

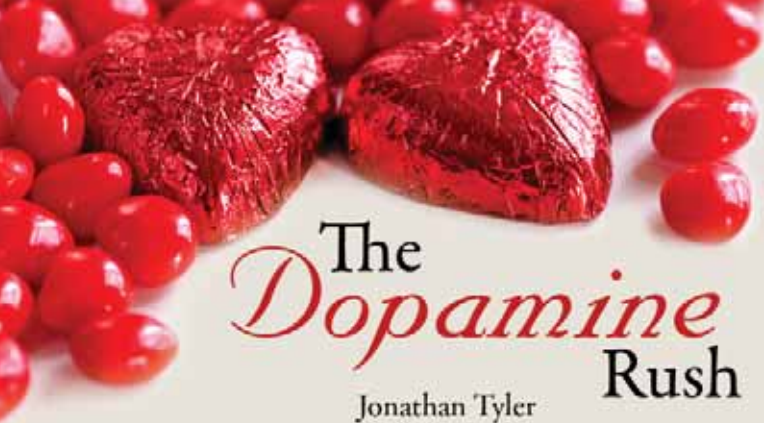
Youth messenger

Vol. XXIX, No. 2

**Carob's the Winner!
CHOCOLATE'S THE LOSER**

In Kings' Courts

*The
Dopamine
Rush*



The *Dopamine* Rush

Jonathan Tyler

*U*ntil recently it was not understood why we, as young people, seem to get easily and inseparably attached to cars, phones, gaming gadgets, and many times to each other. Scientists have recently identified the brain chemical responsible for behavior reinforcement. Unfortunately, it is also associated with addictions. This little brain chemical is called dopamine—a neurotransmitter that is found in the tiny spaces between nerve cells. It aids in the transmission of messages.

During our teenage years the brain steps up the production of dopamine, and the result is intense feelings of excitement and euphoria when experiencing new and interesting things. God had a purpose in mind when He designed us this way. In order to establish ourselves mentally and have a sense of who we are, we must gain a broad range of new experiences before we enter the responsibilities of adult life.

Herein are the blessing and the curse of dopamine. These very experiences can determine the outcome of our life.

Dopamine cannot distinguish between good and bad behavior. Basically, if it is fun and exciting, the brain reinforces it with a flood of dopamine that has you coming back for more. This intense feeling experienced by the youth is basically a dopamine rush.

Some things to think about, seriously

In recent studies it has also been discovered that substances like cigarettes, alcohol, caffeine, drugs, as well as music, gaming, and movies have many times more of an addictive force on teenagers than at any other time in life. Dr. R. Andrew Chambers, assistant professor of psychiatry at Yale School of Medicine, led the study which was published in the June 2003 issue of *The American Journal of Psychiatry*. Chambers and his colleagues

based their findings on a review of 140 earlier studies of addiction and brain development.

Basically, if you experiment with these kinds of things while in your teens, you are extremely likely to form lifelong addictions and habits that will be seemingly impossible to break later in life. God through Solomon warned us to be careful with this stage of our life. Solomon writes. “Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things God will bring thee into judgment” (*Ecclesiastes 11:9*). This is truly an exciting and enjoyable time of life, but the choices we make will be judged by a holy God and rewarded accordingly. David wrote, “Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word” (*Psalms 119:9*). The secret to purity and a very useful and productive adult life is to follow God’s instructions in these youthful years.

Have a “crush” on someone?

Intriguingly, there is yet another experience with dopamine that is so intense it mimics the effects of cocaine on the brain! Several of the behavioral aspects of romantic love suggest that it can be like cocaine—

reward producing exhilaration, excessive energy, sleeplessness, and loss of appetite (*Fisher 1998*). Consistent with animal studies of cocaine addiction (*David et al. 2004; Kalivas and Duffy 1998; McBride et al. 1999; Wise and Hoffman 1992*), acute cocaine injection has been shown to activate key dopamine neurons in MRI studies of humans (*Breiter et al. 1997*).

This is the experience of falling in love. So intense is the dopamine rush that the euphoria and excitement lasts for months and seems like it will last forever. Cocaine addicts often do unreasonable things in order to maintain their habit, and people when experiencing this high will often do unreasonable things in order to maintain the relationship and be with the person they have so recently fallen in love. Once the brain is flooded with dopamine, it causes you to believe that the person is perfect and that absolutely nothing could go wrong with their relationship. This experience is also known as infatuation, lovesickness, or being “madly in love.” In speaking about this Sister White wrote:

“The thought of marriage seems to have a bewitching power upon the minds of many of the youth. Two persons become acquainted; they are infatuated with each other, and their



whole attention is absorbed. Reason is blinded, and judgment is overthrown. They will not submit to any advice or control, but insist on having their own way, regardless of consequences. Like some epidemic, or contagion, that must run its course, is the infatuation that possesses them; and there seems to be no such thing as putting a stop to it. Perhaps there are those around them who realize that, should the parties interested be united in marriage, it could only result in life-long unhappiness. But entreaties and exhortations are given in vain" (*The Review and Herald, September 25, 1888*).

Researchers have also discovered that during infatuation, serotonin—another brain chemical—drops to low levels similar to those verified in people who have obsessive-compulsive disorder (OCD). By analyzing blood samples, Dr. Donatella Marazitti, a psychiatrist at the University of Pisa, Italy, discovered that serotonin levels of new lovers were equivalent to the low serotonin levels of OCD patients. Many people who are infatuated display compulsive types of behaviors and seem to have little control over themselves.

At this stage people are not controlled by anything reasonable. In other words, just because you fell for someone

doesn't mean he or she is a good choice for you. It is a very complex process by which your heart runs off with happy feelings and fantasies that are most of the time not based on reality. Heartbreak results when these fantasies are shattered by a very different reality.

The Bible warns us that "the heart is deceitful above all things, and desperately wicked: who can know it?" (*Jeremiah 17:9*).

Here before us are two pathways. One follows our heart which, in the vast majority of cases, will leave us with lots of scars and heaps of emotional baggage; and the second is to guard our heart until we know our attraction is worthy and compatible. Again the pen of Inspiration writes: "The youth trust altogether too much to impulse. They should not give themselves away too easily, nor be captivated too readily by the winning exterior of the lover. Courtship, as carried on in this age, is a scheme of deception and hypocrisy, with which the enemy of souls has far more to do than the Lord. Good common sense is needed here if anywhere; but the fact is, it has little to do in the matter" (*Messages to Young People, p. 450*).

The argument in favor of modern dating is that you need to date a lot of people so you will make a better decision when you decide

to marry. Think about this. Dating is all about putting on a show and making yourself into something that you are not in an attempt to attract another person. If you should fall in love, then you will only find out later that the person you fell in love with is not the everyday-person to whom you are now married. Heartache and divorce are the result of this kind of game.

Is there a better way to find a suitable life partner?

The best way to get to know other young people and learn about their characters is to go for group activities and missionary efforts. Even then, as soon as we find ourselves attracted to someone, we must go to our knees in prayer, asking God to help us guard our heart and open our eyes to anything in that person that, should we later marry him or her, could cause problems and unhappiness. This is also the time to go to a person with years of experience, who is also spiritually minded, and who can give you counsel while, at the same time, keeping the matter confidential. 🚫

“The heart is deceitful above all things, and desperately wicked: who can know it?”

Do you know where is this mission field?



After Church
Worship in
Maranatha
group,
Luiza,
Kasaï
Central
Mission,
DRC.



A very difficult section, which took 42 minutes for one km.



Brn. Tshimou and Gordon crossing a river.

a Pattern for Youth

Barbara Monteiro Part 2

When we think of a pattern, we picture something that is to be imitated as a standard. In sewing, a pattern guides us in how to prepare, cut, and sew fabric for making a suitable garment. In construction we see a similar concept in the word “blueprint,” by which detailed measurements and accessory parts comprise a building plan.

Many young people may feel that Jesus Christ is not necessarily an appropriate role model—that His life on earth was spent many centuries ago in a faraway land with a foreign culture. But such need to realize that Jesus was not just an ordinary man; He was the Son of the living God—in fact, our Creator Himself in human flesh.

Jesus actually came to our planet as the very Pattern He knew we would need in order for us to understand how to live a life of genuine, enduring happiness. In our previous issue of the *Youth Messenger*, we considered certain qualities in the life of Christ as a youth. Special emphasis was made on His consecration to God and His Word, and the way Jesus did not develop a taste for useless amusements, even as a child.

What were Christ’s priorities?

In that issue, it was mentioned that Jesus was subject to His parents and was obedient to them in daily life—in clear harmony with the fifth of the Ten Commandments. He learned the Word of God at His mother’s knee and committed Scripture to memory. How remarkable it is to realize that Christ, the Creator of the universe, did not come to this earth knowing everything. He had chosen to come as a little baby—so, essentially He had to learn everything growing up, just as we do.

Jesus did not attend school taught by the Roman government. He also did not attend the schools of the Jewish rabbis in His day. Why not? What was the problem?

In the time of Christ, “false theories, which were received as truth because they came from the lips of rabbis, were exalted above the words of God. Christ said to these teachers, ‘Ye are both ignorant of the Scriptures and of the power of God.’ ”—*The Educational Messenger*, March 19, 1909.

In the time of Jesus, people knew neither Scripture nor the power of God. So, in all the necessary things He had to study, the top priority in Christ’s education was to know His heavenly Father and what was written in His Word—

and to know His power. This was important in developing the pattern for His way of thinking. We, too, need to remember this today, for we want to have a pure mind like Christ's.

Why was Jesus victorious?

The inspired psalmist prayed, "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee" (*Psalms 119:9-11*).

"To be sanctified means more than to have a theoretical knowledge of the truth. [All] must have living faith. They must do more than denounce wrongs in others; they must fight in themselves. They must be whole-souled Christians possessing the earnestness and living energy derived in Christ."—*The Educational Messenger*, March 19, 1909.

Sometimes it is all too easy to see the shortcomings of others. But how do we handle such situations? Do we lovingly try to help them in a productive way? Do we realize how frail we are as well, seeking always to maintain a humble spirit? The process of becoming pure and holy requires a struggle within—a fight against wrong ways of doing things. Weaknesses that are inherited

and bad habits that have been developed are working against all of us. But we must not let these be cause for discouragement! With the strength that God is willing to provide, we must choose to do right instead of wrong. And this "good news" we need to convey to others.

What was the attitude of young Jesus?

The fifth commandment calls upon us to respect authority. Remember when Jesus spoke with the doctors of the law in the synagogue when He was twelve years old? Those learned men were amazed at how much He knew. Why? He had not approached them with a cocky, insolent attitude. Instead, He won their respect by speaking respectfully to them. He even managed to teach them—not by rudely challenging their authority, but by clothing an innocent series of questions so tactfully that they were touched. This is a pattern attitude for godly youth—not to be a "smart aleck" or "know-it-all"—even in religious matters, but rather to exalt and uplift God and His Word with a meek and humble spirit.

Christ considered the unfortunate

Jesus did not cater to the popular crowd. He did not seek to put on a show or display. Whether meeting the rich or the poor, His care was the same. When He saw

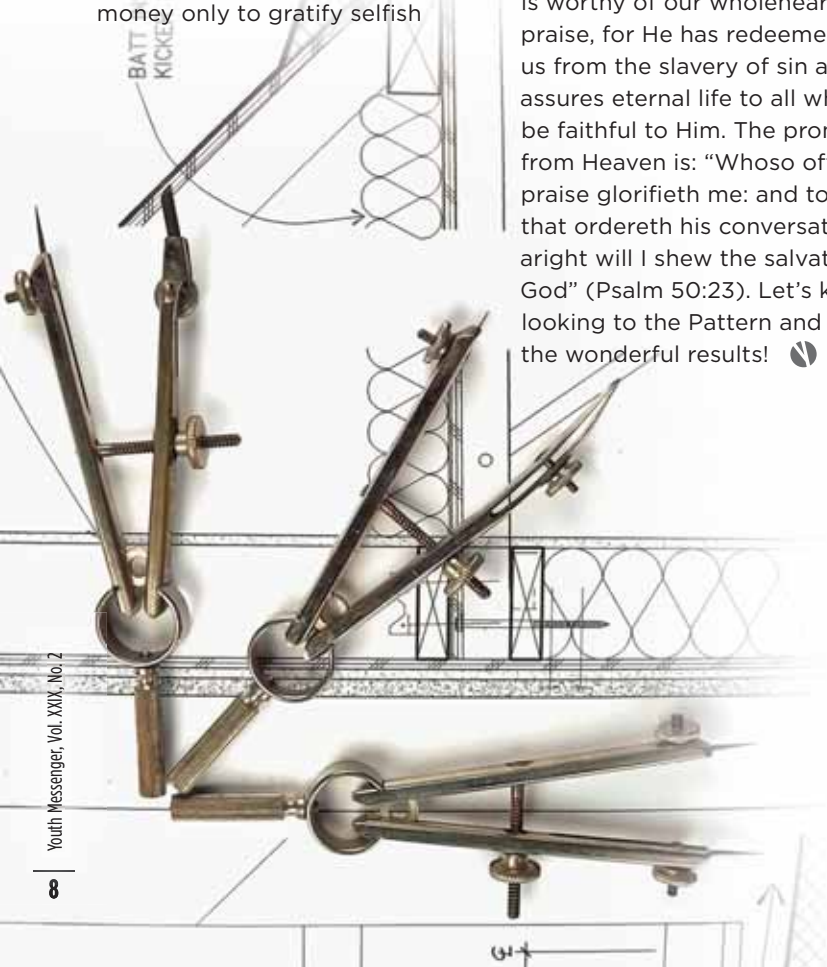
that someone was in need, He quietly placed His own meal in their hands.

Always a missionary spirit

As Jesus studied nature, He was always preparing object lessons in His mind to be able to share the gospel more clearly with people. Do we have such an attitude when seeking to learn something? Or are we too often busy, learning something just to pass a test so we can graduate to be able to compete for a job with the goal of making lots of money only to gratify selfish

ambitions? That is a typical set of motives, but the overall pattern is not exactly in the order of Christ. Why?

Yes, we want to be successful. That is fine. But everything Jesus did was to glorify God—whether it was in His plans, His actions, or His words. So, let's do good things for the right reasons. Let us make it our aim to follow Christ's example in everything. He is worth following—better than any movie star, singer, teacher, business person, or peer. He alone is worthy of our wholehearted praise, for He has redeemed us from the slavery of sin and assures eternal life to all who will be faithful to Him. The promise from Heaven is: "Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God" (Psalm 50:23). Let's keep looking to the Pattern and reap the wonderful results! 🕒



IN Kings' Courts

Pam Stemmler

How many of us find ourselves in situations that—from a Christian perspective—are not completely comfortable? At some time or another, or perhaps even most of the time (depending on the circumstances), we find ourselves definitely “in the world” and not happy about it.

The Scripture states that God placed us in this world to be “the salt of the earth” and “the light of the world” (Matthew 5:13, 14), revealing His character to a sick and sinful race of people. How can we do this when sin abounds all around us? Recently, I have been prompted to think often of young Daniel and his friends in Babylon. What kept this Hebrew youth and his companions faithful? How did they respond not only to “worldliness,” but to the occult/spiritualistic phenomena that surrounded them? Let us go to the biblical account to find answers.

Daniel

Reading the book of Daniel, we find a remarkable history—the stories of faithful youth destined to change the world around them.

What did these youth face at that time? Are their challenges similar to ours? They were taken away captive into Babylon—the greatest of world empires at that time—which was filled with idolatry and spiritualism, and they were called to be the “salt” and “light” of their surroundings.

How?

These youthful prisoners were “true as steel to principle who would not be corrupted by selfishness, but who would honor God at the loss of all things. In the land of their captivity these men were to carry out God’s purpose by giving to heathen nations the blessings that come through a knowledge of Jehovah. They were to be His representatives” (*Prophets and Kings*, p. 479).

Satan’s plot to destroy the Hebrew youth

The king of Babylon had a plan to pervert the noble powers—including the spiritual focus—of Daniel and his friends to exalt Babylon instead of God.

“The king did not compel the Hebrew youth to renounce their



faith in favor of idolatry, but he hoped to bring this about gradually.”—*Ibid.*, p. 481.

That reminds me of the ruler of this world and his plan to derail us spiritually by the seductive and not-so-subtle influences of our world today. Can we stand as faithfully as those Hebrew youths did?

What gave these young people success?

We find some factors that helped these youth. If put into practice, the same key points will help us as well.

1. They were connected with their Lord, not just by belief, but also by a life of consistent trust and obedience.

“Daniel was closely connected with the Source of all wisdom, and this was to him more precious than the gold of Ophir. **He kept his religious training on an equality with the advantages which were given him for becoming a wise and learned man.**”—*The Bible Echo*, August 21, 1899.

2. They were diligent in the use of their intellectual capabilities and the studies required of them.

“Whatever business parents might think suitable for their

children, whether they desire them to become manufacturers, agriculturists, mechanics, or to follow some professional calling, they would reap great advantages from the discipline of an education. . . . They need to be thoroughly furnished with the reasons of our faith, to understand the Scriptures for themselves. Through understanding the truths of the Bible, they will be better fitted to fill positions of trust. They will be fortified against the temptations that will beset them on the right hand and on the left. . . . **Daniel was a faithful statesman in the courts of Babylon; for he feared, loved, and trusted God; and in time of temptation and peril he was preserved by the power of God.**”—*Christian Education*, p. 198.

3. They were consistent, no matter what the test.

“The approval of God was dearer to [Daniel] than the favor of the most powerful earthly potentate—dearer than life itself. He determined to stand firm in his integrity, let the result be what it might. . . .

“[The Hebrew youth] did not choose to be singular, but they would be so rather than dishonor God.”—*Prophets and Kings*, p. 483.



4. They were just as faithful in little things as in great things.

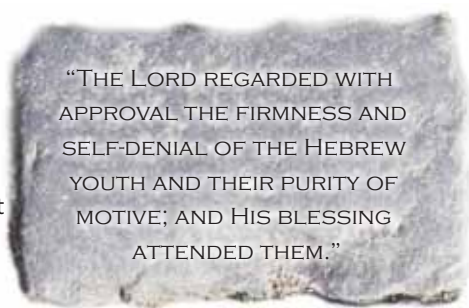
“Many are waiting for some great work to be brought to them, while daily they lose opportunities for revealing faithfulness to God. Daily they fail of discharging with wholeheartedness the little duties of life. While they wait for some large work in which they may exercise supposedly great talents, and thus satisfy their ambitious longings, their days pass away.

“In the life of the true Christian there are no nonessentials; in the sight of Omnipotence every duty is important. The Lord measures with exactness every possibility for service. The unused capabilities are just as much brought into account as those that are used. We shall be judged by what we ought to have done, but did not accomplish because we did not use our powers to glorify God.”—*Ibid.*, pp. 487, 488.

Daniel and his friends: the result of their choices

[Daniel and his companions] placed themselves in connection with the Source of all wisdom, making the knowledge of God

the foundation of their education. In faith they prayed for wisdom, and they lived their prayers. They placed themselves where God could bless them. They avoided that which would weaken their powers, and improved every opportunity to become intelligent in all lines of learning. They followed the rules of life that could not fail to give them strength of intellect. They sought to acquire knowledge for one purpose—that they might honor



“THE LORD REGARDED WITH APPROVAL THE FIRMNESS AND SELF-DENIAL OF THE HEBREW YOUTH AND THEIR PURITY OF MOTIVE; AND HIS BLESSING ATTENDED THEM.”

God. They realized that in order to stand as representatives of true religion amid the false religions of heathenism they must have clearness of intellect and must perfect a Christian character. And God Himself was their teacher. Constantly praying, conscientiously studying, keeping in touch with the Unseen, they walked with God as did Enoch. “True success in any line of work

is not the result of chance or accident or destiny. It is the outworking of God's providences, the reward of faith and discretion, of virtue and perseverance. Fine mental qualities and a high moral tone are not the result of accident. God gives opportunities; success depends upon the use made of them. . . .

"To make God's grace our own, we must act our part. His grace is given to work in us to will and to do, but never as a substitute for our effort."—*Ibid.*, pp. 486, 487.


God's assurance to us

Dear youth of today: The cooperation of God in the life of young people did not end with the life of Daniel—the same Lord who strengthened the famous prophet is willing to help each one of us in every challenging trial. Obstacles and hindrances will be many, but God is able to fortify us to overcome every temptation and conquer every difficulty.

"A noble character is not the result of accident; it is not due to special favors or endowments of Providence. It is the result of self-discipline, of subjection of the lower to the higher nature, of the surrender of self to the service of God and man."

"Through the fidelity to the principles of temperance shown by the Hebrew youth God is speaking to the youth of today. There is need of men who like Daniel will do and dare for the cause of right. Pure hearts, strong hands, fearless courage, are needed."—*Ibid.*, p. 488.

"The same mighty truths that were revealed through these men, God desires to reveal through the youth and children today. The life of Daniel and his fellows is a demonstration of what He will do for those who yield themselves to Him and with the whole heart seek to accomplish His purpose."—*Ibid.*, p. 490.

Let's tap into that awesome power and take firm hold of it! 

Should you trust your feelings?

"You are not to trust simply in pleasant emotions. Suppose that after you have been filled with joy, you should rise in the morning under a cloud, with the same train of shadowy thoughts as have troubled you in the past. Would that be an evidence that God had left you during the night? Not at all. It would simply be an evidence that your mind has so long been trained in the line of unbelief, that it is from force of habit running in the doubting channel."—*The Signs of the Times*, March 18, 1889.

the Spirit of prophecy

Part 2: Last-Day Prophecies—Are You Ready?

A Bible study series prepared by Peter D. Lausevic, with emphasis supplied throughout.

In our previous issue of the Youth Messenger, we covered five tests of a true prophet:

1. The prophet must speak in harmony with the revealed will of God in the Ten Commandments and the sacred Scriptures. "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them" (Isaiah 8:20).

2. The prophet must teach the reality of an indwelling Christ. "Christ in you, the hope of glory" (Colossians 1:27).

3. The prophet must teach separation from the world and its influences. "Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God" (James 4:4).

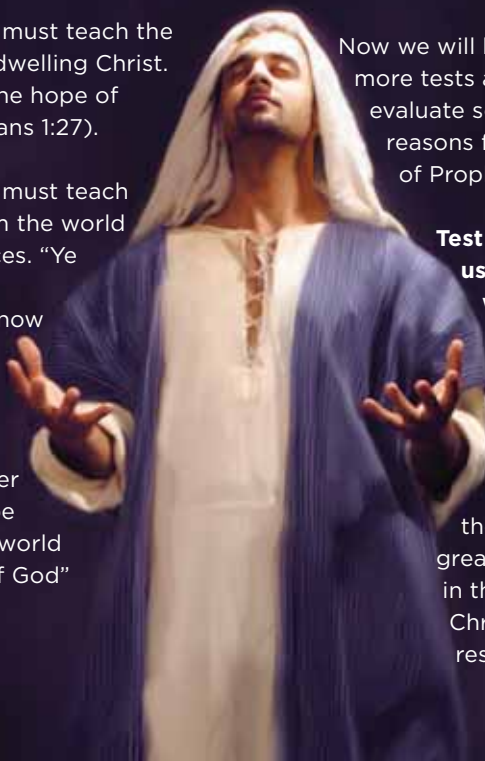
4. Steadfastness, even under persecution. The prophets suffered because they refused to back down from teaching the truth revealed to them.

5. The work of the prophet fosters unity among the believers. The gift of prophecy is among those given "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 4:13).

Now we will look at two more tests and then evaluate some of the reasons for the Spirit of Prophecy today.

Test #6. Can we use miracle-working to identify true prophets? No!

In the time of John the Baptist (a great prophet in the time of Christ): "Many resorted unto





[Jesus], and said, John did no miracle: but all things that John spake of this man were true” (*John 10:41*).

Yet, what did Jesus say about John the Baptist? “What went ye out for to see? A prophet? Yea, I say unto you, and much more than a prophet. This is he, of whom it is written, Behold, I send my messenger before thy face, which shall prepare thy way before thee. For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he” (*Luke 7:26-28*).

Who will make the most use of miracles in these last days? Let’s find out from the book of Revelation: “And the beast was taken, and with him the false prophet that wrought miracles before him, with which he deceived them that had received the mark of the beast, and them that worshipped his image. These both were cast alive into a lake of fire burning with brimstone” (*Revelation 19:20*).

Whom will this affect? “And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live” (*Revelation 13:14*).

This sixth rule teaches that if a miracle is wrought by a pretender, there will be seen with it, when carefully tested, a departure from the sacred truths of God’s word, and a lowering of the standard, to meet a heart inclined to shun the way of self-denial.

This is the case even if their miracles and prophecies are real. “If there arise among you a prophet, or a dreamer of dreams, and giveth thee a sign or a wonder, and the sign or the wonder come to pass, whereof he spake unto thee, saying, Let us go after other gods, which

thou hast not known, and let us serve them; thou shalt not hearken unto the words of that prophet, or that dreamer of dreams: for the Lord your God proveth you, to know whether ye love the Lord your God with all your heart and with all your soul. Ye shall walk after the Lord your God, and fear him, and keep his commandments, and obey his voice, and ye shall serve him, and cleave unto him" (*Deuteronomy 13:1-4*).

How were false prophets treated in Israel?

"And that prophet, or that dreamer of dreams, shall be put to death; because he hath spoken to turn you away from the Lord your God, which brought you out of the land of Egypt, and redeemed you out of the house of bondage, to thrust thee out of the way which the Lord thy God commanded thee to walk in. So shalt thou put the evil away from the midst of thee" (*verse 5*).

How could we treat a false prophet—since in our day God has not called His people to execute anyone?

"Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them" (*Romans 16:17*).

Why are we to test the prophets by all the Bible rules instead

of just one rule—for example, prophecy fulfilled?

Satan is familiar with the prophecies, so he comes to us in a very deceptive manner. "And no marvel; for Satan himself is transformed into an angel of light" (*2 Corinthians 11:14*).

"Satan closely watches events, and when he finds one who has a specially strong spirit of opposition to the truth of God he will even reveal to him unfulfilled events, that he may more firmly secure himself a seat in his heart. He who did not hesitate to brave a conflict with Him who holds creation as in His hand, has malignity to persecute and deceive. He holds mortals in his snare at the present time. During his experience of nearly six thousand years he has lost none of his skill and shrewdness. All this time he has been a close observer of all that concerns our race."—*Testimonies*, vol. 2, pp. 171, 172.

Test #7. Fulfillment. However, when a true prophet makes a prophecy, how does that prophecy have to be fulfilled? It may not always be as immediate as we expect, but it will definitely come to pass! God's perfect timing is better than ours.

"When the word of the prophet shall come to pass, then shall the prophet be known, that the Lord

hath truly sent him" (*Jeremiah* 28:9).

In the experience of Sister White, some of her predictions relate to events already fulfilled, and some are in the process of fulfillment, while others are still future. One example is quoted in a book by Joseph Bates, published in January 1849, entitled *A Seal of the Living God*. This is an account of a vision given to Ellen G. White in the home of Otis Nichols, in Dorchester, Massachusetts, on the evening of November 18, 1848. She wrote in advance of a certain event which was fulfilled shortly thereafter:

On the 22nd of February a condition of war, rioting, and confusion began in Paris, France, which spread to over thirty governments of Europe. So, let us consider the vision first. As the brethren were praying in the home of Bro. Nichols, Sister White had a vision.


She was shown: "The angels are holding the four winds. It is God that restrains the powers. The angels have not let go; for the saints are not all sealed.

When Michael [Christ] stands up [see *Daniel* 12:1], this trouble will be all over the earth. They [the winds of war] are just ready to blow. There is a check put on because the

saints are not sealed. Yea, publish the things thou hast seen and heard, and the blessing of God will attend."— *J. N. Loughborough, The Prophetic Gift in the Gospel Church*.

How did US Senators react to that war at that time? "It has seemed to me as if the prerogatives of crowns, and the rights of men, and the hoarded-up resentments of a thousand years, were about to unsheathe the sword for a conflict in which blood shall flow, as in apocalyptic vision, 'to the bridles of the horses' " (Senator Choate). (We will explain more about this also in a moment.)

How did the Editor of the *New York Tribune* react a few months later when all was quiet again? "It was a great wonder to politicians what started all that turmoil of the nations, but a greater wonder still what stopped it all so suddenly" (Horace Greeley).

Indeed the angels had begun holding the four winds of strife. The prophet had spoken, the message fulfilled. 



Ellen G. (Harmon) White as a Youngster

A Lesson to Be Learned in Childhood.

Karina Espinal

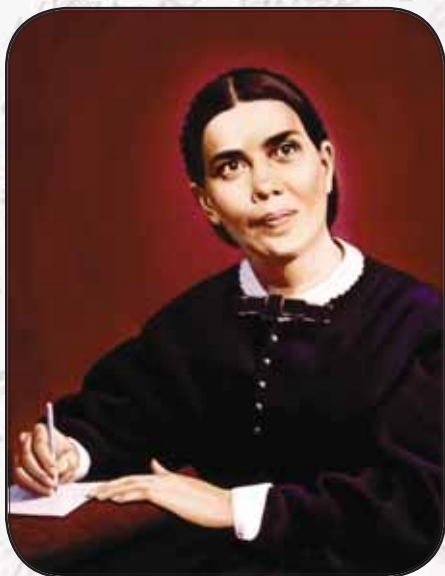
In 1851, at the urging of friends, Ellen G. White decided to write a book about her experience and views. Her goal was to motivate people and revive them spiritually by writing a small book. Her book may have started as a small one, but little did she know that she would still have sixty-four more years worth of experiences to write in additional books. Now that her writing has come to a close, her large literary work managed to be fit into six very big volumes.

In 1901, Ellen wrote of an experience she had when she

was a child. It was a “character-building discipline” that she used as a guide throughout her life.

When Ellen was a child and was ordered to do her chores, there were times she would complain and leave the room. But she was often called back and asked to say what she had said over again. When she repeated what she had said, her mother would consider what Ellen told her, then explain to her that she was as much a member of the Harmon family as all of them. Whether the young girl liked it or not, she was part of the family partnership, and

it was her job to do her part to keep the business going. Just like she had her responsibilities, her parents had the hardest job of all, which was to watch over her! In her book, Ellen said, “She [her mom] would carry that out to the letter.” Ellen went on to say in her story that in her house, there was a time for everything. They had their fun times, she explained, but there certainly was no time for idleness in her home and no rebellious act that went unpunished. 🍅





WARNING

WOLVES ON YOUR TRACK!

Adapted from a young people's study presented by Dragos Ionita.

Wolves are wild animals that are closely related to dogs. They live in North America, Europe, and Asia. According to Jesus, the spiritual version of them can often be found even in churches on every continent of the earth. The Lord warns, “Beware of false prophets, which come to you in sheep’s clothing, but inwardly they are ravening wolves” (*Matthew 7:15*).

AVID FLESH EATERS

Wolves are excellent hunters that can smell a moose or deer as far as a mile away. Likewise, there are professed believers in the three angels’ messages who love to eat—here on earth—like a wolf: Indulging in a little bit of meat. They fool themselves into thinking that the best time to change the diet is after the millennium (1,000 years) when “the wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.” “The wolf and the lamb shall feed together, and the lion shall eat

straw like the bullock” (*Isaiah 11:6; 65:25*). How sad that they wrongly assume that only in eternity will we eat the Eden diet, but not before.

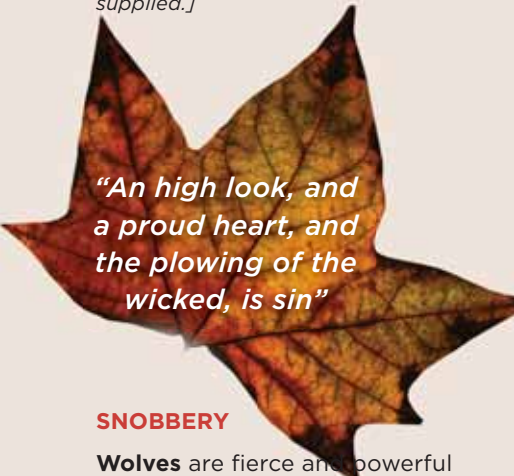
WOLVES TRAVEL AND LIVE IN PACKS

Sometime young people enjoy being in packs! Is this good? “Ye adulterers and adulteresses, **know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God**” (*James 4:4*). Instead of having a “pack” mentality, we should listen to what the Bible says, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful” (*Psalms 1:1*).

“Children often become impatient under restraint, and wish to have their own way and to go and come as they please. **Especially from the age of ten to eighteen they are inclined to feel that there can be no harm in going to worldly gatherings of young associates. But the experienced Christian**

parents can see danger. They are acquainted with the peculiar temperaments of their children, and know the influence of these things upon their minds; and **from a desire for their salvation, they should keep them back from these exciting amusements.**

“When the children decide for themselves to leave the pleasures of the world and to become Christ’s disciples, what a burden is lifted from the hearts of careful, faithful parents!”—*Messages to Young People*, p. 375. [Emphasis supplied.]



*“An high look, and
a proud heart, and
the plowing of the
wicked, is sin”*

SNOBBERY

Wolves are fierce and powerful hunters, **but among themselves they can be affectionate and playful.** Again, people are too often like wolves! They can be snobby against those whom they don’t consider to be their friends. But we have here a warning from Christ: “Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that

curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; that ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so?” (*Matthew 5:43–47*).

If we are loving and affectionate only with our favorite, preferred friends, **do not even the wolves do so?**

FIERCE PRIDE

Like most animals, wolves can communicate with one another through their body language. For example, a dominant wolf stands tall with stiff legs and curled tail. The ears are erect and forward, the eyes sharply penetrating. People do the same thing! We read in Proverbs 6:16–19 about several things that the Lord really hates. Do you know what is first on the list? A proud look!

“An high look, and a proud heart, and the plowing of the wicked, is sin” (*Proverbs 21:4*).

“There is a generation, O how lofty are their eyes! and their eyelids are lifted up” (*Proverbs 30:13*).

“For the day of the Lord of hosts shall be upon every one that is proud and lofty, and upon every one that is lifted up; and he shall be brought low” (*Isaiah 2:12*).

SUBMISSIVENESS

When a wolf is actively submitting to another, the entire body is lowered and the lips and ears are drawn back. Sometimes the muzzle points upward to the dominant wolf. The tail tucks down between the back legs. (Have you ever heard of “YES MEN” with no moral backbone? Some people are like this.) Occasionally a wolf will be so intensely submissive that it will roll over on its back and expose its vulnerable throat and underside, drawing its paws inward and whimpering. People that follow the crowd without thinking are actually allowing a dominant mob to bully them into submission.

ANGER

An angry wolf has erect ears and curled up lips to reveal its sharp teeth. I don’t want to see something like this—I’m afraid. But again, sometimes people copy the wolf! The psalmist wrote, “My soul is among lions: and I lie even among them that are set on fire, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword” (*Psalms 57:4*).

“There is a generation, whose teeth are as swords, and their

jaw teeth as knives, to devour the poor from off the earth, and the needy from among men” (*Proverbs 30:14*).

There are many other ways by which wolves speak with their body language. They also communicate through scent and sound.

THE HOWL OF THE WOLF

Wolves may howl as a dominant way to claim territory or protect their freshly caught prey. They also do this in a friendly way. Pack members howl to one another to keep in touch over long distances. Scientists have observed social bonding between howling wolves—almost like the group singing of humans. (Accordingly, we need to ask the youth department to organize a field youth choir!)

The “singing” wolves howl at different tones and pitches, making it difficult for a listener to discern how many are actually in the pack. That reduces the danger of competition from potential rival packs.

LESSONS FROM NATURE— INCLUDING HUMAN NATURE: ARE WE GOOD OR EVIL?

A famous 17th-century English writer named Thomas Hobbes claimed that humanity is inherently selfish—that human life in its natural state is “solitary, poor, nasty, brutish, and short.” In our world, people are like


wolves. Jesus makes it plain to His disciples: “Go your ways: behold, **I send you forth as lambs among wolves**” (*Luke 10:3*).

“Satan’s attacks against the advocates of the truth will wax more bitter and determined to the very close of time. As in Christ’s day the chief priests and rulers stirred up the people against Him, so today the religious leaders will excite bitterness and prejudice against the truth for this time. The people will be led to acts of violence and opposition which they would never have thought of had they not been imbued with the animosity of professed Christians against the truth.”—*Counsels to Writers and Editors*, p. 58.

IN VIEW OF ALL THIS, WHAT SHOULD BE OUR CHRISTIAN ATTITUDE?

“What course shall the advocates of truth pursue? They have the unchangeable, eternal word of God, and they should reveal the fact that they have the truth as it is in Jesus. Their words must not be rugged and sharp. In their presentation of truth they must manifest the love and meekness and gentleness of Christ. Let the truth do the cutting; the word of God is as a sharp, two-edged sword, and will cut its way to the heart. Those who know that they have the truth should not, by the use of harsh and severe expressions, give Satan one chance to misinterpret their spirit.”—*Ibid.*, pp. 58, 59.

It is true; “Jesus says, ‘Behold, I send you forth as sheep in the midst of wolves.’ But **you need not meet the wolves in the same spirit that they themselves possess. You are to be ‘as harmless as doves.’** In meeting those who are fierce of spirit, you must manifest meekness and love, and the manifestation of this spirit will frequently change the spirit of the wolf, and a wonderful transformation will take place.”—*The Review and Herald*, April 26, 1892. [*Emphasis supplied.*]

We have to look to “**behold the Lamb of God**, which taketh away the sin of the world” (*John 1:29*, *emphasis added*). 





Young people are taking their stand in Spain.



Baptism of new souls in the Democratic Republic of Congo.



Children's camp



Missionary school graduates in Haiti.



Bro. Eli Tenorio is welcomed into the church



Bible class for children at Whispering Pines Christian School.



up in Romania.



Bible Class for Children at Whispering Pines Christian School (2).



coming a new member
church, Spain.



Youth choir in Ukraine.

Test Your Reading!



"Those who in everything
make God first and last
and best are the happiest
people in the world."

—My Life Today, p. 161.



ACROSS

2. A noble character is the result of self-discipline, the subjection of the lower to the higher nature, and of the _____ of self to the service of God and man.

4. True _____ in any line is the reward of faith, discretion, virtue, and perseverance.

5. The boy Jesus did not approach the misguided doctors of the law in the synagogue with a cocky or insolent _____.

7. The boy Jesus won the _____ of the doctors of the law in the synagogue by the way He treated them.

9. In her youth, Ellen G. White learned she was part of her family _____.

10. Due to the stage of physical development taking place during the teenage years, people in this age bracket are easily in danger of developing _____.

11. When considering the fulfillment of prophecy, we must realize that God's perfect _____ is better than ours.

12. John the Baptist did no _____, but Jesus declared that no human born was ever greater than him.

13. Before indulging in chocolate, by considering the clear facts on health, one will likely choose _____ instead.


14. To trifle with _____ is not a small crime.

DOWN

1. By being "harmless as doves" in the face of fierce people, we can frequently see a wonderful _____ take place.

3. Like wolves, sometimes young people enjoy being in _____.

6. The natural human heart is _____ above all things.

8. _____ is a brain chemical that triggers excitement and euphoria. 

Carob's the Winner! Chocolate's the Loser

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



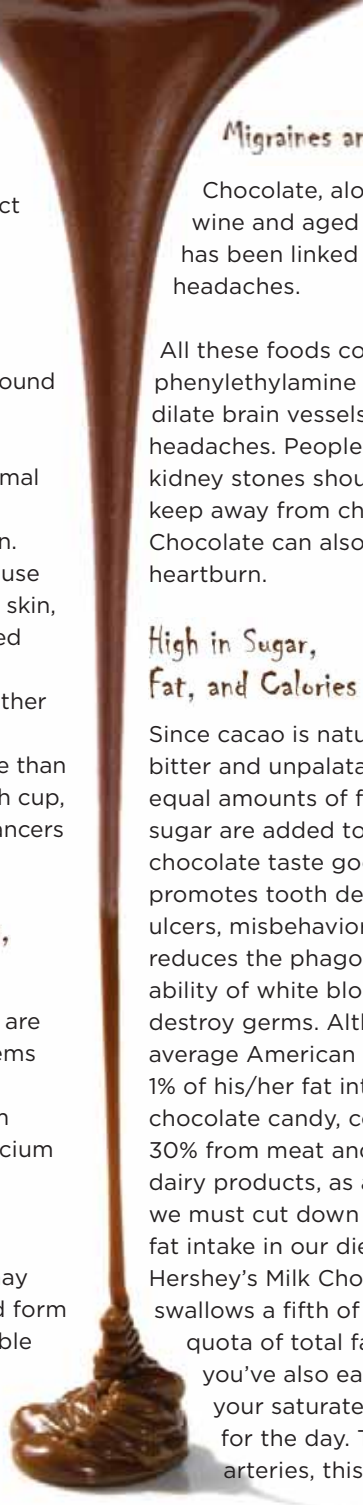
No matter which way you cut it, chocolate has ten strikes against it. It is addictive. It is loaded with saturated fat, and cholesterol. It has a bitter flavor which has to be masked by sugar, milk, and cream.

Beneath the golden foil, there are animal contaminants which result from unsanitary methods of harvesting. Before you indulge in another bite of your favorite chocolate, consider the facts of the two contestants, chocolate vs. carob.

Americans eat more than 2 billion pounds of chocolate each year. In 1994, \$600 million worth of M&M's were purchased. Over one half billion dollars were spent on chocolate for Valentine's Day in 1996. While the sales of most food products in the United States grow at an average rate of 1 percent a year, chocolate sales grow at 3 percent.

Contamination and Animal Parts

Studies have shown that large quantities of aflatoxin (cancer-producing agent from molds) can be found in cacao beans. In a book entitled, *The Food Defect Action Levels*, the U.S. Department of Health, Education, and Welfare lists levels of "insects, rodents, and other natural contaminants that are unavoidable in foods." They allow up to 120 insect fragments for each 8 ounces or two rodent hairs for each cup of chocolate liquor. That means an ordinary chocolate bar may contain a rodent hair and 16 insect parts and still be considered safe by the U.S. Food and Drug Administration (FDA). Chocolate powder can have up to 75 insect fragments for each 3 tablespoons. Animal droppings must not exceed 10 milligrams (mg) for each pound. Dr. Agatha Thrash states, "Many individuals who believe themselves to be allergic to chocolate are allergic to the animal parts that are in chocolate." So the next time you bite into a Godiva Caramel Truffle



or even just a Snicker bar, remember there might be a few rodent hairs, droppings, and insect fragments also.

Addiction

Theobromine is one of the harmful methylxanthines found in chocolate. This alkaloid can cause sleeplessness, depression, anxiety, abnormal gland growth, and central nervous system stimulation. Theobromine salts can cause an upset stomach, flushed skin, and generalized or localized itching. Theophylline and possibly caffeine are the other methylxanthines found in chocolate. Cocoa has more than 2 grains of tannins for each cup, which appears to cause cancers of the digestive tract.

Bed-wetting, Headaches, Calcium Malabsorption

Children who drink cocoa are more likely to have problems with bed-wetting. Cocoa may interfere with calcium absorption by binding calcium and other nutrients from vegetables, whole grains, legumes, and beans. The oxalic acid in chocolate may combine with calcium and form calcium oxalate, an insoluble compound, thus further reducing the amount of available calcium in the intestinal tract.

Migraines and Heartburn

Chocolate, along with red wine and aged cheese, has been linked to migraine headaches.

All these foods contain phenylethylamine which can dilate brain vessels, triggering headaches. People at risk for kidney stones should especially keep away from chocolate. Chocolate can also cause heartburn.

High in Sugar, Fat, and Calories

Since cacao is naturally a bitter and unpalatable food, equal amounts of fat and sugar are added to make chocolate taste good. Sugar promotes tooth decay, peptic ulcers, misbehavior in children, reduces the phagocytosis—the ability of white blood cells to destroy germs. Although the average American gets only 1% of his/her fat intake from chocolate candy, compared to 30% from meat and 20% from dairy products, as a nation we must cut down the total fat intake in our diet. A single Hershey's Milk Chocolate bar swallows a fifth of your days' quota of total fat, but you've also eaten half your saturated fat quota for the day. To your arteries, this looks like



a Quarter Pounder. Baby Ruth, Butterfinger, KitKat, Snickers, and most other chocolate bars use at least a quarter of a day's saturated fat. Besides, since we are also plagued with overweight and obesity, the high caloric content of chocolates should be a concern.



How Chocolate Is Made

Chocolate is made from the beans of the cacao tree. The cultivated tree grows to about 25 feet in height, producing leaves, flowers, and pods during all seasons of the year. The ripe pod may be red, yellow, golden, pale green, or a combination of these colors. It resembles a long cantaloupe and contains 20-40 almond-shaped seeds. While the pod has a delicious, white pulp, which can be used to make a fresh drink or dessert jelly, the seeds are bitter and astringent. After opening the pods, farmers scoop out the beans and gather them into large heaps. They cover the beans with banana leaves or burlap and allow them to

ferment 7-10 days. Next, they ferment the beans to develop the chocolate flavor. Often during this stage they are openly exposed to infestation by insects and rodents.

After fermentation, the beans are dried in the sun or kiln and shipped to manufacturers. In the factory, the beans are roasted, hulled, and ground on steel rollers. The beans are 54% cocoa butter.

After the grinding process they become the consistency of a thin peanut butter which is called liquor. During the next step, an alkalinizer is added which darkens the chocolate even further. Now the cocoa butter is separated to be used in pharmaceutical preparations, such as soap and cosmetics. Sugar, milk, and whipping agents are added to the liquor. These are needed to make the product light, "rich, and tasty." Since you care about your health and the health of your loved ones, do you think you can eat another chocolate candy? If you think you will be deprived of life's pleasures, then read on! Eating healthfully does not have to be boring, because our Master Designer created special treats in nature that do not have the harmful effects of cocoa. God wants us to eat "for strength, and not drunkenness!" (Ecclesiastes 10:17).



Reach for the Carob

What is a chocolate lover to do now? You do not have to deprive yourself of chocolate brownies, chocolate cream pie, chocolate pudding, and chocolate candy. For every unhealthy food that we think we can't live without, our Creator has provided something better. Carob is the healthy alternative for chocolate. It grows tall on an evergreen tree, up to 50 feet primarily in countries along the Mediterranean Sea. The carob tree has brown, leathery pods that contain a sticky pulp. The pulp has a similar taste to that of chocolate. After roasting and grinding, it can be substituted for chocolate.

Carob is classified as a legume and contains 8% protein. The high natural sugar content of carob (46%) makes it the ideal ingredient of healthy desserts. Carob is also rich in B-vitamins, calcium, magnesium and potassium. In fact, carob has three times the calcium that chocolate has, while having just one-hundredth the fat. Carob is also 50% less in calories than chocolate. As you can see, carob is indeed the winner! It is rich in nutrients, low in calories and fat. Another great attribute of carob is that it tastes like chocolate without the added animal parts and rodent hairs. Best of all it does not contain the addictive methylxanthines. Chocolate lovers can learn to appreciate the unique flavor of carob, especially as they

realize that this naturally sweet treat does not run down the body, but rather builds it up. So why not try some of our delicious carob candy and dessert recipes, and be the winner when it comes to your health!

Read the labels when you buy commercially prepared carob treats as they may be high in added fat.

(All scientific references for this article are available upon request.)



Carob Recipes

Carob can be purchased in health food stores as a dry roasted powder or as a carob chip. Choose carob chips that are made without non-fat dry milk.

Carob Cream Pie

1/2 cup raw cashews
2 cups boiling water
1 teaspoon vanilla
20 pitted dates
1/2 teaspoon salt
1/4 cup cold water
1 or 2 bananas
1/4 cup cornstarch or arrowroot powder
2 tablespoon carob powder
1 baked pie shell

Blend cashew meal in 1 cup of boiling water. Add second cup of water, dates, vanilla, carob powder, and salt. Pour into saucepan and bring to boil, stirring constantly. Combine cold water and cornstarch in a small cup and pour slowly into hot mixture, stirring vigorously. As mixture begins to thicken, stir gently to prevent scorching. Cook about 1 minute until thick. Slice bananas lengthwise into baked pie shell. Cover bottom crust with banana slices. Pour filling into pie shell. Cool 15–20 minutes. Garnish with banana slices. Cool 1 hour at room temperature. Refrigerate at least 3 hours before serving. To make Carob-Mint pie add 1 teaspoon peppermint flavoring.



3/4 cup honey
2 teaspoons vanilla
1/2 cup peanut butter
1 cup nuts or raisins
1/2 cup carob powder
1/4 teaspoon salt
1/3 cup soy or rice milk
1 1/2 cups whole wheat pastry flour

Beat first 7 ingredients until creamed. Combine rest of ingredients and add to creamed mix. Stir well. For an extra rich carob flavor, you may wish to stir in 1–2 cups of carob chips. Press into baking pan and bake for 40 minutes at 325° F until the center is firm to touch. Do not overbake.



Blend the following in food processor or blender until smooth and creamy

1 1/2 cups tofu
1 tablespoon vanilla
2/3 cup carob powder
2 teaspoons lemon juice
1/2 cup honey
pinch of salt
1/4 cup oil

Pour into individual serving dishes or baked pie shell. Chill until it sets and then serve. 🍴

THEY WEREN'T EXPECTING IT . . .

Recently, our family was startled by sirens and fire trucks racing down our road. Why? A house fire had started at our neighbors' place.

The fire had begun about 10 minutes after the owners left their home. They didn't expect their house and belongings to burn. They believed everything would continue as it had been before. Now they are in shock and trying to put back the pieces of their lives together.

What about you and me? Signs all around are telling us that this world's history is changing fast and will end quicker. Are we preparing? Are we expecting the changes that God has told us will happen quickly when we least expect them?

We need Divine Insurance, or, shall I say, Divine Assurance, that our heart and life are right with our Maker. It is not enough to have been born in a church or to have godly parents. It is not enough to even go to church regularly and do the "right" things. We need the assurance of a close and vital walk with Jesus Christ. We need to be set free from guilt and sin, to have a faith that is holding on to the Lord and is experiencing victory over sin.

Eternal life is to be our main goal, for life here in this world is too short and uncertain: "Ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away" (*James 4:14*).

"Let none leave their safety for eternity to hang upon a peradventure. Let not the question remain in perilous uncertainty. Ask yourselves earnestly, Am I among the saved, or the unsaved? Shall I stand, or shall I not stand? He only that hath clean hands and a pure heart shall stand in that day."—*Testimonies to Ministers*, p. 443.

This is the Lord's will for all. Will you make the decision to be ready? God bless you.

Your friend, Eli Tenorio da Silva

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

Youth Messenger® (USPS 765-030) is published quarterly by the Young People's Department of the Seventh Day Adventist Reform Movement General Conference as an educational service for our youth worldwide. **Web:** <http://www.sdarm.org>, **e-mail:** info@sdarm.org. The Youth Messenger is printed and distributed by Reformation Herald Publishing Association, 5240 Hollins Road, Roanoke, VA 24019-5048. Periodical postage paid at Roanoke, Virginia 24022.

Postmaster: Send address changes to, *Youth Messenger*, P.O. Box 7240, ROANOKE, VA 24019-0240. Manuscripts, inquiries, address changes, subscription requests, and donations should be mailed to the address above. Vol. XXIX, No. 2. Copyright © 2010 April-June Issue. Illustrations: 123RF on pp. 22, 23, 31; Dreamstime on p. 30; Getty Image on pp. 10, 11; iStock.com on the front cover and pp. 2, 9, 18, 20, 21, 24-28; PhotoXpress on pp. 4-8, 17, 19, 29; SermonView on pp. 13, 14, 16 unless specified.

Subscription: United States U.S. \$8.95; foreign (air mail) U.S. \$17.00; single issue U.S. \$2.95.

The Caring Saviour

I have a Saviour and so do you,
He brings me joy and peace,
it's true!
He's caring, kind, and loving too!

If you want a Friend that is like Him,
Just pray and let the Lord come in.
He'll help in all your woes to win!

He'll care for you each passing day,
He'll guide and cheer you all the way..
And make your life so sweet to stay.

I have a Saviour and so do you,
He brings me joy and peace,
it's true!
And best of all, He does love YOU!

—Larissa Silva

