

Youth messenger

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The Law of Liberty
Part 1

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EDITORIAL



THE LA

We live in perilous times, when being governed by laws and regulations seems restrictive. It hasn't always been that way. Our first parents, Adam and Eve, were naturally and happily obedient to God's requirements. When a flying snake challenged God's reasoning in not allowing man to eat from every tree of the garden—implying that God was unjustly limiting His creatures from fully partaking of all the fruits He had created—Eve came to God's defense by saying, "We may eat of the fruit of the trees of the garden" (Genesis 3:2), implying that God was, in fact, generous when He offered them to eat of every fruit of the garden except for one. She went even further, explaining why God would include a prohibition in His governing principles, saying that the Creator didn't want His children to suffer the consequences of disobedience. "But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it . . . lest ye die" (Genesis 3:3). Unfortunately, Eve tarried too long in the presence of evil and chose to believe the serpent's lie that said, "Ye shall not surely die" (Genesis 3:4).

It's been a long time since Satan's deceptive power was manifested against the human race for the first time. All who have followed in the footsteps of Adam and Eve have been suffering the consequences of sin, and yet, so many generations later, we are still making the same mistake in the name of freedom, hoping that we will be exempt from suffering the consequences of the choices we make. We were created with free will, but we only have two options from which to choose. "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" (Romans 6:16).

The writers of the articles in this magazine express the joy of serving God freely, not forcefully—choosing to live in harmony with the laws that provide health, happiness, and eternal life. I encourage you to pray, read, and experience your own version of freedom to obey. I just hope that you choose to obey Jesus not Satan, because it's the truth—not the lie—that shall make you free.

—Adrian Finaru

LAW OF LIBERTY



An Absolute Standard

by Bethany Muresan

It's not always easy to be told what to do. It's part of our human nature to prefer to make our own choices. That's healthy and normal. Yet from early childhood, we normally accept what our parents tell us because we can see they really love us a lot and genuinely want what's best for us. We also trust that ministers, teachers, police officers, and other officials typically want what is good as well, because as a general rule we figure they have chosen their professions to foster positive behavior, knowledge, and peace for everybody.

So, all these instructions we receive point to having an overall standard for human behavior. As we mature from childhood through youth to adulthood, we're making more and more of our

own decisions. For sure, we don't want to be making foolish ones, but rather wise ones that will bring us hope, happiness, and a bright future.

WHAT SHALL I DO?

All kinds of voices everywhere—on social media, online apps, peers, etc.—are trying to suggest to us something to do. But let's face reality: Often it's something not so good. But how can I be sure?

Most people would agree that it isn't right to steal or to kill. But what gives them that moral intuition? How can a person know what's right and what's wrong? We can settle on the fact that right is the opposite of wrong, and wrong is the opposite of right. However, that really doesn't

get us any closer to an answer. There must be a definition of right—and a definition of wrong. In order to do so, we need an unchangeable standard. Cultures differ on their conception of right vs. wrong; time changes people's opinions—something might be considered “okay” at one point in time, but “not okay” at another. Even ethics is the subject of many a debate, because each side approaches it with a different theory.

The real question though, isn't what people accept to be right vs. wrong, but rather: “What is the absolute standard?” A standard that has never changed—a standard that's applicable to all peoples, times, and circumstances. It is the standard that testifies that mankind fell into the wrong—into disobedience. Violation of this standard cost the life of God Himself, in the death of Christ on the cross.

1 Corinthians 15:3 tells us, “Christ **died for our sins** according to the scriptures.” We find out what sin is in 1 John 3:4 where it says: “Whosoever committeth sin transgresseth also the law: for **sin is the transgression of the law.**” [Emphasis added.]

To what law is this referring? Exodus 24:12 says, “the Lord said unto Moses, Come up to me into the mount, and be there: and I will give thee **tables of stone**, and a **law**, and **commandments** which I have written; that thou mayest teach them.” [Emphasis added.]

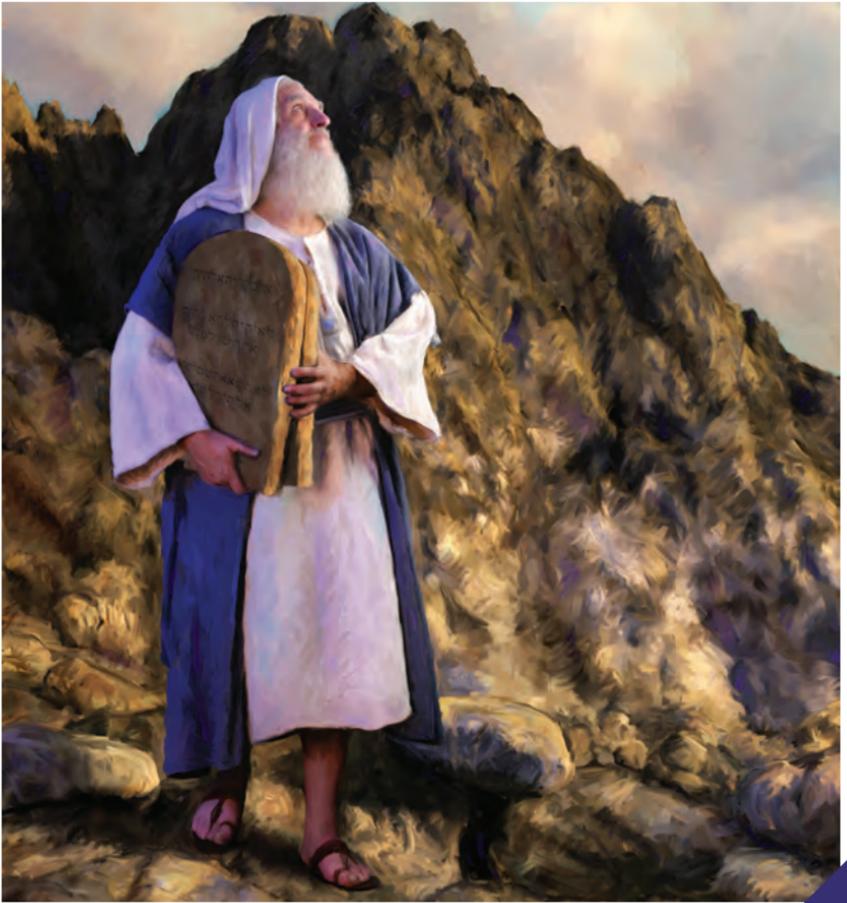
We find in Exodus 31:18 that these were “two tables of testimony, tables of stone, written with the finger of God.” This is the only time in the Bible where God Himself engraved a message in stone. Obviously, this was something meant to be enduring!

THE TEN COMMANDMENTS

Jesus, in the New Testament, also emphasized the importance of keeping the commandments. In John 14:15, He said, “If ye love me, keep my commandments.” Therefore, loving Christ will result in obedience to His law. We will do the right things rather than the wrong ones. In John 15:10, He said, “If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.” If Christ kept His Father's commandments, this gives evidence to the law being eternal and applicable to all.

When “a certain ruler asked him, saying, Good Master, what shall I do to inherit eternal life?” Jesus answered by referring to the Ten Commandments. “Thou knowest the commandments, Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honour thy father and thy mother.” (Luke 18:18, 20).

The Ten Commandments can be summarized in two: Love to God and Love to our fellow man. We find this in Matthew 22:37–40: “**Thou shalt love the Lord thy God** with all thy heart, and with all thy



soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, **Thou shalt love thy neighbour as thyself.** On these two commandments hang all the law and the prophets.” [Emphasis added.]

Can you imagine a world based on these two principles—a world where everyone loved God and loved their fellow humans as much as themselves? There would be no violence, theft, lying, cheating, or anything bad. It would be a wonderful world!

Now, sometimes people try to say the Law was done away with—that it is no longer valid or important. But I would ask them if they really want to be taken advantage of in a business deal or to be cheated on or to have someone break into their home and steal their belongings or to become a victim of attempted murder. Probably not. So you see, the majority desire to receive the benefits of the law; they just don’t want to be held responsible for keeping it themselves.

A QUESTION ANSWERED

Let's look at some interesting New Testament verses regarding the moral law of Ten Commandments and its role in the Christian era.

Romans 10:4 says, "For Christ is **the end** of the law for righteousness to every one that believeth."

Now what does this mean? Does this indicate that He ended or somehow destroyed the Law? Let's compare the usage of the word "end" as it reads in James 5:11, ". . . Ye have heard of the patience of Job, and have seen **the end** of the Lord; that the Lord is very pitiful, and of tender mercy."

Does this mean that the Lord somehow ended? Of course not! Or how about in 1 Peter 1:9, "Receiving **the end** of your faith, even the salvation of your souls." Does it imply that our faith should end or finish? No.

This word "end" in these three instances all refers to **an objective or purpose**.

Let's go to Matthew 5:17 where Christ clarifies: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil." In Romans 3:31, Paul reiterates, "Do we then make void the law through faith? God forbid: yea, we **establish** the law." Why? Because "the law is holy, and the commandment holy, and just, and good" (Romans 7:12).

IN SUMMARY

God wants to give us a good life. He wants to take us to that wonderful world called Heaven, whose citizens are all governed by the perfect law of Ten Commandments and reflect God's love in all their interactions.

In Revelation 14:12 the characteristics of the saved are given in the following introduction: "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus."

We can't keep the law on our own. That's why so many are opposed to it. The law simply shows us our sins. It's like a mirror. If you have mud on your face, you'll need to look into the mirror to see that your face is dirty. But will the mirror clean your face? No, you'll need to wash your face. Jesus is the water that will cleanse us.

Only through the sacrifice of Christ can we be made clean and perfected.

1 John 5:3-5 tells us, "For this is the love of God, that we **keep his commandments**: and his commandments are not grievous. For whatsoever is born of God **overcometh the world**: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but **he that believeth that Jesus is the Son of God?**" [Emphasis added.] 

What is your why?



By Lesedi Zhou

I Am Free to

Choose the Only True God

A computer is designed so that you, as the user, command what it has to do—and if it doesn't perform the way you want, it means something is wrong and it needs to be sent for repairs.

Did God create us the same way the computer is made—that He dictates everything to us with or without our will? What was God's desire when He brought humanity into existence?

CREATING HUMANS

"Our first parents, though created innocent and holy, were not placed beyond the possibility of wrongdoing. . . . They were to enjoy communion with God

and with holy angels; but before they could be rendered eternally secure, their loyalty must be tested. At the very beginning of man's existence a check was placed upon the desire for self-indulgence, the fatal passion that lay at the foundation of Satan's fall. The tree of knowledge, which stood near the tree of life in the midst of the garden, was to be a test of the obedience, faith, and love of our first parents. While permitted to eat freely of every other tree, they were forbidden to taste of this, on pain of death. They were also to be exposed to the temptations of Satan; but if they endured the trial, they would finally be placed beyond his

power, to enjoy perpetual favor with God. . . .

“God might have created man without the power to transgress His law; He might have withheld the hand of Adam from touching the forbidden fruit; but in that case man would have been, **not a free moral agent**, but a mere automation. Without freedom of choice, his obedience would not have been voluntary, but forced. There could have been no development of character. . . . It would have been unworthy of man as an intelligent being, and would have sustained Satan’s charge of God’s arbitrary rule.”—*Conflict and Courage*, p. 13. [Emphasis added.]

DEALING WITH LUCIFER

Although Satan committed sins worthy of death, what did God offer to Him again and again? “God in His great mercy bore long with Lucifer. He was not immediately degraded from his exalted station when he first indulged the spirit of discontent, nor even when he began to present his false claims before the loyal angels. Long was he retained in heaven. Again and again he was offered pardon on condition of repentance and submission. Such efforts as only infinite love and wisdom could devise were made to convince him of his error.”—*The Great Controversy*, p. 495.

Through His goodness, God gave plenty of time to the rebelling angel to convince him of his error, and to lead him to repent

and be reconciled back to Himself. God was willing to save Lucifer and all the high intelligences of Heaven who joined in his rebellion.

Despite God’s offer of pardon to Lucifer and reinstatement to his former position, what prevented the rebel from repenting of his wrongs? “But pride forbade him to submit. He persistently defended his own course, maintained that he had no need of repentance, and fully committed himself, in the great controversy, against his Maker. All the powers of his master mind were now bent to the work of deception, to secure the sympathy of the angels that had been under his command. Even the fact that Christ had warned and counseled him was perverted to serve his traitorous designs.”—*Ibid.*

Though convinced of his error, what did Satan determine to do?

“Satan, ambitious to exalt himself, and unwilling to submit to the authority of Jesus, was insinuating against the government of God. Some of the angels sympathized with Satan in his rebellion, and others strongly contended for the honor and wisdom of God in giving authority to His Son. There was contention among the angels. Satan and his sympathizers were striving to reform the government of God. They wished to look into His unsearchable wisdom, and ascertain His purpose in exalting Jesus and endowing Him with such unlimited power and command. They rebelled against

God never uses force, but He gives us freedom of choice.

the authority of the Son.”—*Early Writings*, p. 145.

“[Satan] was next to Christ in exaltation and character. It was with Satan that self-exaltation had its origin. He became jealous of Christ, and falsely accused him, and then laid blame upon the Father. He was envious of the position that was held by Christ and the Father, and he turned from his allegiance to the Commander of heaven and lost his high and holy estate. Though the angels had a knowledge of God and of Jesus Christ, though they were happy in the glorious service which they did for the King of heaven, yet, through his crooked representations of Christ and the Father, the evil one deceived a great company of angels, drew them into sympathy with himself, and associated them with himself in rebellion. Satan and his sympathizers became the avowed antagonists of God, established their own infernal empire, and set up a standard of rebellion against the God of heaven. All the principalities and powers of evil rallied to the work of overthrowing the government of God.”—*The Review and Herald*, October 22, 1895.

WHAT WAS WRONG?

Why was it wrong for Lucifer to have sought equality with God?

The Lord addresses him through the inspired word: “Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee” (Ezekiel 28:14, 15).

God never uses force, but He gives us freedom of choice. What prevented Satan from returning to his allegiance to God?

“The time had come for a final decision; [Lucifer] must fully yield to the divine sovereignty or place himself in open rebellion. He nearly reached the decision to return, but pride forbade him. It was too great a sacrifice for one who had been so highly honoured to confess that he had been in error, that his imaginings were false, and to yield to the authority which he had been working to prove unjust.”—*Patriarchs and Prophets*, p. 39.

What was God willing to do for Lucifer had he been willing to return to Him?

“Though [Lucifer] had forsaken his position as covering cherub, yet if he had been willing to return to God, acknowledging the Creator’s wisdom, and satisfied to fill the place appointed him in God’s great plan, he would have been reinstated in his office. But pride forbade him to submit.”—*The Great Controversy*, p. 495.

What is God willing to do for us if we are willing to go to Him

with our burden of sin? “Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool” (Isaiah 1:18). Jesus assures us, “All that the Father giveth me shall come to me; and **him that cometh to me I will in no wise cast out**” (John 6:37).

DELIVERANCE!

The Israelites were God’s chosen people and through them were all nations to be blessed. God then sent Moses to deliver them out from the land of Egypt: “And the Lord said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto

Jesus assures us, “All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out” (John 6:37).

a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites” (Exodus 3:7, 8).

“The Hebrews had expected to obtain their freedom without any special trial of their faith or any real suffering or hardship. But they were not yet prepared for deliverance. They had little faith in God, and were unwilling patiently to endure their afflictions until He should see fit to work for them. Many were content to remain in bondage rather than meet the difficulties attending removal to a strange land; and the habits of some had become so much like those of the Egyptians that



Everyone may place his will on the side of the will of God, may choose to obey Him, and by thus linking himself with divine agencies, he may stand where nothing can force him to do evil.

they preferred to dwell in Egypt. Therefore the Lord did not deliver them by the first manifestation of His power before Pharaoh. He overruled events more fully to develop the tyrannical spirit of the Egyptian king and also to reveal Himself to His people. Beholding His justice, His power, and His love, they would choose to leave Egypt and give themselves to His service. The task of Moses would have been much less difficult had not many of the Israelites become so corrupted that they were unwilling to leave Egypt.”—*Patriarchs and Prophets*, p. 260.

When at the Red Sea, the people cried to Moses. “And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever. The Lord shall fight for you, and ye shall hold your peace.” (Exodus 14:13; 14). God provided them with food and water in the wilderness, “Man did eat angels’ food: he sent them meat to the full” (Psalm 78:25).

When the walls of Jericho came tumbling down, it was not by the power of Israel, but rather

of God. After the people had reached the promised land and Joshua’s life was coming to an end, he assembled together all the tribes of Israel, and reminded them of the great things which God had done for them. Finally he said, “And if it seem evil unto you to serve the Lord, **choose you this day whom ye will serve**; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: **but as for me and my house, we will serve the Lord**” (Joshua 24:15). “And the people answered and said, God forbid that we should forsake the Lord, to serve other gods” (Joshua 24:16). It was a choice of their own free will.

CONCLUSION

“The will is the governing power in the nature of man, the power of decision, or choice. Every human being possessed of reason has power to choose the right. In every experience of life, God’s word to us is, ‘Choose you this day whom ye will serve.’ Joshua 24:15.

Everyone may place his will on the side of the will of God, may choose to obey Him, and by thus linking himself with divine agencies, he may stand where nothing can force him to do evil. In every youth, every child, lies the power, by the help of God, to form a character of integrity and to live a life of usefulness.”—*Education*, p. 289. 



I Am Free to

Worship the Creator

By Stephen Jacobs

DO YOU FEEL A SENSE OF FREEDOM when it comes to worshipping God, the Creator of the universe?

Growing up in households where worship is a normal part of life, worship, as we grow older, may become routine. Pray, sing, read the Bible, sing, and pray again. Sometimes we even reach a point where we feel awkward when the flow or routine of worship isn't followed in order. The little ones in the family are sometimes the first to identify any discrepancy from the routine: "Dad and Mom, we didn't sing a closing song!" In some cases, worship is a boring, lengthy experience which becomes a dread for most children and teenagers to attend.

In later years, when life fills our schedule with things to do, worship is reduced to only a quick prayer with little to no Bible reading. We tell ourselves; "I just don't have the time right now for a 'normal' worship."

The true meaning of worship in both cases—a routine or little to no worship at all—is eventually forgotten. So, what is true worship—or as our title implies, "free" worship?



WORSHIP: AN OFFERING

The word “worship” is mentioned for the first time in Genesis 22:5 when Abraham leaves his servants behind and continues the journey with his only son, Isaac, to a place where God directed him. “And Abraham said unto his young men, Abide ye here with the ass; and I and the lad will go yonder and worship, and come again to you.” Genesis 22:5. Here Abraham really meant by “worship” that he was going to sacrifice his son on an altar as instructed by God.

What a shocking experience it must have been for Isaac to be introduced to this version of worship! I’m sure you and I today would plan our escape the moment we learned that we were the offering.

However, the concept of sacrifices and offerings was not new to Isaac, and as he understood its meaning—pointing to Christ dying for humanity on the cross—he freely accepted the request to be the sacrifice. Here both Abraham and Isaac denied self and chose to obey God.

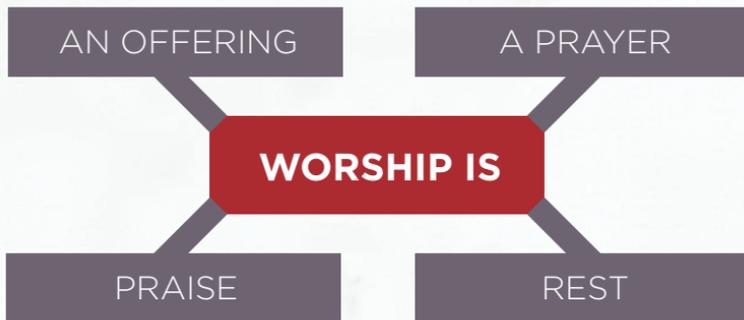
SELF-DENIAL

What has self-denial got to do with worship? Let us look at the experience of Cain and Abel.

“And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And the Lord said unto Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door” (Genesis 4:3-7).

Here we can see that Adam had taught his sons to obey God and perform sacrifices for themselves. However, Cain did not accept the real meaning of the sacrificial service—the shedding of blood which pointed to Christ’s sacrifice. He thought that the results of his physical labor would be sufficient to obtain acceptance from God. Upon realizing that his offering was not accepted, sin entered his heart—and as it is recorded in Genesis 4:8, Cain slew his younger brother, Abel.

“Cain thought himself righteous, and he came to God with a thank offering only. He made no confession of sin, and acknowledged no need of mercy. But Abel came with the blood that pointed to the Lamb of God.



He came as a sinner, confessing himself lost; his only hope was the unmerited love of God. The Lord had respect to his offering, but to Cain and his offering He had not respect. The sense of need, the recognition of our poverty and sin, is the very first condition of acceptance with God. 'Blessed are the poor in spirit; for theirs is the kingdom of heaven.' Matthew 5:3."—*Christ's Object Lessons*, p. 152.

"God is calling upon His people to deny self. We appeal to men, women, and children to deny themselves every indulgence, and use in God's service the money thus saved through self-denial. Let every one pray earnestly to God for complete victory over self-indulgence and self-worship."—*Manuscript Releases*, vol. 20, pp. 90, 91.

"To become a toiler, to continue patiently in well-doing which calls for self-denying labor, is a glorious work, which Heaven smiles upon. Faithful work is more acceptable to God than the most zealous and thought-to-be holiest worship. It is working together with Christ that is true worship. Prayers, exhortation, and talk are cheap

fruits, which are frequently tied on; but fruits that are manifested in good works, in caring for the needy, the fatherless, and widows, are genuine fruits, and grow naturally upon a good tree."—*Testimonies for the Church*, vol. 2, p. 24.

True worship is only achieved when we decide to deny all—even life itself—as Jesus prayed, "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt" (Matthew 26:39). If Jesus needed help from God to perform the ultimate sacrifice in denying His life, how much more help do we need as sinful beings? Is prayer the key?

WORSHIP: A PRAYER

The concept of prayer comes to mind when I think of worship. Many of us may even be so familiar with praying that we become agitated by long prayers at family worship, church services, or the dinner table. Perhaps we may be at a point where we no longer feel the need to pray. The true freedom that prayer provides is forgotten and as modern Christians we go through life with 30-second prayers.

Surveys on the topic of prayer have recorded that only about 16% of Christians between the ages of 18 and 29 years pray daily. I am sure that the number is even lower for youth under the age of 18 years.

Looking at prayer in the Bible, the interesting thing is that for most of the Old Testament, to pray or have prayer is commonly used in the context of begging or asking for something. Here are some examples:

Genesis 12:13, this is the first time the word “pray” is mentioned, “Say, I **pray** thee, thou art my sister: that it may be well with me for thy sake; and my soul shall live because of thee.” [Emphasis added.]

Another example is Numbers 23:27, “And Balak said unto Balaam, Come, I **pray** thee, I will bring thee unto another place; peradventure it will please God that thou mayest curse me them from thence.” [Emphasis added.]

While Genesis 4:26, “then began man to call upon the name of the Lord” likely included prayer, the first explicit reference to prayer as we know it—speaking with God personally is found in Genesis 20:7, “Now therefore restore the man his wife; for he is a prophet, and he shall **pray** for thee, and thou shalt live: and if thou restore [her] not, know thou that thou shalt surely die, thou, and all that are thine.” Also, in Genesis 20:17, “Abraham **prayed** unto God: and God healed Abimelech, and his wife, and his maidservants; and they bare children.” [Emphasis added.]

So, since prayer isn’t mentioned often in the Old Testament, is it important and is it part of worship? Let us have a look at what the pen of Inspiration states, “Prayer is heaven’s ordained means of success in the conflict with sin and the development of Christian character.”—*The Acts of the Apostles*, p. 564.

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. . . . Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God.”—*A Call to Stand Apart*, pp. 26, 27.

“The idea that prayer is not essential is one of Satan’s most



successful devices to ruin souls. Prayer is communion with God, the Fountain of wisdom, the Source of strength, and peace, and happiness. Jesus prayed to the Father 'with strong crying and tears.' Paul exhorts believers to 'pray without ceasing,' in everything, by prayer and supplication, with thanksgiving, making known their requests to God. 'Pray one for another,' James says. 'The effectual fervent prayer of a righteous man availeth much.' Hebrews 5:7; 1 Thessalonians 5:17; James 5:16.

"By sincere, earnest prayer parents should make a hedge about their children. They should pray with full faith that God will abide with them and that holy angels will guard them and their children from Satan's cruel power."—*Testimonies for the Church*, vol. 7, p. 42.

"In too many households, prayer is neglected. Parents feel they have no time for morning and evening worship. They cannot spare a few moments in which to give thanks to God for his abundant mercies,—for the blessed sunshine and the showers of rain, which cause vegetation to flourish, and for the guardianship of holy angels. They have no time to offer prayer for divine help and guidance, and for the abiding presence of Jesus in the household. They go forth to labor as the ox or the horse goes, without one thought of God or heaven. They have souls so precious that rather than permit them to be hopelessly lost, the

By sincere, earnest prayer parents should make a hedge about their children. They should pray with full faith that God will abide with them...

Son of God gave His life to ransom them; but they have little more appreciation of His great goodness than have the beasts that perish."—*Christian Education*, p. 221.

Without a doubt, we can all agree that prayer is of great importance to our spiritual well-being. In the New Testament we find Jesus introducing the concept of prayer more regularly. He even went further to explain that we should, "pray for them which despitefully use you, and persecute you," "Watch ye and pray, lest ye enter into temptation" (Matthew 5:44; Mark 14:38). The example of Christ praying also made the disciples interested to know how to pray, and they were given the now famous Lord's prayer, "Our Father, which art in heaven" in Matthew 6:9–13.

In summary we learned that prayer is needed in the life of every Christian and is part of worship as it connects us with God through Jesus Christ, "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous" (1 John 2:1).

Continuing on the topic of worship, what does it also include?



WORSHIP IS PRAISE

The psalmist wrote, “Serve the Lord with gladness: come before his presence with singing” (Psalm 100:2). Also read, Ephesians 5:19 20; Colossians 3:16.

“As a part of religious service singing is as much an act of worship as is prayer. Indeed, many a song is prayer. If the child is taught to realize this, he will think more of the meaning of the words he sings and will be more susceptible to their power.”—*Child Guidance*, p. 523.

“God desires His obedient children to claim His blessing and to come before Him with praise and thanksgiving. God is the Fountain of life and power. . . . He has done for His chosen people that which should inspire every heart with thanksgiving, and it grieves Him that so little praise is offered. He desires to have a stronger expression from

His people, showing that they know they have reason for joy and gladness.”—*God’s Amazing Grace*, p. 75.

“The ability to sing is a talent of influence, which God desires all to cultivate and use to His name’s glory.”—*Counsels on Health*, p. 481.

May we continue to identify more reasons to praise God!

WORSHIP: THE REST

The concept of worship comes from a time way before sin. It even dates to before the earth was created. Worship, therefore, has been there all along.

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made” (Genesis 2:2, 3).

Here God Himself introduced “rest” to humanity on the seventh day of creation. He showed Adam how to keep the seventh day. “Rest” is typically defined as:

- To cease from action or motion of any kind; to stop; a word applicable to any body or being, and to any kind of motion.
- To cease from labor, work or performance.
- To be quiet or still; to be undisturbed.

After sin, the seventh day continued to be a day of rest for Adam and Eve. However, with the passing of time, it was slowly forgotten. With the freeing of the Israelites from Egypt, God reminded them of the seventh day of rest, the Sabbath. “So the people rested on the seventh day” (Exodus 16:30). To further emphasize the importance of the Sabbath, now to fallen man, God wrote the Ten Commandments and included Sabbathkeeping as the fourth commandment. “Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed

the sabbath day, and hallowed it” (Exodus 20:8-11).

The fourth commandment, although, is certainly a replication in more detail of what God did on the seventh day of creation. He did not work; He simply rested.

“God would not pronounce the death sentence for a disregard of the Sabbath unless He had presented before His people a clear understanding of the Sabbath. . . . When the foundation of the earth was laid, the foundation of the Sabbath was laid also. When the morning stars sang together and all the sons of God shouted for joy, God saw that a Sabbath was essential for Adam and Eve, even in Paradise. In giving them the Sabbath, God considered their spiritual and physical health.

“God made the world in six literal days, and on the seventh literal day He rested from all His work which He had done, and was refreshed. So He has given human beings six days in which to labor. . . . By thus setting apart the Sabbath, God gave the world a memorial. He did not set apart one day and any day in seven, but one particular day, the seventh day. And by observing the Sabbath, we show that we recognize God as the living God, the Creator of heaven and earth.”—*Christ Triumphant*, p. 18.

“The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the

Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law.' Matthew 5:18. So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. 'From one sabbath to another' the inhabitants of the glorified new earth shall . . . 'worship before Me, saith the Lord.'"—*The Desire of Ages*, p. 283.

"God rested on the seventh day, not merely to furnish an example to the Jews. The Sabbath commandment is obligatory upon all men to the end of time. And not only this, its observance is to be carried into the future world, to be perpetuated throughout eternity."—*The Signs of the Times*, July 29, 1897.

"Fathers and mothers should make it a rule that their children attend public worship on the Sabbath, and should enforce the rule by their own example. It is our duty to command our children and our household after us, as did Abraham. By example as well as precept we should impress upon them the importance of religious teaching. All who have taken the baptismal vow have solemnly consecrated themselves to the service of God; they are under covenant obligation to place themselves and their children where they may obtain all possible

incentives and encouragement in the Christian life.

"But while we worship God, we are not to consider this a drudgery. The Sabbath of the Lord is to be made a blessing to us and to our children. They are to look upon the Sabbath as a day of delight, a day which God has sanctified; and they will so consider it if they are properly instructed."—*Child Guidance*, pp. 530, 531.

"We are not to teach our children that they must not be happy on the Sabbath, that it is wrong to walk out-of-doors. Oh, no. Christ led His disciples out by the lakeside on the Sabbath day and taught them. His sermons on the Sabbath were not always preached within enclosed walls."—*ibid.*, pp. 533, 534.

It is such a wonderful thought that God created a special day for us, not only to rest, but to combine all that worship really is. Our sacrifice, offerings, praise, prayers and so much more! There is, however, a work to be done on our part.

FREE TO CHOOSE

"Freedom of choice is given to every soul, but after a man has enlisted, he is required to be as true as steel, come life or come death."—*Evangelism*, p. 648.

"Each human being is given the freedom of choice. It is his to decide whether he will stand under the black banner of rebellion or under the blood-stained banner of Prince Emmanuel. With deep



solicitude Heaven watches the conflict between good and evil. None but the obedient can enter the gates of the city of God.”—*In Heavenly Places*, p. 361.

“There are thousands today echoing the same rebellious complaint against God. They do not see that to deprive man of the freedom of choice would be to rob him of his prerogative as an intelligent being, and make him a mere automaton. It is not God’s purpose to coerce the will. Man was created a free moral agent.”—*Patriarchs and Prophets*, p. 331.

“The descendants of Cain were not careful to respect the day upon which God rested. They chose their own time for labor and for rest, regardless of Jehovah’s special command. There were two distinct classes upon the earth. One class were in open rebellion against God’s law, while the other class obeyed his commandments, and revered his Sabbath.”—*The Spirit of Prophecy*, vol. 1, p. 60.

My dear brother or sister, let us make a decided effort, today, to choose the true worship to which God has invited us. We are free, completely free to choose. My prayer for us is to choose life, and in the love and strength of Jesus Christ, emulate the character of the Waldenses: “They rejoiced in their freedom to worship before Him. Often when pursued by their enemies, the strength of the hills proved a sure defense. From many a lofty cliff they chanted the praise of God, and the armies of Rome could not silence their songs of thanksgiving. Pure, simple, and fervent was the piety of these followers of Christ. The principles of truth they valued above houses and lands, friends, kindred, even life itself.”—*The Great Controversy*, p. 66.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service” (Romans 12:1). 



By Sergiu Maris

I Am Free to

Think and Speak with Grace

- **Do you feel free?**
 - **Yes!**
- **Free to do what?**
 - **Everything.**
- **Absolutely everything?**
 - **Yes! Whatever I want.**
- **Are you free to insult someone?**
 - **Well, yeah... although I would probably not do that unless they really deserve it. But I definitely could!**
- **I see... How about thinking suicidal thoughts?**
 - **That's a strange question... but, yeah. I'm free to think whatever I choose to.**

The questioned person in this dialogue represents the honest conception of freedom that most have nowadays.

However, the cost and consequences of this kind of freedom may often make a life of service as a highly desirable alternative.

Take Lucifer for example. Some may reason that he was seeking freedom of thought when he cordially invited sin—the cruelest and the most exacting dictator into his mind. But what good did that moment of freedom do for him or for the millions of souls that sin has enslaved ever since?

What good did freedom of speech do to the fallen angels,

cursed through listening to his persuasive arguments?

The truth is that there is only One that is good, and through Him everything that is good, including freedom, was created (Luke 18:19; Colossians 1:16). So, when we exercise freedom without God and His grace, it is rapidly stripped by its “good” garments and we are left enslaved to the only other master available—sin.

However, we learn from God’s love letter to us, that “Christ hath made us free” (Galatians 5:1) from the tyrannical rulership of sin, and while we will not enter into the HOW’S and WHY’S during this study, I’d like to explore the WHAT FOR aspect with you.

WHY WERE WE MADE?

Please see below a few of the biblical reasons for our creation and redemption:

- **to represent God’s image and likeness (Genesis 1:26)**
- **to have dominion (same verse)**
- **for good works (Ephesians 2:10)**
- **for God’s glory (Isaiah 43:7)**
- **for peace and prosperity (Jeremiah 29:11)**
- **to lead (Deuteronomy 28:13)**
- **to be a royal priesthood (1 Peter 2:9)**

- **to love (John 15:12)**

- **to be loved (1 John 4:19)**

- **to have eternal life (John 3:16)**

- **to have a purpose (Proverbs 16:4)**

Quite a few, right? These are the reasons for our creation, redemption and the gift of freedom. And yet these reasons merely scratch the surface of the grandiose, fulfilling and free life with which we were graciously gifted by our loving Creator.

There is a clear distinction between the freedom from God (Lucifer’s example) and that freedom which comes through Him and His grace (Christ’s example).

I would like to leave with you a HOW TO of living and experiencing this graced freedom in a practical way, particularly from a thought and word perspective.

Note that the below-mentioned steps aren’t a complete list or strategy. They are merely the appetizer of an otherwise never-ending royal meal. Should you wish to continue feasting on these steps, the Bible is best suited to further satisfy even your most hungry state.

ENJOY THE FREEDOM!

How to enjoy the Godly freedom of speech and thought:

- **think and speak as a representative of God**

- **think and speak as someone to whom was given dominion unto good works**
- **think and speak as for God's glory (who always has your best at heart)**
- **think and speak peace and prosperity**
- **think and speak like a leader**
- **think and speak like you are royal**
- **think and speak as a priest**
- **think and speak with love**
- **think and speak as someone that is loved**
- **think and speak as someone with an eternal purpose**

You may notice that these steps are in line with the earlier-mentioned reasons for our creation. That is simply because any way we try to consider it, there simply isn't a better path to enjoy life and its graced freedom than by living it according to its original purpose.

If you accept that you are a creation and that you did not create yourself, you'll find it easy to accept that no one knows better for you than your own Creator. In which case, the best way of putting the pieces together is by following the Creator's manual—the Bible.

PICTURE THE SCENE . . .

Now, let us dive deeper and consider each of the above-

mentioned steps in a rather practical way:

How would an ambassador of the most powerful, highest ranked authority speak and think? . . . To make it more personal, close your eyes and imagine yourself as being this important ambassador. Now let your mind paint a live representation of how your speech and thoughts would be manifested under the circumstances.

It is safe to assume that your tone would be positive and enthusiastic, and you would speak in a wise, polite, royal-like manner, in a positive and enthusiastic tone, and with a well-defined and goal-oriented purpose.

Undoubtedly, kindness and empathy would be sensed in the timbre of your voice and a genuine love naturally felt in its intention.

Then, once you truly love and admire this represented authority who has done ever so much to earn your reverence, imagine the quality of your thoughts towards Him. Or imagine the thoughts



Imagine yourself as an important person and let your mind paint a live representation of how your speech and thoughts would be manifested under the circumstances.

you would have towards those that know Him significantly less and to whom you are happily representing Him. . . . or imagine, the intrinsic thoughts, the ones you have about yourself.

How would you speak and think if you were this honored representative of the Royal One?

Opening another door within your imagination, see your Lord being interviewed on the Universe Channel and publicly calling you His son or daughter, whom He loves and for whom He has a great eternal future reserved. He then calls you on stage and, in a rather Adamic throwback, He gives you responsible dominion over His creation.

As you're still awestruck, while tears are falling down your consciously unworthy cheek, He stretches His royal arm and lifts your chin up. Your eyes see His compassionately approving smile. With His hand, He then pours oil upon your head, thus anointing you as a royal priest.

With His other hand, He then reaches for a sealed box made of the choicest gold. Out of it He takes His testaments. Then, He places them in your trembling hands. He then whispers in your

ear that His main purpose for you is to enjoy the freedom of being a leader in His name and to share the secret treasure found in the testaments with anyone still entangled in the bitter slavery of sin.

THE REALITY

Now, all this is not merely just an imagination exercise, neither is it a daydream. It is a real, yet grandiose fact.

You were created to represent the most generous, loving, and wise Master. All His intentions towards you are good and more extravagantly rewarding than our thoughts could ever grasp. Nonetheless, you are not forced into accepting all this goodness. That wouldn't be freedom.

So, should you truly hate love, peace, and eternal life, or strongly dislike being treated as a royal son or daughter, you are free to do so. Should you despise your Father and all that He has generously prepared for you, then you are free to be a slave of your Father's enemy, under whose banner you would experience all that is contrary to your good.

The choice is always there for the taking. Ultimately, the one you choose to represent, will be perceived through your words and thoughts, for the things that come out of a person's mouth, come from within his heart (Matthew 5:18). "As a man thinks in his heart, so is he" (Proverbs 23:7).

May God help you enjoy the freedom of His grace! Amen! 



I Am Free to

Rest on the True Sabbath

by Ebenezer Bulaya

Growing up I never knew or understood the significance of the Sabbath. Nevertheless, this day was very special due to certain reasons: On the Sabbath only acts of necessity were done, a variety of food that seemed to be special was served, and spiritual lessons were presented. Moreover, it was the only day we used to spend much time with our parents.

Now as an older person with a broader and deeper understanding of things, I have freely chosen to continue holding this sacred day in high regard because I can fully comprehend its significance and how it is one of the blessings God has given to humanity.

INSTITUTED BY GOD

After the Lord had completed the works of creation, He rested on the seventh day. He then blessed

it and sanctified it for the benefit of humanity, to keep it holy and to cease from all their secular labor. Thus, the Sabbath was instituted as a memorial of the works of the Creator. This is the Lord's day (Genesis 2:1-3; Mark 2:28; Exodus 20:8-11; 16:23; Isaiah 56:2; 58:13). The Sabbath is also a sign of God's spiritual rest in which He wanted Adam and his descendants to take part. To us the Sabbath is a sign of the rest that we find in Christ (Hebrews 3:18, 19; 4:1-4, 9-11 (cf. Matthew 11:28, 29)).

"The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in nowise pass from the

law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. 'From one Sabbath to another' the inhabitants of the glorified new earth shall go up 'to worship before Me, saith the Lord. (Matthew 5:18; Isaiah 66:23)."—*The Desire of Ages*, p. 283.

"The Sabbath of the fourth commandment was instituted in Eden. The principles embodied in the decalogue existed before the fall, and were suited to the condition of holy beings. After the fall, these principles were not changed, nothing was taken from the law of God, but additional precepts were given to meet man in his fallen state."—*The Signs of the Times*, June 10, 1880.

A RELATIONSHIP

The Sabbath is a sign of the relationship between God and His people. It designates them as His special, peculiar people who keep His commandments, who are free from idolatry and who worship the true God (Exodus 31:16, 17; Ezekiel 20:20).

CHRIST'S RIGHTEOUSNESS

"Thy righteousness is an everlasting righteousness, and thy law is the truth" (Psalm 119:142). The law of God is the expression of His righteousness and since the Sabbath is the seal of God's law. The Lord explains: "It is a sign between me and the children of

Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed" (Exodus 31:17). True Sabbathkeeping is also a sign of Christ's righteousness in the creation of a new heart in the believer.

"The Sabbath is a sign of creative and redeeming power; it points to God as the source of life and knowledge; it recalls man's primeval glory, and thus witnesses to God's purpose to re-create us in His own image.

The Sabbath and the family were alike instituted in Eden, and in God's purpose they are indissolubly linked together. On this day more than on any other, it is possible for us to live the life of Eden."—*Education*, p. 250.

EARLY SABBATHKEEPERS

The early Christians kept the Sabbath, the seventh day of the week, and held religious meetings consistently on that day (Acts 13:14, 42, 44; 16:13; 17:1-3). For one year and six months Paul preached in Corinth every Sabbath, persuading Jews and Greeks, and there is no indication that he ever tried to introduce a Sabbath-Sunday change (Acts 18:4, 11). Ananias, a church leader, would not have maintained a good reputation among all the Jews if he had not been a strict Sabbathkeeper (Acts 22:12).

THE HOLY SABBATH

"Remember the sabbath day, to keep it holy. Six days shalt thou

By keeping the Sabbath holy according to God's instructions in His Word, we confirm our relation and allegiance to Him as our God, Creator, Redeemer, and heavenly Father.

labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it" (Exodus 20:8-11). True Sabbathkeeping, in conformity with God's holy law, can only take place when God's original purpose in His establishment of the seventh-day Sabbath is clearly understood and when love for God in the heart is supreme. By keeping the Sabbath holy according to God's instructions in His Word, we confirm our relation and allegiance to Him as our God, Creator, Redeemer, and heavenly Father.

WHAT TO DO?

Attendance at spiritually enriching gatherings is in line with true Sabbathkeeping, Christ attended church meetings on the Sabbath: "And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to

read" (Luke 4:16), and taught us by example that it is lawful to do good on this day (Matthew 12:9-13; Mark 3:1-5). Christ was a true Medical Missionary. He healed many people on the Sabbath. In connection with the healing and welfare ministry He stated: "The sabbath was made for man, and not man for the sabbath" (Mark 2:27).

"Physicians need to cultivate a spirit of self-denial and self-sacrifice. It may be necessary to devote even the hours of the holy Sabbath to the relief of suffering humanity. But the fee for such labor should be put into the treasury of the Lord, to be used for the worthy poor, who need medical skill but cannot afford to pay for it."—*Medical Ministry*, p. 216.

"Acts of necessity and mercy are permitted on the Sabbath, the sick and suffering are at all times to be cared for; but unnecessary labor is to be strictly avoided."—*Patriarchs and Prophets*, p. 307.

SABBATH BLESSINGS

When God blessed, sanctified, and set apart the seventh day of the week as His holy Sabbath day, He also promised to bless and sanctify all who would observe it according to His instructions (Ezekiel 20:12). "Then shalt thou delight thyself in the Lord and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it" (Isaiah 58:14).

The fourth commandment prohibits all manner of secular

work on the Sabbath that can be done on any other day of the week. This prohibition extends to all the members of the household, visitors staying in our homes, and even our domestic working animals. In this regard, personally, the Sabbath has indeed proved to be a blessing. Being a student often involves much pressure due to always wanting to be on top of things and do well in classes. Exam and research preparations under this pressure can lead to high anxiety. From living alone to trying to balance between doing your chores and studying among other activities, university life can be one of those phases in life when you might wish for a day with more than 24 hours. The things you are required to accomplish within a single day can be too many to the extent that you develop irregular sleep patterns and foster a habit of doing everything at the last minute just before the deadlines. Yet there is that sense of relief which is felt when the Sabbath comes, because all the pressure brought about by the cares of this world are put away and only spiritually elevating things are focused upon.

“On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done.

Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment.”—*Testimonies for the Church*, vol. 6, pp. 355.

Sabbathkeeping has also proved to strengthen familial bonds and to bring about unity between family members as well as church members. This is because of the instructions given, “There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess your faults one to another, and pray one for another, that ye may be healed’ (James 5:16).”—*Ibid.*, p. 356.

May the Lord help each of us understand the significance of the Sabbath and its observance, to be free to rest on the true Sabbath! 🍷



LOVING THE ONE MOST WORTHY OF OUR LOVE

Understanding the First Four Commandments

ACROSS

3. "From one Sabbath to another," the inhabitants of the _____ new earth will worship God.
5. The Bible is best suited to _____ your most spiritually hungry state.
7. Before sunset Friday, all _____ papers should be put out of sight.
8. In every youth, in every child, lies the power, with God's help, to form a character of _____.
10. _____ is the opening of the heart to God as to a friend. It brings us up to Him.
12. Satan and his evil angels rebelled against the _____ of the Son of God.
16. The sense of need, recognizing our poverty and sin, is the first condition of _____ with God.
19. Some angels had become confused when Satan made _____ representations of Christ.
20. On the Sabbath more than another other, it is possible for us to live the life of _____.

DOWN

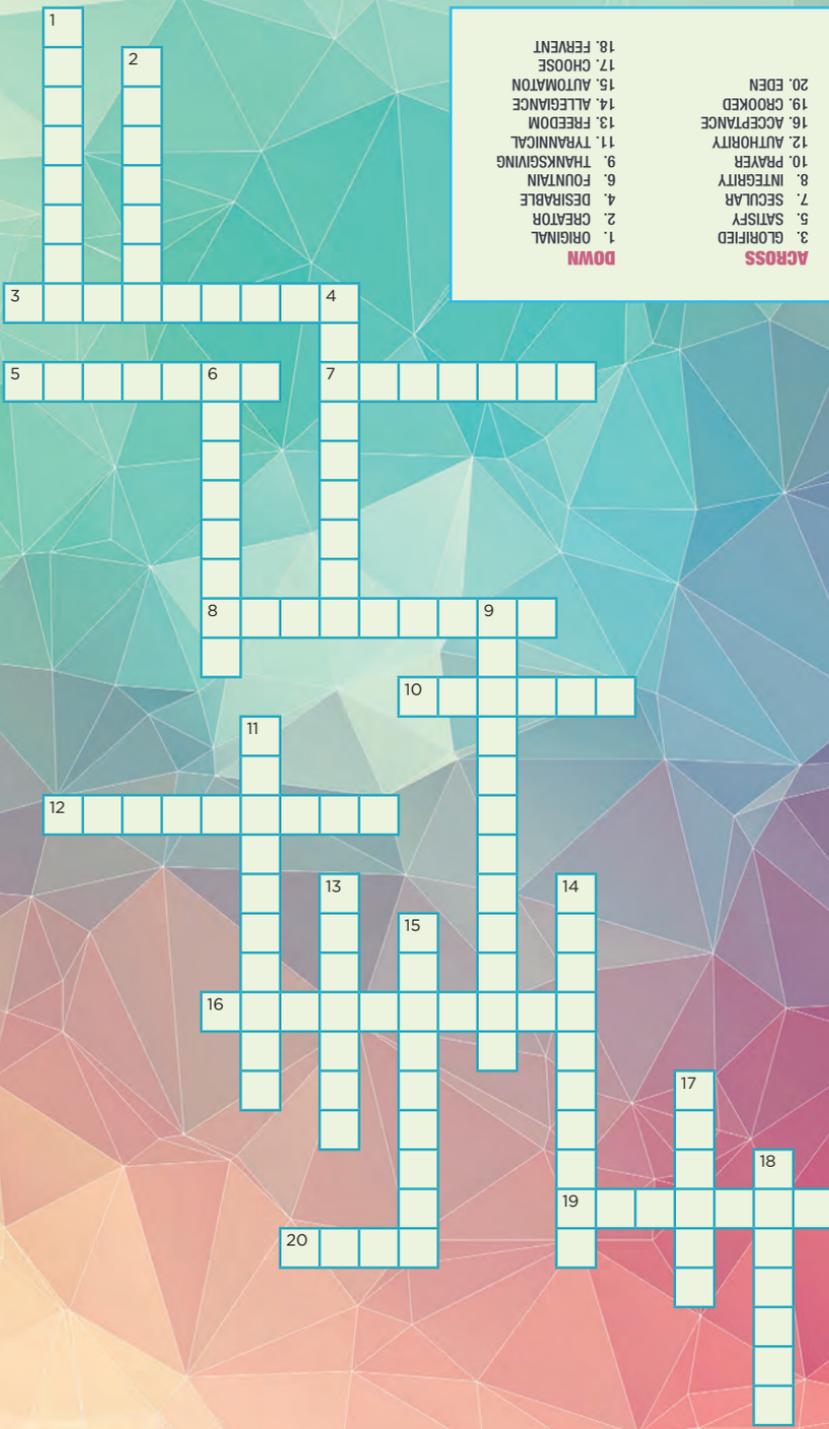
1. There is no better path to enjoy life than by living according to its _____ purpose.
2. The Sabbath was instituted as a memorial of the works of the _____.
4. In seeking freedom, a life of service should be highly _____.
6. God is the _____ of life and power.
9. As the Waldenses sang praises to God, the Roman armies could not silence their _____.
11. "Christ hath made us free" (Galatians 5:1) from the _____ rulership of sin.
13. There is a clear distinction between freedom from God vs. _____ that comes through Him.
14. By keeping the Sabbath holy, we confirm our relation and _____ to God.
15. If God had not given us freedom of choice, each of us would just be an _____.
17. Because God has done great things for each of us, we are told to _____ whom we will serve.
18. "The effectual _____ prayer of a righteous man availeth much." James 5:16.

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- ACROSS**
- 3. GLORIFIED
 - 5. SATISFY
 - 7. SECULAR
 - 8. INTEGRITY
 - 10. PRAYER
 - 12. AUTHORITY
 - 16. ACCEPTANCE
 - 19. CROOKED
 - 20. EDEN
- DOWN**
- 1. ORIGINAL
 - 2. CREATOR
 - 4. DESIRABLE
 - 6. FOUNTAIN
 - 9. THANKSGIVING
 - 11. TYRANNICAL
 - 13. FREEDOM
 - 14. ALLEGIANCE
 - 15. AUTOMATON
 - 17. CHOOSE
 - 18. FERVENT



Trusting Jesus

Do you trust in, and obey Him,
Brother, sister, friend?
'Twill be better, yes far better
When shall come the end.

Take, O take your sins to Jesus;
Lay them at His feet;
Pray that all may be forgiven;
Seek the mercy-seat.

Plead with Him, O rebel sinner;
Come to Him today;
He is ready, anxious, willing—
Will not turn away.

Cast now all your care on Jesus,
Finding sweet relief;
He will comfort, cheer, and gladden,
And dispel your grief.

He will place His arms around you,
Lead you hand in hand;
He will guide you, safely trust Him,
To the promised land.

Jesus died to save you, sinner;
Come to Him, today;
Do not grieve His gentle spirit;
Turn thou not away.

When at last this life is ended,
With its cares and strife,
Christ will come, and to His people
Give eternal life.

by Jennie Cowan