one part of London whistled out of tune. There was much discussion of the matter until it was finally concluded that the cause was the Westminster bells. Something had gone wrong



with the chimes and they had gone slightly off pitch. The errand boys, who busily went about their day under the chiming of the bells, had copied the pitch unconsciously and were whistling out of tune.

We are living in a discordant world, a world where no good standard


**Dear youth, now is not the time to be conformed to this world.**

rings true. In many things it is easy for us to pick up unconsciously the tune or attitudes of this world. Sad to say, Christians as a whole are whistling to the tune of this world. What about us who claim to be God's standard-bearers?

It is time we as Christians stop comparing ourselves to the world and thinking how we are more righteous than they. God does not compare His people to the standard of this world but to the heavenly standard. Satan is satisfied for us to follow the worldly-minded crowd, but far enough behind to feel ourselves more "restrained." That way he can still control the heart.

So how will we know if we are in tune? It is the same as with any instrument to be tuned. A standard is used to check and adjust the pitch. God has given us His standard, but it is up to us to carefully check ourselves by this standard. God has made His standards clear for us, but we must apply the pitch pipes of God's word to our life every day. It is all too easy to compare ourselves to others and feel secure that we are upholding God's standard. We will not see our deficiency unless we can hear the true heavenly pitch and then adjust our life accordingly.

Is your life in tune? Are you planning on living forever to the glory of God? I hope so. The wonderful thing about our God is that even if we don't feel like serving Him, or giving up our cherished amusements, He can change our heart. All we have to do is ask Him to remove from us the desire for our pet sins. He'll give us strength for victory.

The rule of the kingdom of heaven is this: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (Matthew 7:7). Dear friend, heaven has warehouses full of blessings wrapped and ready for delivery. Why not ask Him? 



One day, my family and I were going door-to-door selling vegetarian cookbooks, children's storybooks about Jesus and other Bible characters, along with books such as *Steps to Christ*, *Thoughts From the Mount of Blessing*, and others. We had been working all afternoon, and now the sun was starting to set.

If you have ever gone colporteur, you know that sometimes a person might even work all day without many good results.

Finally, we came to a house at the end of a cul-de-sac and knocked at the door. A mother and her twelve-year-old son answered the call.


As usual, we started our canvass on cookbooks. The lady said, "I don't have any money with me, but my son likes to cook, so tell him about them."

We told the boy about the cookbooks, and he said that he liked what he saw but did not want to spend the money. (His mother mentioned that he was **very** careful with his money!) We

then told them about a character-building storybook, but they did not seem ready to actually buy anything.

For some reason, they were still very friendly, so we lingered a little bit longer. As we were talking, somehow the subject came up, and the mother mentioned something like, "My son really likes to read the Bible; he even likes the book of Revelation."

Immediately, we pulled out the perfect book on this subject. It's a classic. We told them a little about it. Then we asked them if they wanted it. The boy quickly pulled out a thick pile of money straight from his pocket! He gave us the amount assigned for the book. Sale made, mission accomplished, done for the day!

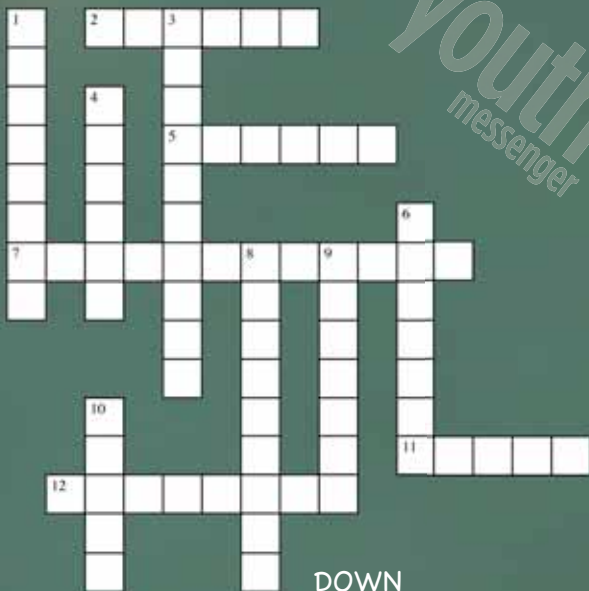
Sometimes, when doing the canvassing work, we may feel discouraged, but we must trust in God to provide at every step of the way. It is amazing to see the way the Lord allows us to be tested and then, when we feel like almost giving up, He gives us a good experience to encourage us to keep pressing on. God is so good! 

Just Before

Sunset

Bethany Lydia Montrose

# Test Your Reading!



## ACROSS

2. As a child, Jesus often quoted the book of \_\_\_\_.
5. False prophets tend to speak \_\_\_\_ things.
7. The life of Jesus was characterized by prayer and \_\_\_\_.
11. One of the big problems with sodas is the high content of \_\_\_\_.
12. The \_\_\_\_ in soda affects the mind, mood, performance, and it is a poison.

## DOWN

1. God often speaks to us through \_\_\_\_.
3. For young Jesus, youth conventions would not be a time to seek \_\_\_\_.
4. Christ is a \_\_\_\_ you can talk with even when the batteries are down!
6. Sodas are health \_\_\_\_.
8. If you contact Christ, you can always have clear \_\_\_\_.
9. Better than anyone on earth, Christ promises to be with us in \_\_\_\_.
10. When you go canvassing, some who do not seem \_\_\_\_ to buy may surprise you! 🎯



# FUELED FAITH

*adina paul*

God  
Watches  
Over the  
Gas Tank

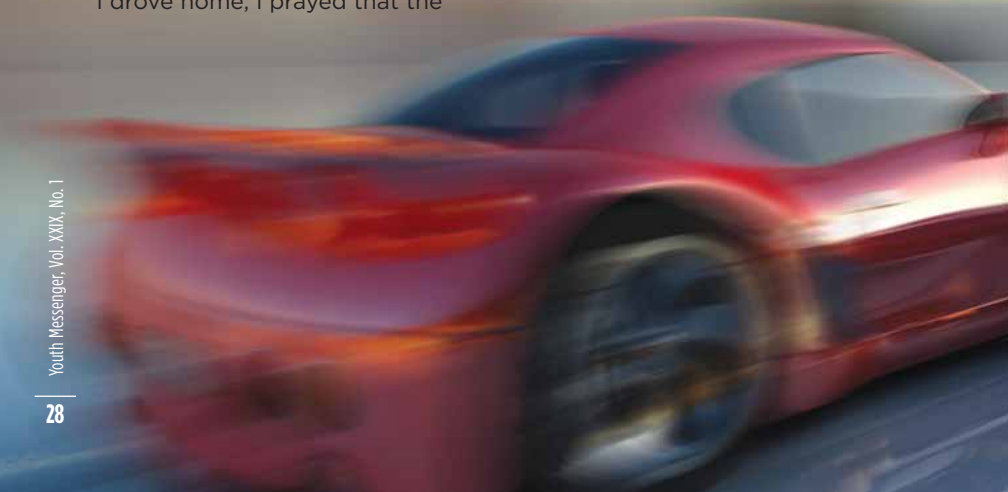
**A**nd it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear” (Isaiah 65:24). How good is the Lord toward His children! Before we call He is right there, ready to help us. He answers before we even ask Him. He sees things in the future—and before it even happens to us; He is right there waiting to help us.

It was a Friday afternoon, and I just got out from work. I got into my car to head home to get ready for the Sabbath. As I drove, I saw the red gas-warning light turning on before my eyes, telling me I’m running low on gas. I was calm because I knew that on Fridays I get my paycheck in the mail. As I drove home, I prayed that the

check was in the mailbox, waiting for me to cash it.

## **Empty Mailbox, Empty Tank**

I finally got home and rushed to the mailbox—and to my dismay, it was empty! “Now, what am I going to do?” I thought. “I can’t go to church tomorrow; I have no gas,” I said to myself. But then I decided that I would go anyway. I didn’t tell my husband that I had no gas in the car. We opened the Sabbath and had a wonderful Friday-night dinner. We praised the Lord and had a good night rest. In the morning we got into the car, and then my husband noticed that the fuel gauge indicated that the gas tank was empty. He told me that we couldn’t go to church, but I told him the Lord would take care of us. I prayed





a fervent prayer and I said, “Lord, You know we want to go to church and I didn’t get my paycheck yet; please help us go to church on this empty gas tank. I remember reading how You filled the vessels of oil for that widow so she could pay her debts. How You blessed the oil and she had enough to spare. Lord, please fill my gas tank so that we can get to church and back, in Jesus’ name we pray. Amen.”

### **Off We Go to Church!**

As it says in Matthew 21:22, “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive,” I believed that He would take care of us and He did. When we got to

church, the gas needle was BELOW the empty mark. We spent the whole day at church and then we had to go back home. My husband and my mother-in-law kept praying in silence for gas while I sang a song in Romanian, ‘With You Through Faith.’ I sang and had all the confidence that the Lord of the universe would not let me down.

### **God’s Perfect Timing**

After sunset, I went to the mailbox and there was my check. We went to the gas station to fill up the car, but on the way there the red gas-warning light was flashing. It was telling me: there was no gas whatsoever. As soon as I pulled into the gas station, the car stopped. How great is the Lord! The car could have stopped on the way to church, and we would have been stuck on the road. But it didn’t; it stopped after sunset when we pulled into the gas station. It was a wonderful experience that taught me a lot. When we ask the Lord with all our hearts, He will be right there to help us. 🙏



# YOU ARE **Wanted** GENEVA PROJECT



Young volunteers are wanted who will dedicate two months of their time for evangelistic outreach from July 1 till August 30, 2010 in Geneva, Switzerland. Special training will be held in Croatia from July 2 through 11. Apply now for your information package. 20 to 30 youth are needed. Reserve your spot today. Must be able to sponsor yourself.

**Contact:**  
Peter D. Lausevic

E-mail: [plausevic@sdarm.org](mailto:plausevic@sdarm.org)  
Or call: +15403524367

PLEASE CONTACT IN ADVANCE FOR RESERVATIONS

From Your Friend

# A New Magazine!



Dear youth, we are glad to present to you the new *Youth Messenger*. We have consulted together with many young people and listened to their suggestions—therefore we are changing the format, content, and size to make it more practical and interesting.

So now I appeal to you to help us with articles that you think may be helpful to other young people! We also want to include in the new magazine news from youth events of our church around the world, so we would like to receive news and photos of the events in your region.

We want this redesigned magazine to be a project of the youth of our church around the world, so please talk about it to others in your church and encourage them to participate as well.

The goal of this magazine is:

- To encourage the youth in their spiritual walk with Jesus Christ.
- To give them a hunger to study the Bible for themselves.
- To encourage them to share their faith with others.
- To give them a sense of connection with other youth in the Reform Movement around the world.
- To help them secure the kingdom of God.

Are you willing to participate? Please help us.

Before concluding, I want to remind you that there is Someone that is always ready to listen to your cry, and even when He is not answering as you expect, He is still there and knows what is the best for you.

“Therefore I will look unto the Lord; I will wait for the God of my salvation: my God will hear me” (Micah 7:7).

He is the giant of Calvary—and His love for you is greater than your needs. May the grace and love of Jesus be abundant in your life.

Your friend, Eli Tenorio da Silva

**Editor** Eli Tenorio da Silva, **Associate Editor** Barbara Monteiro, **Layout** Jessica Skorich, Daniel Lee.

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# Words of *Comfort*

The pathway may seem dim and dark,  
But Jesus Christ will be your light.  
Your body may at times feel weak,  
But in Him you will find might.

Many storms you may confront,  
But your shelter He will be.  
Waves may try to sink your ship,  
But the Lord will pilot thee.

You may stumble on the way,  
But He'll be there to help you stand.  
Things may seem too much to bear,  
But He'll reach out and hold your hand.

The road may lead through many dangers,  
But the Lord will guard and guide you.  
The path may seem so lonely, long . . .  
But He will be there, right beside you.

The Pilgrim's journey won't be easy  
Give yourself into His care!  
Love and strength will e'er enshroud you  
While you're safely hidden there.

It may seem you've lost your way,  
But ne'er forget the Lighthouse glows—  
To guide you through the darkest night  
To where the heav'nly river flows.

—Eunice Braidman