

# Youth messenger


Vol. XXXVII, No. 1



**SOMETHING TO LIVE FOR**



iLove Jesus



Something to Live For



1-year Bible Challenge



Acne 101



"Gotta"  
Have It Now

Are you a  
Chameleon?



Dear Young Friends,

Another year of life is now passed. A new year is opening before us. What will you and I write on its spotless pages? What will our angels write on our books of record? The way we spend each passing day will answer these questions.

This year we invite you to begin each day with Jesus and join our 1-year Bible Challenge as we read the Bible from cover to cover. As you read "I Will Push You," we know you will learn there's something to live for.

"Seek to begin this year with right purposes and pure motives, as beings who are accountable to God. Ever keep in mind that your acts are daily passing into history by the pen of the recording angel. You must meet them again when the Judgment shall sit and the books shall be opened. . . .

"If we connect with God, the source of peace, and light, and truth, His Spirit will flow through us as a channel, to refresh and bless all around us. This may be the last year of life to us. Shall we not enter upon it with thoughtful consideration? Shall not sincerity, respect, benevolence, mark our deportment toward all?

"Let us withhold nothing from Him who gave His precious life for us. . . . Let us all consecrate to God the property He has entrusted to us. Above all, let us give Him ourselves, a freewill offering.

"May the beginning of this year be a time that shall never be forgotten—a time when Christ shall come in among us, and say, 'Peace be unto you' (John 20:19). Brothers and sisters, I wish you, one and all, a happy new year.

"We live in deeds, not years; in thoughts, not breaths;

In feelings, not in figures on a dial.

We should count time by heart-throbs.

He most lives who thinks most, feels the noblest, acts the best."

—*Our High Calling*, p. 7.

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**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](mailto: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. XXXVII, No. 1. Copyright © 2018 January–March issue. **Illustrations:** Courtesy of *I'll Push You* on front cover and p. 10; Adobe Stock on pp. 2, 3, 8, 14–16, 21, 23, 24, 25, 27, 28, 30–32; [lds.org](http://lds.org) on p. 4, 5.

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

BY JENNIFER TUDOROIU

# iLove Jesus



**H**ave you ever searched for answers about God? You probably have and so have I. In my search for God, I had developed an image of God that He was too hard to please. It seemed to me He was a critic of everything I did. There is much misunderstanding about God in the world today.

People argue and attempt to hide God behind new explanations. Even Christians spin so many false threads of theory that they end up hiding Jesus. So where can we find Him?

The truth about how we can know God, as I have experienced it, can never be hidden for long. God says to you and me, “Behold,” in other words “take notice.” Jesus wants your attention as He says, “Behold, I stand at the door, and knock” (Revelation 3:20). From this verse, we can learn a lot about our God. He waits patiently at the door of every heart—our mind. He doesn’t barge



in and start commanding you. Rather, He tenderly and earnestly waits for you to open your heart. God would never violate your freedom because He loves you incommensurably; and love always respects others. This is why Jesus is infinitely worthy of our trust. And guess what, you don't need to go looking for Him because He is already looking for you. I know this to be true because there was a time when I never cared about knowing Him, but He longed to know me.

### HE WANTS TO GET TO KNOW YOU

Don't get me wrong, God already knows everything about you from the color of your eyes to your likes and dislikes and beyond. He knows you better than you know yourself. So then, why would He want to get to know you? Because God created you to be a son or daughter who is in a close relationship with Him! That's why

each one of us, in the depth of our heart, has a desire to "love and be loved." It is only a relationship with Jesus that can satisfy that desire—and nothing less.

When Adam and Eve were told a lie about God by that old serpent, the devil, they believed it, and disobeyed God. Now that they no longer trusted God fully, neither could they love Him fully. They became infected with a terrible and incurable disease called sin. All the people living in the world today have this terminal condition. Yet, humanity is not left to plummet towards its death. Jesus Christ stepped down from His throne of glory and said, "I will go fight for them." Jesus left His Father, with whom He had been One with from eternity, because He loves you and wanted to save you. He traded His beautiful divine appearance, illuminated with golden light, for the grey and withering human body. He lived in our world as a child, a youth,

and adult and led a perfect life, helping others. That is how Jesus became our Source of infinite power against evil and self, our worst enemy.

### LOOKING FOR SOMETHING BETTER

I grew up in a loving Christian family knowing this truth. I had heard about Jesus all the time in church, but I never had room for Him in my heart. Other things were more interesting to me, such things as movies/shows, popular music, and fiction books. These are three major influences that can cause us to ignore Jesus, who wants desperately to save us.

While I was absorbed in all these distracting activities, there was Someone who awakened in me a longing for something better. I have no idea how to explain what had happened. All I know is that Jesus did it. He made me curious. I became interested in what it would be like to know Him. Every day, He watched me give my heart, which He has bought with His blood, away to other things. But Jesus doesn't only watch us—He calls for us, searches for us, and comes as near as we will let Him, seeking to draw us away from danger through His great love. That's what He is doing for you right now.

### THE CHOICE

One day in eighth grade, I was getting ready for school. Just before stepping out the door of my room, I thought: "Every single day of my life I am protected and blessed with absolutely everything I need, but I never give Jesus any attention. I never give Him any room in my life. If I want to know Jesus, I must choose to take time to know Him." This was the thought that the Holy Spirit brought directly to me.

In surprise and shock, I dropped my bags and went to my knees. I promised Jesus that I would make time for Him every day. I wish that I had kept that promise right away, but two weeks passed until I prayed again. Then the Holy Spirit reminded me of my promise. At that moment, I decided that I would begin to read my Bible or else I would never start.

Before I made that choice, I was not praying or reading God's word. So, when I made my commitment to pray and study my Bible every day, it was hard. At first, reading the Bible seemed the most boring thing that I could do. While I was having devotions every day, I was still holding onto my bad habits and choices. However, Jesus' love for me was battling against Satan's claim for my life—and somehow, an indescribable change occurred.

**Slowly, the hours I spent staring at the flashing scenes of my computer screen decreased. My love for those fiction books disappeared, and the popular music I used to love became dark to me.**

## A NEW GIRL

Slowly, the hours I spent staring at the flashing scenes of my computer screen decreased. My love for those fiction books disappeared, and the popular music I used to love became dark to me. The negative effects that the wrong type of music and media had on my character were also being healed. After two weeks of keeping my promise, by God's grace, I was shocked to realize that my violent temper was replaced with a supply of patience. My priorities were changed. With time, even my thoughts, my speech, and my taste in dress were transformed. Until this very day, I cannot remember one moment where I *myself* chose to stop doing any of those bad things. Let me assure you that the bad habits I had, I could have never broken by myself. The things I loved, I could have never left alone. It was Jesus who showed me something better. He told me, "Jenny, I have eternity planned with you! Won't you let Me love you? Won't you let Me show you what is best for you?" As I got interested to know Jesus, He was able to show me His love and give me victory.

Once, I heard a beautiful analogy of God's love for us. "His

**After two weeks of keeping my promise, by God's grace, I was shocked to realize that my violent temper was replaced with a supply of patience.**

love is like an ocean. Sometimes we choose to sit on the shore and look at it; talking about how beautiful it is. But that's not what it is for. It's there for us to go and experience it, deeper and deeper." God's love burns to set you free from Satan's chains. Do you know it hurts Jesus when He sees you hurting? He has an ocean of love waiting for you to experience—and when you deny Him, it pierces His heart. Our Infinite God takes a personal interest in you. Jesus knows you better than anyone else, and He longs for you to know Him.

I encourage you to pick up the Bible, the best book in the entire world, and let Jesus talk to you every day. You have read my experience with Jesus, but a personal experience of your own is just one prayer away! "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent" (John 17:3). This is the God who made us.

**This is the Jesus ilove!** 

**He told me, "Jenny, I have eternity planned with you! Won't you let Me love you? Won't you let Me show you what is best for you?"**



# SOMETHING TO LIVE FOR

BY RADU IONITA

Why am I here?" "What is the purpose of my life?" "What can give meaning to my life?" Maybe you've asked yourself these same questions, and you can be sure that you are not alone! These questions arise to any intelligent person and bother their conscience! The answers you will get will differ widely and will determine your life goals and the overall outcome of your life.

Solomon, the wisest man on the planet, asked himself, what is the reason of one's life? "What profit hath a man of all his labour which he taketh under the sun?" (Ecclesiastes 1:3). He had investigated "all the works that are

done under the sun" (verse 14). "For who knoweth what is good for man in this life, all the days of his vain life which he spendeth as a shadow? for who can tell a man what shall be after him under the sun?" (Ecclesiastes 6:12). After the end of his research, Solomon concluded that "all is vanity and vexation of spirit" (Ecclesiastes 1:14).

Job, the righteous man of Bible times, did not reach a better conclusion: "Yet man is born unto trouble, as the sparks fly upward." "He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not" (Job 5:7; 14:2). Man is running, planning, striving, and in the end, . . . there is nothingness and vanity.



## ASK THE CREATOR

If we are not satisfied with the above answers, we need to ask Someone who really knows—Our Creator! If someone puts a complicated invention in your hands, that you have never seen before, the easiest way for you to understand how it functions would be to ask the creator or manufacturer, or to read the owner's manual.

It is **only in God** that we can discover **our identity, our purpose, and our destiny**. “For by him were all things created, that are in heaven, and that are in earth, visible and invisible, . . . all things were created by him, and for him” (Colossians 1:16, emphasis added).

Yes, we have a destiny! A wonderful, extraordinary destiny! “We have obtained an inheritance, being **predestinated** according to the purpose of him, . . . that we should be **to the praise of his glory**, who first trusted in Christ” (Ephesians 1:11, 12, emphasis supplied).

This is our goal and destiny—to be a living revelation of God is to the world! His principles, His love, and His character are to be so wonderfully interwoven in your and my experiences, that when people see us, they will understand God. Besides, as people see Christ in us, they may tell us, “We will go with you: for **we have heard that God is with you**” (Zechariah 8:23, emphasis added). This is the

“glory” of having, “Christ in you, the hope of glory” (Colossians 1:27).

What amazing fact is that God answers our questions about our purpose in life, by demonstrating to us how we can live such a life successfully! Christ came into our world as a Son of man and embodied this destiny. He proved that every son and daughter of Adam can achieve perfection through faith in Him.

Satan lies to us suggesting that we will find happiness and fulfillment in living selfishly for ourselves. How sad that the great majority of humanity accept this lie! “A man may gather all he can for self; he may live and think and plan for self; but his life passes away, and he has nothing. The law of self-serving is the law of self-destruction.”—*The Desire of Ages*, p. 624. But we can discard the enemy's lies and accept Jesus: the Way, the Truth, and the Life (John 14:6)!

## ASK JESUS CHRIST

Do you wonder what the life of Jesus was like when He was on this earth? His life was not fun and easy; it was full of trials and disappointments. Yet despite His trials, Jesus had joy, and peace, and fulfillment!

“The Saviour's life on earth was not a life of ease and devotion to Himself, but He toiled with persistent, earnest, **untiring effort for the salvation** of lost mankind. From the manger to

Calvary He followed the path of **self-denial** and sought not to be released from **arduous tasks, painful travels** and **exhausting care** and **labor.**”—*Steps to Christ*, p. 78. [Emphasis supplied.]

All those who have tried living the same type of life have experienced a meaningful and “abundant” life! Even with less religiously inclined people, like Albert Einstein, seized this reality when He said, “Life isn’t worth living, unless it is lived for someone else.”

This means that there is only one-way worth living and that is being “conformed to the image of his Son” (Romans 8:29).

Then, what was the purpose of Christ’s life? “ ‘The Son of man came not to be ministered unto, but **to minister**, and to give His life a ransom for many.’ (Matthew 20:28). **This was the one great**

**object of His life.** Everything else was secondary and subservient. It was His meat and drink to do the will of God and to finish His work.”—*Ibid.*

If you chose it, this can be the great purpose of your life, too! And there is no greater joy than to see that you’ve blessed somebody, helped somebody, and that you’ve saved somebody!

### I WILL PUSH YOU!

Patrick Gray and Justin Skeesuck have been friends for more than 40 years. They were born 36 hours apart in 1975, in a small town in Oregon. They attended the same schools, went to the same church and even were best men at each other’s weddings. Their parents and grandparents were friends!

When Justin was 16 years old, he had a car accident that put



his life on a very dramatic course. As a result of the accident, an autoimmune disease attacked his nervous system causing it to shut down and inducing his muscles to atrophy. Little by little Justin lost the ability to use his legs. He chose not to give up but to adapt to his changing condition. Then, he started to lose the ability to use his arms. His condition continued to deteriorate. There were times of severe depression, and times to perk up and adapt to the new realities. Justin's closest friend Patrick was in constant contact with him. They would visit each other regularly despite being a few states apart; their families would vacation together. Patrick would help Justin any time and in any way possible.

Justin was a graphic designer for Fortune 500 companies, but now he had no use of his arms or legs. The autoimmune disease had robbed him from walking, standing and using his upper body.

A life-long traveler, Justin was watching a show about the Camino de Santiago trail one day. This trail, which is over 1000 years old, is a network of roads for pilgrimage and inspiration in Europe. Justin had a vision to travel this trail. He did not think "WHY GO?" but "WHY NOT GO?" He met with Patrick a few days later, and they watched the video together. Justin asked Patrick what he thinks about it, and he simply said: "I will push you!" Patrick agreed. He would make his friend Justin's dream come

true. He would push him along that long trail of 500 miles.

After two years of preparations and training, and after an off-road wheelchair had been built, the two friends started the journey of their life in France! Pushing or pulling his friend's wheelchair through the Pyrenees Mountains, over 4000 feet heights, Patrick still carried a heavy backpack. They went through rocky passages, through muddy steep trails, while often other pilgrims helped them along the way. Patrick and Justin would go on and on for five weeks until they reached their goal. They wobbled into the Santiago de la Compostela Plaza in front of the cathedral! After all their efforts, overcoming discouragements and all challenges, the two friends were welcomed by their wives and hundreds of other people who cheered and applauded them. The 500-mile journey had reached a happy and successful end!

## HOW WILL YOU PUSH SOMEBODY?

"I will push you!" We all know that this expression is a spiritual object lesson, not an actual act of compulsion. **"The exercise of force is contrary to the principles of God's government;** He desires only the service of love; and love cannot be commanded; it cannot be won by force or authority. Only by love is love awakened."—*The Desire of Ages*, p. 22. [Emphasis added.]

The question is how shall we push or pull people home, to the Father's heart?

“We shall seek to **present to them the attractions of Christ** and the unseen **realities of the world to come**. There will be an earnest longing that those around us may ‘behold the Lamb of God, which taketh away the sin of the world’ (John 1:29).”—Ibid., pp. 78, 79.

The love of Christ revealed on the cross “constraineth us” (2 Corinthians 5:14)! Pulled by the love of God, like Philip when he found the Saviour, “we shall be led to the foot of the cross in repentance for the sins that have crucified the Saviour. Then the Spirit of God through faith produces a new life in the soul.”—*The Desire of Ages*, p. 176. That life of God, lived in our hearts, will attract others to the Lord through our ministry!

Whom will you push? Anyone who is swimming against the stream.

“When men have to swim against the stream, there is a weight of waves driving them back. **Let a hand then be held out**, as was the Elder Brother’s hand to a sinking Peter. . . . Let the one who is supposed to have moved wrongly be given no occasion by his

brother to become discouraged, but **let him feel the strong clasp of a sympathizing hand**; let him hear the whisper, ‘Let us pray.’ The Holy Spirit will give a rich experience to both.”—*Our High Calling*, p. 177.

[Emphasis supplied.]

Have you heard about employees of the Japanese Railways who were pushing people into crowded trains so that they may reach their destinations? We are paid by Christ’s blood to do the same—to “push” people into the train of salvation! That means to call, to admonish, to exhort, to persuade, and to help them arrive under the wings of the Most High!

#### WHO HAS THE GREATEST JOY?

Who gets the most joy, the benefactor or the recipient? One of the most amazing realities of following Christ’s way of life is that the benefactor receives the greatest joy. For “It is more blessed to give than to receive” (Acts 20:35).

#### WHAT ARE THE BENEFITS OF HELPING OTHERS?

“The effort to bless others will react in blessings upon ourselves. This was the purpose of God in giving us a part to act in the plan of redemption. He has granted men the privilege of becoming partakers of the divine nature and, in their turn, of diffusing blessings to their fellow men. **This is the highest honor, the greatest joy,**

# PRESENT TO THEM THE ATTRACTIONS OF CHRIST

**that it is possible for God to bestow upon men.**”—*Steps to Christ*, p. 79, [Emphasis added.]

### PATH TO REAL HAPPINESS

“Real happiness is found only in being good and doing good. The purest, highest enjoyment comes to those who faithfully fulfill their appointed duties.”—*My Life Today*, p. 168.

### BUT WHERE WILL I GET THE ENERGY AND TIME TO HELP ALL THOSE PEOPLE IN NEED?

“Those who consecrate body, soul, and spirit to God’s service will constantly receive a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of heaven are at their command. Christ gives them the life of His life. The Holy Spirit puts forth its highest energies to work in mind and heart.”—*In Heavenly Places*, p. 62.

### WOULD YOU LIKE TO ACHIEVE MEASURELESS RESULTS?

“To **everyone** who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results.”—*Ibid.* p. 62. [Emphasis added.]


### ARE YOU READY TO MAKE ANY SACRIFICE TO BRING OTHERS TO JESUS?

“So those who are the partakers of the grace of Christ will be ready to make any sacrifice, that others for whom He died may share the heavenly gift. They will do all they can to make the world better for

their stay in it. This spirit is the sure outgrowth of a soul truly converted.”—*Steps to Christ*, p. 78.

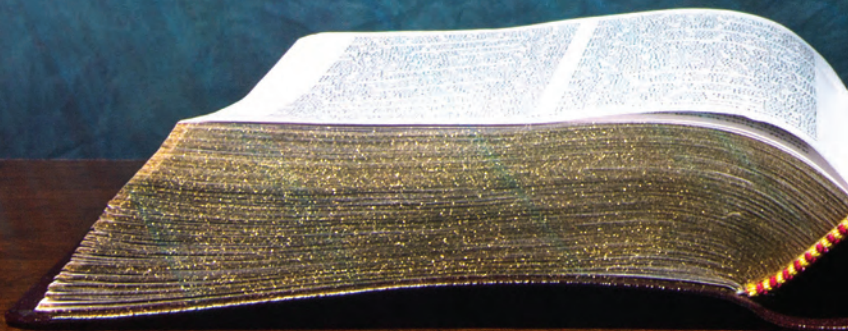
### REACHING THE PLAZA OF GOD’S CATHEDRAL

“I will push you!” These words come from the heavenly dictionary! When someone is discouraged to the point of collapsing or giving up, would you say, “No problem, I will push you!” Imagine the joy of those you would! To see them succeeding, to see them surmounting obstacles, and at the end reaching the plaza of God’s cathedral, the Sea of Glass (Revelation 14:1), Imagine the smile of joy and thankfulness on your face as you receive the hug of our Lord Jesus welcoming you home and others you “pushed” toward Him to the gates of the New Jerusalem! Imagine the welcoming anthems, not of few unknown spectators, but of the heavenly choir and orchestra of billions of angels, who’ve accompanied you all along the journey of life. Now they’re celebrating the victory you had by finding your life purpose to live FOR OTHERS and not for yourself. You’ll discover that being a blessing to your neighbors and living the life that Christ had so expensively bought for you was worth living! That life which measures by the life of God!

May the Lord bless you that you may be there at the plaza of God’s cathedral—the Sea of Glass—with the people you “pushed” to Jesus Christ and heaven! 

# 1-Year BIBLE CHALLENGE

It's fun to check your text messages to see if friends have written you. But imagine if someone else reads your texts before you could get to them and then just passed some parts along to you? How would you feel? Shocked? Upset? You'd most likely say, "Why are you invading my privacy? I want to read those messages myself!" It's the same with Scripture reading. Most likely you've heard lots of sermons and even read books about the Bible—and that's great, but have you read the Bible yourself? The Bible is God's love letter to you. Each morning when you wake up He has a text message waiting just for you. It's personal. This year we invite you to join our 1-year challenge and read your Bible from cover to cover with us and other young people around the world.



## HOW TO READ THE BIBLE



### CHOOSE A READABLE AND/OR AN AUDIO BIBLE

The King James Version is good and reliable Bible version. You can download a free Bible App on your phone or hear it on your computer. I am using **Bible.is**. I can hear and see the regular or the dramatized King James Version Bible being read. As I'm listening, I usually follow the text on my phone or in my Bible. This App has been a wonderful blessing to me! Try it!

**FIND A PLACE AND TIME** where you will be undisturbed. It's best to do your devotions early in the morning and in the evening before bedtime.



### FOLLOW OUR BIBLE READING PLAN

If you miss a day, get back on track. Ask the Lord each morning to awaken you and to help you read His Word daily and with joy. [You may wish to carefully tear out the Bible Reading Plan from the *Youth Messenger* and place it inside your Bible.]

### BEGIN WITH PRAYER

Ask the Holy Spirit to be your teacher and give you understanding and wisdom as you open the Word of God. In this way, you won't just be getting into the Word, but the Word will be getting into you! Claim the promise, "Open thou mine eyes, that I may behold wondrous things out of thy law" (Psalm 119:18).





## ASK QUESTIONS

As you're Bible reading, be like a curious child trying to explore the world. Ask, "Lord what do you want to teach me today?" Here are some questions you can ask about the passage:

- What does this passage mean?
- What does this passage teach me about God's character?
- Is there an example for me to follow?
- Is there an error for me to avoid?
- Is there a duty for me to perform?
- Is there a promise for me to claim?
- Is there a prayer for me to echo?

## TELL AND ASK

Tell someone—a family member, friend or a stranger—what you have learned each day. Ask a family member or friend to keep you accountable for reading. This will encourage you to keep reading when you don't feel like it. Soon, spending time with God will become a habit.



## WRITE IT DOWN

Start a journal. Write down the answers to the questions above and the sweet experiences you had with Jesus.

**KEEP READING.  
KEEP LISTENING.  
KEEP GROWING.**

"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart"  
(Hebrews 4:12).



# JANUARY

- 01  Gen. 1-3; Rom. 1  
02  Gen. 4-6; Rom. 2  
03  Gen. 7-9; Rom. 3  
04  Gen. 10-12; Rom. 4  
05  Gen. 13-15; Rom. 5  
06  Gen. 16-17; Rom. 6  
07  Gen. 18-19; Rom. 7  
08  Gen. 20-22; Rom. 8:1-21  
09  Gen. 23, 24; Rom. 8:22-39  
10  Gen. 25, 26; Rom. 9:1-15  
11  Gen. 27, 28; Rom. 9:16-33  
12  Gen. 29, 30; Rom. 10  
13  Gen. 31, 32; Rom. 11:1-18  
14  Gen. 33-35; Rom. 11:19-36  
15  Gen. 36-38; Rom. 12  
16  Gen. 39, 40; Rom. 13  
17  Gen. 41, 42; Rom. 14  
18  Gen. 43-45; Rom. 15:1-13  
19  Gen. 46-48; Rom. 15:14-33  
20  Gen. 49, 50; Rom. 16  
21  Isa. 1, 2; Mark 1:1-22  
22  Isa. 3, 4; Mark 1:23-45  
23  Isa. 5, 6; Mark 2  
24  Isa. 7, 8; Mark 3:1-19  
25  Isa. 9, 10; Mark 3:20-35  
26  Isa. 11-13; Mark 4:1-20  
27  Isa. 14-16; Mark 4:21-41  
28  Isa. 17-19; Mark 5:1-20  
29  Isa. 20-22; Mark 5:21-43  
30  Isa. 23-25; Mark 6:1-29  
31  Isa. 26, 27; Mark 6:30-56

# FEBRUARY

- 01  Isa. 28, 29; Mark 7:1-13  
02  Isa. 30, 31; Mark 7:14-37  
03  Isa. 32, 33; Mark 8  
04  Isa. 34-36; Mark 9:1-29  
05  Isa. 37, 38; Mark 9:30-50  
06  Isa. 39, 40; Mark 10:1-31  
07  Isa. 41, 42; Mark 10:32-52  
08  Isa. 43, 44; Mark 11:1-18  
09  Isa. 45, 46; Mark 11:19-33  
10  Isa. 47-49; Mark 12:1-27  
11  Isa. 50-52; Mark 12:28-44  
12  Isa. 53-55; Mark 13:1-20  
13  Isa. 56-58; Mark 13:21-37  
14  Isa. 59-61; Mark 14:1-26  
15  Isa. 62-64; Mark 14:27-53  
16  Isa. 65, 66; Mark 14:54-72  
17  Ex. 1-3; Mark 15:1-25  
18  Ex. 4-6; Mark 15:26-47  
19  Ex. 7, 8; Mark 16  
20  Ex. 9-11; 1 Thess. 1  
21  Ex. 12, 13; 1 Thess. 2  
22  Ex. 14, 15; 1 Thess. 3  
23  Ex. 16-18; 1 Thess. 4  
24  Ex. 19, 20; 1 Thess. 5  
25  Ex. 21, 22; 2 Thess. 1  
26  Ex. 23, 24; 2 Thess. 2  
27  Ex. 25, 26; 2 Thess. 3  
28  Ex. 27, 28; Philemon

# MARCH

- 01  Ex. 29, 30; James 1  
02  Ex. 31-33; James 2  
03  Ex. 34, 35; James 3  
04  Ex. 36-38; James 4  
05  Ex. 39, 40; James 5  
06  Job 1, 2; 1 Cor. 1  
07  Job 3, 4; 1 Cor. 2  
08  Job 5-7; 1 Cor. 3  
09  Job 8-10; 1 Cor. 4  
10  Job 11-13; 1 Cor. 5  
11  Job 14-16; 1 Cor. 6  
12  Job 17-19; 1 Cor. 7:1-19  
13  Job 20, 21; 1 Cor. 7:20-40  
14  Job 22-24; 1 Cor. 8  
15  Job 25-27; 1 Cor. 9  
16  Job 28, 29; 1 Cor. 10:1-18  
17  Job 30, 31; 1 Cor. 10:19-33  
18  Job 32, 33; 1 Cor. 11:1-16  
19  Job 34, 35; 1 Cor. 11:17-34  
20  Job 36, 37; 1 Cor. 12  
21  Job 38-40; 1 Cor. 13  
22  Job 41, 42; 1 Cor. 14:1-20  
23  Prov. 1, 2; 1 Cor. 14:21-40  
24  Prov. 3-5; 1 Cor. 15:1-28  
25  Prov. 6, 7; 1 Cor. 15:29-38  
26  Prov. 8, 9; 1 Cor. 16  
27  Prov. 10-12; Titus 1  
28  Prov. 13-15; Titus 2  
29  Prov. 16-18; Titus 3  
30  Prov. 19-21; Heb. 1  
31  Prov. 22-24; Heb. 2

# APRIL

- 01  Prov. 25, 26; Heb. 3  
 02  Prov. 27–29; Heb. 4  
 03  Prov. 30, 31; Heb. 5  
 04  Lev. 1–3; Heb. 6  
 05  Lev. 4, 5; Heb. 7  
 06  Lev. 6, 7; Heb. 8  
 07  Lev. 8–10; Heb. 9  
 08  Lev. 11, 12; Heb. 10:1–18  
 09  Lev. 13; Heb. 10:19–39  
 10  Lev. 14; Heb. 11:1–19  
 11  Lev. 15, 16; Heb. 11:20–40  
 12  Lev. 17, 18; Heb. 12  
 13  Lev. 19, 20; Heb. 13  
 14  Lev. 21, 22; Rev. 1  
 15  Lev. 23, 24; Rev. 2  
 16  Lev. 25; Rev. 3  
 17  Lev. 26, 27; Rev. 4  
 18  Dan. 1, 2; Rev. 5  
 19  Dan. 3, 4; Rev. 6  
 20  Dan. 5–7; Rev. 7  
 21  Dan. 8–10; Rev. 8  
 22  Dan. 11, 12; Rev. 9  
 23  Eccles. 1–3; Rev. 10  
 24  Eccles. 4–6; Rev. 11  
 25  Eccles. 7–9; Rev. 12  
 26  Eccles. 10–12; Rev. 13  
 27  Num. 1, 2; Rev. 14  
 28  Num. 3, 4; Rev. 15  
 29  Num. 5, 6; Rev. 16  
 30  Num. 7, 8; Rev. 17

# MAY

- 01  Num. 9–11; Rev. 18  
 02  Num. 12–14; Rev. 19  
 03  Num. 15, 16; Rev. 20  
 04  Num. 17–19; Rev. 21  
 05  Num. 20–22; Rev. 22  
 06  Num. 23–25; Matt. 1  
 07  Num. 26–28; Matt. 2  
 08  Num. 29–31; Matt. 3  
 09  Num. 32–34; Matt. 4  
 10  Num. 35, 36; Matt. 5:1–26  
 11  Jonah; Matt. 5:27–48  
 12  1 Kings 1, 2; Matt. 6:1–18  
 13  1 Kings 3–5; Matt. 6:19–34  
 14  1 Kings 6, 7; Matt. 7  
 15  1 Kings 8, 9; Matt. 8:1–17  
 16  1 Kings 10, 11; Matt. 8:18–34  
 17  1 Kings 12, 13; Matt. 9:1–17  
 18  1 Kings 14, 15; Matt. 9:18–38  
 19  1 Kings 16–18; Matt. 10:1–20  
 20  1 Kings 19, 20; Matt. 10:21–42  
 21  1 Kings 21, 22; Matt. 11  
 22  2 Kings 1–3; Matt. 12:1–23  
 23  2 Kings 4–6; Matt. 12:24–50  
 24  2 Kings 7–9; Matt. 13:1–30  
 25  2 Kings 10–12; Matt. 13:31–58  
 26  2 Kings 13, 14; Matt. 14:1–21  
 27  2 Kings 15, 16; Matt. 14:22–36  
 28  2 Kings 17, 18; Matt. 15:1–20  
 29  2 Kings 19–21; Matt. 15:21–39  
 30  2 Kings 22–23; Matt. 16  
 31  2 Kings 24–25; Matt. 17

# JUNE

- 01  Hos. 1–4; Matt. 18:1–20  
 02  Hos. 5–8; Matt. 18:21–35  
 03  Hos. 9–11; Matt. 19  
 04  Hos. 12–14; Matt. 20:1–16  
 05  Jer. 1, 2; Matt. 20:17–34  
 06  Jer. 3–5; Matt. 21:1–23  
 07  Jer. 6–8; Matt. 21:24–46  
 08  Jer. 9–11; Matt. 22:1–22  
 09  Jer. 12–14; Matt. 22:23–46  
 10  Jer. 15–17; Matt. 23:1–22  
 11  Jer. 18, 19; Matt. 23:23–39  
 12  Jer. 20, 21; Matt. 24:1–28  
 13  Jer. 22, 23; Matt. 24:29–51  
 14  Jer. 24–26; Matt. 25:1–30  
 15  Jer. 27–29; Matt. 25:31–46  
 16  Jer. 30, 31; Matt. 26:1–25  
 17  Jer. 32, 33; Matt. 26:26–50  
 18  Jer. 34–36; Matt. 26:51–75  
 19  Jer. 37–39; Matt. 27:1–26  
 20  Jer. 40–42; Matt. 27:27–50  
 21  Jer. 43–45; Matt. 27:51–66  
 22  Jer. 46, 47; Matt. 28  
 23  Jer. 48, 49; Phil. 1  
 24  Jer. 50; Phil. 2  
 25  Jer. 51, 52; Phil. 3  
 26  Joel; Phil. 4  
 27  Deut. 1–3; Acts 1  
 28  Deut. 4–6; Acts 2:1–21  
 29  Deut. 7–9; Acts 2:22–47  
 30  Deut. 10–12; Acts 3

# JULY

- 01  Deut. 13–15; Acts 4:1–22
- 02  Deut. 16–18; Acts 4:23–37
- 03  Deut. 19–21; Acts 5:1–21
- 04  Deut. 22–24; Acts 5:22–42
- 05  Deut. 25–27; Acts 6
- 06  Deut. 28, 29; Acts 7:1–21
- 07  Deut. 30, 31; Acts 7:22–43
- 08  Deut. 32–34; Acts 7:44–60
- 09  Obadiah; Acts 8:1–25
- 10  Ruth; Acts 8:26–40
- 11  Ps. 1–3; Acts 9:1–21
- 12  Ps. 4–6; Acts 9:22–43
- 13  Ps. 7–9; Acts 10:1–23
- 14  Ps. 10–12; Acts 10:24–48
- 15  Ps. 13–15; Acts 11
- 16  Ps. 16, 17; Acts 12
- 17  Ps. 18, 19; Acts 13:1–25
- 18  Ps. 20–22; Acts 13:26–52
- 19  Ps. 23–25; Acts 14
- 20  Ps. 26–28; Acts 15:1–21
- 21  Ps. 29, 30; Acts 15:22–41
- 22  Ps. 31, 32; Acts 16:1–21
- 23  Ps. 33, 34; Acts 16:22–40
- 24  Ps. 35, 36; Acts 17:1–15
- 25  Ps. 37–39; Acts 17:16–34
- 26  Ps. 40–42; Acts 18
- 27  Ps. 43–45; Acts 19:1–20
- 28  Ps. 46–48; Acts 19:21–41
- 29  Ps. 49, 50; Acts 20:1–16
- 30  Ps. 51–53; Acts 20:17–38
- 31  Ps. 54–56; Acts 21:1–17

# AUGUST

- 01  Ps. 57–59; Acts 21:18–40
- 02  Ps. 60–62; Acts 22
- 03  Ps. 63–65; Acts 23:1–15
- 04  Ps. 66, 67; Acts 23:16–35
- 05  Ps. 68, 69; Acts 24
- 06  Ps. 70, 71; Acts 25
- 07  Ps. 72, 73; Acts 26
- 08  Ps. 74–76; Acts 27:1–26
- 09  Ps. 77, 78; Acts. 27:27–44
- 10  Ps. 79, 80; Acts 28
- 11  Ps. 81–83; 1 Pet. 1
- 12  Ps. 84–86; 1 Pet. 2
- 13  Ps. 87, 88; 1 Pet. 3
- 14  Ps. 89, 90; 1 Pet. 4
- 15  Ps. 91–93; 1 Pet. 5
- 16  Ps. 94–96; Gal. 1
- 17  Ps. 97–99; Gal. 2
- 18  Ps. 100–102; Gal. 3
- 19  Ps. 103, 104; Gal. 4
- 20  Ps. 105, 106; Gal. 5
- 21  Ps. 107–109; Gal. 6
- 22  Ps. 110–112; 2 Cor. 1
- 23  Ps. 113–115; 2 Cor. 2
- 24  Ps. 116–118; 2 Cor. 3
- 25  Ps. 119:1–88; 2 Cor. 4
- 26  Ps. 119:89–176; 2 Cor. 5
- 27  Ps. 120–122; 2 Cor. 6
- 28  Ps. 123–125; 2 Cor. 7
- 29  Ps. 126–128; 2 Cor. 8
- 30  Ps. 129–131; 2 Cor. 9
- 31  Ps. 132–134; 2 Cor. 10

# SEPTEMBER

- 01  Ps. 135, 136; 2 Cor. 11:1–15
- 02  Ps. 137–139; 2 Cor. 11:16–33
- 03  Ps. 140–142; 2 Cor. 12
- 04  Ps. 143–145; 2 Cor. 13
- 05  Ps. 146, 147; John 1:1–28
- 06  Ps. 148–150; John 1:29–51
- 07  Judg. 1–3; John 2
- 08  Judg. 4–6; John 3:1–18
- 09  Judg. 7, 8; John 3:19–36
- 10  Judg. 9, 10; John 4:1–30
- 11  Judg. 11, 12; John 4:31–54
- 12  Judg. 13–15; John 5:1–24
- 13  Judg. 16–18; John 5:25–47
- 14  Judg. 19–21; John 6:1–21
- 15  Lam. 1, 2; John 6:22–44
- 16  Lam. 3–5; John 6:45–71
- 17  Amos 1–3; John 7:1–27
- 18  Amos 4–6; John 7:28–53
- 19  Amos 7–9; John 8:1–27
- 20  Ezek. 1, 2; John 8:28–59
- 21  Ezek. 3, 4; John 9:1–23
- 22  Ezek. 5–7; John 9:24–41
- 23  Ezek. 8–10; John 10:1–23
- 24  Ezek. 11–13; John 10:24–42
- 25  Ezek. 14, 15; John 11:1–29
- 26  Ezek. 16, 17; John 11:30–57
- 27  Ezek. 18, 19; John 12:1–26
- 28  Ezek. 20, 21; John 12:27–50
- 29  Ezek. 22, 23; John 13:1–20
- 30  Ezek. 24–26; John 13:21–38

# OCTOBER

- 01  Ezek. 27–29; John 14  
 02  Ezek. 30–32; John 15  
 03  Ezek. 33–34; John 16  
 04  Ezek. 35–36; John 17  
 05  Ezek. 37–39; John 18:1–18  
 06  Ezek. 40–41; John 18:19–40  
 07  Ezek. 42–44; John 19:1–22  
 08  Ezek. 45–46; John 19:23–42  
 09  Ezek. 47–48; John 20  
 10  Song of Sol. 1–3; John 21  
 11  Song of Sol. 4–5; Eph. 1  
 12  Song of Sol. 6–8; Eph. 2  
 13  1 Sam. 1–3; Eph. 3  
 14  1 Sam. 4–6; Eph. 4  
 15  1 Sam. 7–9; Eph. 5:1–16  
 16  1 Sam. 10–12; Eph. 5:17–33  
 17  1 Sam. 13–14; Eph. 6  
 18  1 Sam. 15–16; 2 Pet. 1  
 19  1 Sam. 17–18; 2 Pet. 2  
 20  1 Sam. 19–21; 2 Pet. 3  
 21  1 Sam. 22–24; 1 Tim. 1  
 22  1 Sam. 25–26; 1 Tim. 2  
 23  1 Sam. 27–29; 1 Tim. 3  
 24  1 Sam. 30–31; 1 Tim. 4  
 25  2 Sam. 1–2; 1 Tim. 5  
 26  2 Sam. 3–5; 1 Tim. 6  
 27  2 Sam. 6–8; 1 John 1  
 28  2 Sam. 9–11 1 John 2  
 29  2 Sam. 12–13; 1 John 3  
 30  2 Sam. 14–15; 1 John 4  
 31  2 Sam. 16–18; 1 John 5

# NOVEMBER

- 01  2 Sam. 19–20; 2 John  
 02  2 Sam. 21–22; 3 John  
 03  2 Sam. 23–24; Col. 1  
 04  Nahum; Col. 2  
 05  Habakkuk; Col. 3  
 06  Zephaniah; Col. 4  
 07  Ezra 1–2; 2 Tim. 1  
 08  Ezra 3–5; 2 Tim. 2  
 09  Ezra 6–8; 2 Tim. 3  
 10  Ezra 9–10; 2 Tim. 4  
 11  1 Chron. 1–3; Jude  
 12  1 Chron. 4–6; Luke 1:1–20  
 13  1 Chron. 7–9; Luke 1:21–38  
 14  1 Chron. 10–11; Luke 1:39–56  
 15  1 Chron. 13–15; Luke 1:57–80  
 16  1 Chro. 16–18; Luke 2:1–24  
 17  1 Chron. 19–21; Luke 2:25–52  
 18  1 Chron. 22–24; Luke 3  
 19  1 Chro. 25–27; Luke 4:1–30  
 20  1 Chron. 28–29; Luke 4:31–44  
 21  2 Chro. 1–3; Luke 5:1–16  
 22  2 Chro. 4–6; Luke 5:17–39  
 23  2 Chro. 7–9; Luke 6:1–26  
 24  2 Chron. 10–12; Luke 6:27–49  
 25  2 Chro. 13–14; Luke 7:1–30  
 26  2 Chron. 15–16; Luke 7:31–50  
 27  2 Chro. 17–18; Luke 8:1–25  
 28  2 Chron. 19–20;  
 Lu. 8:26–56  
 29  2 Chro. 21–22; Luke 9:1–17  
 30  2 Chron. 23–24; Luke  
 9:18–36

# DECEMBER

- 01  2 Chron. 25–27; Luke 9:37–62  
 02  2 Chron. 28–29; Luke 10:1–24  
 03  2 Chro. 30–31; Luke 10:25–42  
 04  2 Chron. 32–33; Luke 11:1–28  
 05  2 Chro. 34–36; Luke 11:29–54  
 06  Esther 1–2; Luke 12:1–31  
 07  Esther 3–5; Luke 12:32–59  
 08  Esther 6–8; Luke 13:1–22  
 09  Esther 9–10; Luke 13:23–35  
 10  Haggai; Luke 14:1–23  
 11  Josh. 1–3; Luke 14:24–35  
 12  Josh. 4–6; Luke 15:1–10  
 13  Josh. 7–9; Luke 15:11–32  
 14  Josh. 10–12; Luke 16  
 15  Josh. 13–15; Luke 17:1–19  
 16  Josh. 16–18; Luke 17:20–37  
 17  Josh 19–21; Luke 18:1–23  
 18  Josh. 22–24; Luke 18:24–43  
 19  Neh. 1–3; Luke 19:1–27  
 20  Neh. 4–6; Luke 19:28–48  
 21  Neh. 7–9; Luke 20:1–26  
 22  Neh. 10–11; Luke 20:27–47  
 23  Neh. 12–13; Luke 21:1–19  
 24  Micah 1–3; Luke 21:20–38  
 25  Micah 4–5; Luke 22:1–20  
 26  Micah 6–7; Luke 22:21–46  
 27  Zech. 1–4; Luke 22:47–71  
 28  Zech. 5–8; Luke 23:1–25  
 29  Zech. 9–12; Luke 23:26–56  
 30  Zech. 13–14; Luke 24:1–35  
 31  Malachi; Luke 24:36–53



# ACNE 101

## HOW TO PREVENT IT

BY LILIANE BALBACH, M.S., RDN

**Y**ou wake up in the morning all excited and ready for school, then suddenly you look in the mirror and see a field of acne across your face. Acne is one of the worst nightmares a young person can have. If you suffer from breakouts, there is something you can do about them. Follow our “Acne Prevention Program.”

### WANT ACNE? DRINK COW’S MILK

Did you know that acne is an epidemic in western countries? It affects 85% of western adolescents, while it does not exist in non-western populations. Fifty percent of the men and women in the U.S., continue having acne into the third decade of life.

A study of 46,000 women who drank cow’s milk found a positive association with acne. So, how does drinking milk cause acne? People who drink milk and consume dairy products from pregnant cows expose themselves to hormones produced by the cow during pregnancy. Humans are not designed to consume these hormones during their adolescent and adult years. Cow’s milk was designed for calves, not

for humans—but we have been drinking milk from the wrong species. Calves grow four times faster than human infants.

We already know that teenage acne closely corresponds with hormonal activity. So, when adolescents drink cow’s milk, they are adding an extra load of hormones to what their body already produces. In humans, mothers produce milk until their child is weaned. Looking at it objectively, drinking milk from another species during our post-weaning years, especially milk from pregnant cows, is unnatural.

The Harvard Nurse’s Study found that the intake of milk during adolescence is associated with a history of teenage acne. This association is more marked for skim milk. It may be because there is much more estrogen in skim milk. The Harvard School of Public Health studied 6,000 girls and found a positive link between milk and acne. When they studied boys, they found the same positive association between the intake of skim milk and acne. Other research shows that acne could be a marker for increased risk of prostate cancer and breast cancer.

## ACNE PREVENTION AND ELIMINATION PROGRAM

1. Eliminate cow's milk and dairy products from your diet.
2. Drink milk made from plants: soy milk, almond milk, coconut milk, millet milk.
3. Feed your skin with fresh fruit and vegetables.
  - Eat 4 servings of fruit per day
  - 4-5 servings of vegetables, two of these should be leafy greens, one should be a cruciferous vegetable: Broccoli, cauliflower, kale, cabbage.
  - 1 serving = 1/2 cup;  
1 serving of raw salad = 1 cup.
4. Eat whole grain breads, cereals, beans, and nuts.
5. Drink 8 glasses of water per day.
6. Avoid junk food. These include foods high in sugar, fat and salt—sodas, potato chips, doughnuts, sweets, white-flour products. Eliminate foods with high fructose corn syrup.
7. Eliminate all animal foods from your diet.

The good news is that eating healthfully to prevent or reverse acne is good for your overall health. Try making some of the healthy home-made nut milks below and the sweet treat! Following the above dietary guidelines also helps one prevent and reverse type II Diabetes, cancer and obesity. So not only is our Acne Prevention Program good for your skin, but also for your blood sugar, for your brain, your waistline and your pocket book. Think of all the money you will be saving when you stop eating junk food and begin eating whole foods. God asks us, "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness" (Isaiah 55:2, ASV).

Our Creator knew what He was doing when He prescribed for us fruits, nuts, grains, legumes and vegetables (Genesis 1:29; 3:18). He gave us the very best diet for beautiful, clear skin, and a strong, healthy body. Won't you follow His health program daily so you may enjoy vibrant health and true happiness? 🍌



## MILLET MILK

2/3 cup hot cooked millet

1/3 cup raw cashews

1 tsp. vanilla

1 tsp. salt

1 Tbsp. honey

3 cups water

1. Wash cashews well in warm water and place in blender. Add 1 of the 3 cups of water and blend in Vitamix or another blender until very smooth. Do not under blend.
2. Add the rest of the ingredients to the blender and continue blending until milk is of a smooth pouring consistency. Add more water if needed.
3. Chill well and serve in place of regular milk.
4. Makes 4 cups.

## ALMOND MILK

2 cups boiling water

3/4 cup whole almonds

4 cups water

5 dates

1 pinch salt

1 drop vanilla essence

1. Soak almonds in a bowl with boiling water for 10 minutes. Drain.
2. Put all ingredients into the blender and blend for about 2 minutes until creamy.
3. Store in the fridge for up to 3 days. Stir or shake each time you use it as the ingredients will separate.
4. Makes 5 cups.

## APRICOT BLISS BALLS

1 cup dates, pitted

1 cup dried apricots

1/2 cup cashew nuts

1/2 cup walnuts

1/2 cup sunflower seeds

1/2 cup almonds

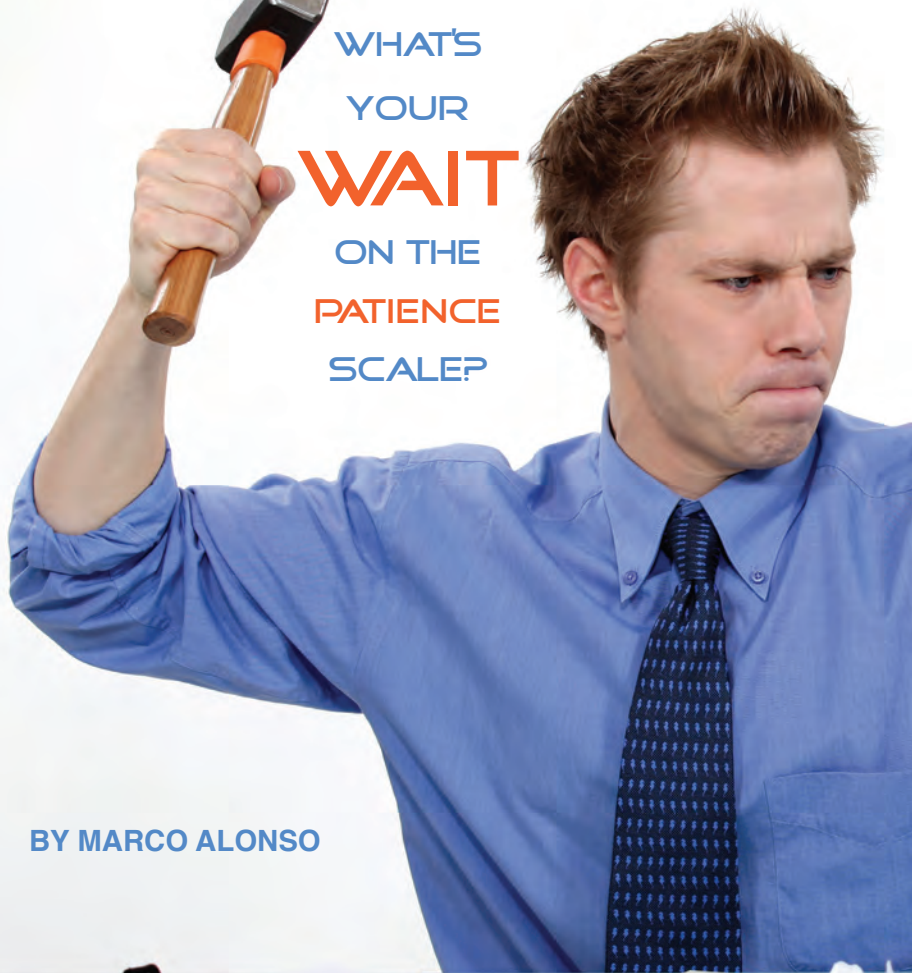
3 cups boiling water

1/2 cup shredded coconut for garnish

1. Measure fruit, nuts and seeds into a mixing bowl and cover with boiling water. Let soften for 15 minutes.
2. Drain. Put softened fruit, nuts and seeds in a food processor and blend until it all clumps up.
3. Spoon 2 Tbsp. of the mixture into your hand and roll into small balls.
4. Gently roll in a bowl with the shredded coconut.

# "GOTTA" HAVE IT NOW

WHAT'S  
YOUR  
**WAIT**  
ON THE  
PATIENCE  
SCALE?



BY MARCO ALONSO



One day as I was driving back home from college I had to stop by the grocery store and pick up a couple of items. At the moment, this task seemed overwhelming since I had had a long day at school, dealing with a tedious project. I just had no patience for grocery shopping. My imagination kicked in as I began to envision a world where I would design an App which would connect me to every participating grocery store. This, in turn, would allow me to make the purchase through my App, then I would go to a drive-thru market and have my purchase placed in my car. Besides that, I would customize a wish list where I would only click once and the App would save my preferences.

What about you?

Are you a patient person? Being patient is essential to daily living. A patient person has the tendency to wait calmly amid frustration or adversity. We all have the opportunity to practice patience at home, at school, with our coworkers, and with half of our city's citizens at the grocery store.

### “GOTTA” HAVE IT NOW!

There is a patience crisis in our society today! We live in a world of instant gratification. People are on the go and they want to do everything instantly: fast food, instant technology, instant messaging, quick dating and marriage (online dating sites), and much more. As a society, we have developed the mentality of “how can I live my life easier, faster, and better?” Once patience was a virtue now it's becoming as rare as handwritten letters.



Why is patience and delayed gratification important to our success in daily living at home, school, work, and in our walk with God? That special group of people who are saved among the 144,000 will have the character quality of patience. “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus” (Revelation 14:12). Notice the main characteristics that Christ is looking for in His children who will inherit His kingdom: patience, and obedience to His commandments. “We are on a battle ground, and Satan is striving for our souls. No impatient man or woman will ever enter the courts of heaven.”—*Review and Herald*, February 21, 1888.

### WHAT IS PATIENCE?

According to Noah Webster’s 1828 Dictionary, patience is “the act or quality of waiting long for justice or expected good without discontent.” David describes how he exercised patience: “I waited patiently for the Lord; and he inclined unto me, and heard my cry” (Psalm 40:1). Notice that David “waited patiently.” As I meditated on this verse I researched it in the original Hebrew Interlinear Bible. What I found was astonishing! **Qaw-woh**, the original word, means “patiently waited.” Qaw-woh means to be hopeful and expecting as if expecting for a vine to produce grapes. So, when David states “I waited patiently

for the Lord” he is saying “I waited with a positive and hopeful expectation for the Lord.”

Did you know that one of the fundamental principles of love is patience? In 1 Corinthians 13, Paul presents multiple scenarios of patience as being a natural expression of genuine love. In verse 7 he states, “Charity [love] beareth *all things*, believeth *all things*, hopeth *all things*, endureth *all things*.” All of these aspects of love are also the key characteristics of patience.

### ARE THERE BENEFITS?

Have you ever planted something and waited for it to grow? It seemed like an eternity. When I was growing up, I decided to plant potatoes in our family garden. I announced to my mom that soon we would have a plentiful potato harvest. Yet for some reason, I thought we would have potatoes the next week. I grabbed my potato, stormed out of the house and planted it.

The very next morning, I ran out and dug up the potato to see if I had at least one additional potato. To my surprise the potato was beginning to rot. I was so disappointed and quickly covered it up and went to find a gardening book on how to grow potatoes. I was glad to find that the potato was supposed to rot so that new potatoes could emerge, but I was also disappointed that it would take more than a couple of weeks before I could eat potatoes.

For the next few weeks, I woke up early and dug out the potato to see the progress. Finally, after 2 months, I gave up digging up that potato and decided to wait for the potato to grow when it was ready. Days passed and then one morning, I woke up and remembered the potato. I ran to the garden to check on it. To my surprise, that one potato had turned into a dozen little but fully matured potatoes!

Since we live in a society that promotes instant gratification, often, we as Christians may also want things to happen instantly. But this is not how God works. In explaining the nature of His kingdom, Jesus said, “So is the kingdom of God, as if a man should cast seed into the ground; and should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how” (Mark 4:26, 27). Here we learn the lesson God wants to teach us, we are not in control of our lives, He is. Just as in planting a seed we must wait for it to grow, so we must wait for God to put us through trials so He can produce the miracle of growth in us.

## BEING PATIENT IS GOOD FOR YOU

We have learned that only those Christians who have the “patience of the saints” (Revelation 14:12) will keep all the commandments of God and have the faith of Jesus. But are there other benefits to being patient that I can get right now on this earth? The Bible says, “Even the youths shall faint and be weary, and the young men shall utterly fall: but they that wait upon the Lord shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint” (Isaiah 40:30, 31).

“Trust in the Lord Jesus to lead you step by step into the right path. . . . You can ‘run and not be weary’; you can ‘walk and not faint,’ for you can realize by faith that you have your hand in the hand of Christ.”—*Upward Look*, p. 320.

Here are some other benefits of being patient:



## 1 Patient people have better mental health.

According to a study conducted by Dr. Sarah Schnitker of Fuller Seminary and Dr. Robert Emmons of University of California, Davis, people who are patient tend to experience less depression and negative emotions.<sup>1</sup>

## 2 Patient people are more likely to achieve their goals.

Patient people report exerting more effort toward their goals than impatient people and they were more satisfied when they achieved them.<sup>2</sup>

## 3 Patient people tend to be more cooperative, more empathic, more forgiving.<sup>3</sup>

## 4 Patient people have good overall health.

Patient people were less likely to report health problems—headaches, acne flare-ups, ulcers, diarrhea, and pneumonia, according to the study done by Schnitker and Simmons in 2007.<sup>1</sup>



Can patience be improved? In her 2012, study, Dr. Schnitker invited 71 students to participate in “patience training.” This involved learning to identify their feelings and triggers, learning to regulate their emotions and to empathize with others. After two weeks of training, the students reported being more patient toward difficult people, feeling less depressed and having higher levels of positive emotions.<sup>2</sup>

## HOW WE CAN INCREASE IN PATIENCE?

### 1 By thanking God for my trials.

Every trial is an opportunity to improve our patience, and if we accept it as such, in the end, it will give us joy!

“My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing” (James 1:2-4).

## 2 **By running the Christian race daily.**

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us” (Hebrews 12:1).

## 3 **By waiting for the second coming of Jesus.**

“Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh” (James 5:8).

## 4 **By being patient with all people.**


“Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men. See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men” (1 Thessalonians 5:14).

We have daily opportunities to be patient with people we meet. It may be with a slow bank teller, the rude gas station attendant, or the person who is telling you the most boring story you ever heard.

## 5 **By looking to Jesus our example.**

Jesus is our Coach! He is our Motivator! He is our example!

“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds” (Hebrews 12:2, 3).

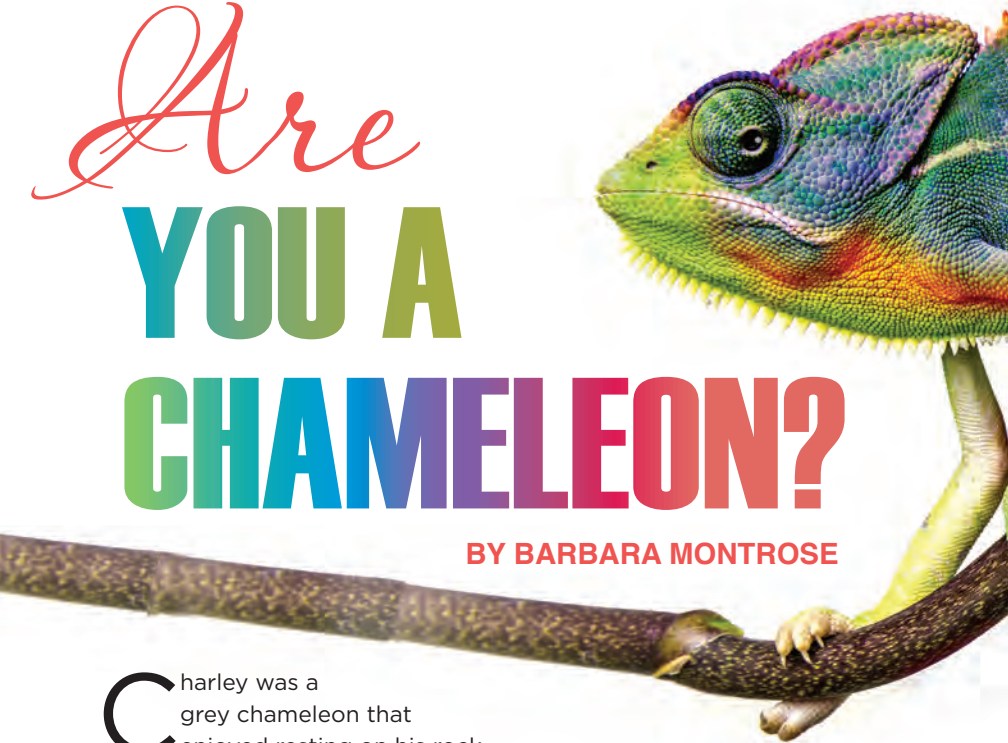
Will you begin your Patience Improvement Program today with Jesus Christ as your Coach? If you submit to His mentorship, your success is guaranteed! 

### References:

1. Schnitker, Sarah A. and Simmons, R.E., 2007. *Patience as a Virtue: Religious and Psychological Perspectives*. eBook, pp. 177-208.
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# Are YOU A CHAMELEON?

BY BARBARA MONTROSE



Charley was a grey chameleon that enjoyed resting on his rock.

There wasn't much happening, so it was a peaceful place to be.

His quick little eyes scanned back and forth to see what was around—until suddenly he spotted some prospective lunch. Up Charley leaped onto a large green leaf. From there the green little creature captured a cricket and enjoyed his meal immensely.

Wait a minute—did we just say that Charley was green? A minute ago he was grey—at least while he was perched on a rock. What's going on?

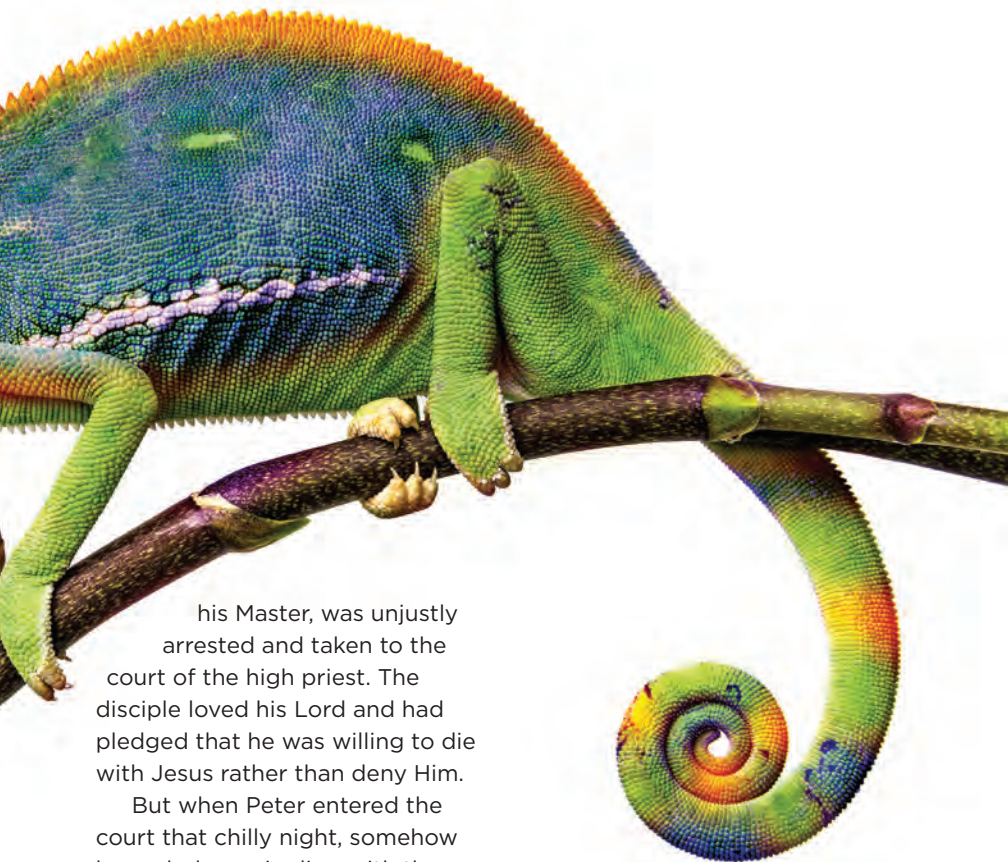
The amazing thing about chameleons is that they change color according to their surroundings. It's fascinating to

watch them long enough to see it! This ability is something special that God has given to chameleons to help keep them safe from predators.

Did you know that some people behave like chameleons? They change according to their location. In a foreign country, you need to speak the language of that place. But what about when it comes to Bible principle? Should we adjust our beliefs and principles when surrounded by people unfriendly to them?

Let's recall a famous story from the Bible:

Peter the disciple must have felt very stressed when Jesus,



his Master, was unjustly arrested and taken to the court of the high priest. The disciple loved his Lord and had pledged that he was willing to die with Jesus rather than deny Him.


But when Peter entered the court that chilly night, somehow he ended up mingling with the casual crowd that had gathered around the fire to stay warm. Jesus was taken to the high priest, but Peter had tried to disguise himself among the crowd to avoid being noticed as His disciple.


Before he realized what was happening, Peter ended up denying his Lord—not only once but three times in a row! (John 18:15–27.) How could such a thing occur?

Peter had failed to see his own need of prayer until finally he acted like a chameleon—changing his “color” to fit in with the rough crowd condemning Jesus. After this experience, the disciple re-

pented bitterly with tears and never forgot his need of Christ to be able to stand strong in the future.

The Lord forgave His repentant disciple—and He’ll forgive us if we have ever found ourselves in such a situation and acted like a chameleon! But we must learn from the lesson.

Don’t be afraid to show your true colors. You will be blessed for it. A Christian is a Christian in all places and under all circumstances. “The Lord is faithful, who shall stablish you, and keep you from evil” (2 Thessalonians 3:3). 



*"Before I formed thee in the belly  
I knew thee; and before thou camest  
forth out of the womb I sanctified thee"*

(Jeremiah 1:5).