Solemn warnings have been given to us in the Bible and the Spirit of Prophecy about the events that precede the coming of Jesus and the end of the world. Jesus said, "And the shall be signs in the sun, and in the moon, and in the stars; and upon the earth, distress of nations, with perplexity; sea and the waves roaring; Men's hearts failing them for fear, and for looking after these things which are coming on the earth." Luke 21:25, 26.

We have just witnessed the terrible act of terrorism in the United States. A great number of lives are lost and countless millions in property damage.

America Under Attack

Sept. 11, 2001
In the worst terrorist attack on U.S. soil, four U.S. passenger planes were apparently hijacked and crashed, including two jets that flew into the twin towers of the World Trade Center in New York City and a plane that struck the Pentagon. The death toll is unknown.

Many are asking, "Why does God permit these terrible calamities to happen?" Because without God permitting, Satan cannot do his destructive acts. Are they not as the voice of God telling us to get ready, because the end is near and the complete destruction of every city and of every sinner will then take place?

Sister White writes, "When God's restraining hand is removed, the destroyer begins his work. Then in our cities the greatest calamities will come." Last Day Events, p. 111.

"God has a purpose in permitting these calamities to occur. They are one of His means of calling men and women to their senses." Last Day Events, p. 28.

Many professed Christians have fallen into a sleepy condition spiritually. These calamities should awaken them to realize that the time for the preparation for the end is almost finished. Soon all will be too late.

These disasters should not come to us as a surprise because for years we have had warnings about them.

"On one occasion, when in New York City, I was in the night season called upon to behold buildings rising story after story toward heaven. These buildings were warranted to be fireproof, and were erected to glorify their owners and builders... The scene that next passed before me was an alarm of fire. Men looked at the lofty and supposedly fireproof buildings and said: 'They
are perfectly safe.' But these buildings were consumed as if made of pitch. The fire engines could do nothing to stay the destruction." Test. Vol. 9, p. 12-13.

"From the light given me, I know that destruction is in the world. One word from the Lord, one touch of His mighty power, and these massive structures will fall. Scenes will take place the fearfulness of which we cannot imagine." LS 412.

"I saw an immense ball of fire fall among some beautiful mansions, causing their instant destruction. I heard someone say: "We knew that the judgements of God were coming upon the earth, but we did not know that they would come so soon."" Test. Vol. 9, p. 28.

"In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempest floods, cyclones, tidal waves, and earthquakes, in every place and in thousand forms, Satan is exercising his power." CH 461.

Satan is doing his destructive acts in the world, but yet God is in control. He watches over His faithful flock with protective tender care. Nothing can happen to them unless it is for their benefit somehow.

"The world is not without a ruler. The program of coming events is in the hands of the Lord. The majesty of heaven has the destiny of nations as well as the concerns of His church is His own charge." Test. Vol. 5, p. 753.

In our own Gospel song we sing, "Trust and obey, for there is no other way." Trust that the Lord will take care of His people among these last day events, and obey Him in all things. It is our only safety in these perilous times.

AMEN

Timo Martin

Young People taking a hike in the woods.
In our modern age, technology is increasing at a rapid rate. In the last century more inventions have been made than had been made for hundreds of years prior. Just one-hundred years ago, man had barely invented the automobile and today there are millions of vehicles of all sorts, all over the world, in every country - as well as airplanes criss-crossing our skies at an amazing rate. The technology continues to advance as man searches for more ways to make his work easier. Many inventions have been created to simplify routine chores, such as washing machines, dishwashers, lawn mowers, and a whole host of others. Now man is also creating robots to do an ever-increasing amount of household chores. Why is man doing this? He is looking to have more time for leisure and less time for employment as many have come to the idea that work is a curse.

What is this increase of leisure doing to man? When God first created man in Eden, He did not give him tennis courts, swimming pools, and ball fields in order to occupy his time. Rather God gave man useful employment. Since the fall into sin, man has been trying to reverse this. We see clearly what happened in Sodom and Gomorrah. They were among the most corrupt cities at that time due to the fact that they were so wealthy; they had plenty of leisure time in order to think up more evil. Those cities were finally destroyed by fire. Our earth is in a similar state today. With this modern technology, man has more leisure time to think up more evil. Crime is increasing and is becoming more sophisticated. Now crimes can go undetected for some time and criminals hard to detect, for example, crime done over the Internet.

Man himself is becoming less human as time goes on, and becoming more like a machine. No longer do we see pleasant conversation around the dinner tables in many Western Countries. The TV set takes the place of the conversation and any interaction amongst family members in the evening. People have become automats and are being programmed by the programs they are allowing their brains to assimilate.

Machinery does no thinking for itself and many people prefer to have others do all their thinking for them. Mankind then slips into the routine of - work, home, TV, sleep. With the weekends used in some other leisure activities. He has become an organic computer that needs programming.

There is a real danger that we could become living machines also in our spiritual lives.

When religion becomes a formality, we do things, because we have been taught that this is correct behaviour, or we wish to avoid some unpleasant circumstance. Our heart is not really in any of our good actions. Our human machines are programmed by Satan for self-serving and we are slaves to it. Even in friendships, often friends are retained, because we need friends. We love others in order to be loved.

We need to be created new in Christ - free from this slavery of sin to do righteousness. We can love and do well because it is given to us in Christ. We are not doing it self-servingly.

For example: We call friends, why? Is it to maintain them to help us, or because we truly care for how they are doing? We do a favour to someone, because we want to help them, or do we do it because we hope to be recognized some day, or be repaid the favour. We love our husbands, or wives, so they will love us back. Or do we do it from true freedom away from selfishness and sin? With a new heart given us from Christ, we can love and care for others, and never care if they can repay us. It's like our hearts have been set free from the bondage of self-serving to love, to care, to be generous, to be peaceful, as we were designed to be. Our love and care is spontaneous, not mechanical. Whatever you ask a machine to do it performs that specific task. We retain our machinery in order to serve our needs. Hopefully we do not maintain friends for that purpose.

There are several key areas in our religious life where we are in danger of slipping into the "machinery" mode, that I want to mention.

HOSPITALITY

The first one I want to mention is regarding hospitality. In the time of the Apostles in the first century, there was much persecution in Jerusalem. Many Christians fled Jerusalem. While many remained, they lost all their material possessions due to the hatred of their opposers, sometimes from even their own family. This is why the system of having "all things in common" was set up by the apostles, "Neither was there any among them that lacked: for as many as were possessors of lands or houses sold them, and brought the prices of the things that were sold, and laid them down at the apostles' feet: and distribution was made unto every man according as he had need." Acts 4:32, 34, 35. There was perfect harmony among the believers as they gave cheerfully. Often those that lost all they had and were made refugees were dependent on the hospitality of their brethren and Peter encouraged them to, "Use hospitality one to another without grudging. As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God." 1 Pet. 4:9,10.
All that God has given you is not your own. It is for the purpose of being a blessing to your fellow man as well. An offer of hospitality is blighted if the host shows any indications of annoyance or inconvenience. Yes, you will be inconvenienced, and this is a test from the Lord. Will you love your brethren more than you love your material possessions? True hospitality includes also a hospitable spirit. The "gift without the giver is bare." A Christian who is in a position to help an unfortunate brother is duty bound before God to do it cheerfully.

"The Bible lays much stress upon the practice of hospitality. Not only does it enjoin hospitality as a duty, but also it presents many beautiful pictures of the exercise of this grace and the blessing, which it brings. Foremost among these is the experience of Abraham...

"These acts of courtesy thought of sufficient importance to record in His word; and more than a thousand years later they were referred to by an inspired apostle: 'Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.'

"The privilege granted to Abraham and Lot is not denied to us. By showing hospitality to God's children we, too, may receive His angels into our dwellings. Even in our day angels in human form enter the homes of men and are entertained by them. And Christians who live in the light of God's countenance are always accompanied by unseen angels, and these holy beings leave behind them a blessing in our homes." T6, p. 341, 342.

"For ye love them which love you, what thank have ye? For sinners also love those that love them. And if ye do good to them which do good to you, what thank have ye? For sinners also do even the same. And if ye lend to them of whom ye hope to receive what thank have ye? For sinners also lend to sinners, to receive as much again. But love your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil." Luke 6:30-35.

Yet there are some who will always have excuses and although these excuses may sound plausible, there really is no excuse as far as God is concerned. "I have heard many excuse themselves from inviting to their homes and hearts the saints of God: "Why, I have nothing prepared; I have nothing cooked; they must go to some other place." And at that place there may be some other excuse invented for not receiving those who need hospitality, and the feelings of the visitors are deeply grieved, and they leave with unpleasant impressions in regard to the hospitality of these confessed brethren and sisters...

"We have not an example of this lack of bread ever being made an excuse to refuse entrance to an applicant. When Elijah came to the widow of Sarepta, she shared her morsel with the prophet of God, and he wrought a miracle and caused that in that act of making a home for his servant and sharing her morsel with him, she herself was sustained, and her life and that of her son preserved. Thus will it prove in the case of many, if they do this cheerfully, for the glory of God.

"Some plead their poor health - they would love to do if they had strength. Such have so long shut themselves up to themselves and thought so much of their own poor feelings and talked so much of their sufferings, trials, and afflictions that it is their present truth. They can think of no one but self, however much others may be in need of sympathy and assistance. You who are suffering with poor health, there is a remedy for you. If you clothe the naked and bring the poor that are cast out to thy house and deal thy bread to the hungry, "then shall thy light break for as the morning and thine health shall spring forth speedily." Doing good is an excellent remedy for disease. Those who engage in the work are invited to call upon God, and He has pledged Himself to answer them. Their soul shall be satisfied in drought, and they shall be like a watered garden, whose waters fail not." T2, p. 28, 29.

"God is displeased with the selfish interest so often manifested for "me and my family." Every family that cherishes this spirit needs to be converted by the pure principles exemplified in the life of Christ. Those who shut themselves up within themselves, who are unwilling to be drawn upon to entertain visitors, lose many blessings." T6, p. 344.

"Poverty need not shut us out from showing hospitality. We are to impart what we have." T6, p. 347.

Hospitality can also be shown in a mechanical way, as a duty - simply providing for the basic necessities of our houseguests. This however is not the will of God. He desires us to not only share our material goods in a cheerful manner, but to share Christ with those that are led to cross our path. The Lord brings the needy to us, in order for us to fulfil their material as well as their spiritual needs. It is important not to neglect the spiritual side of the issue.

STRENGTH OF CHARACTER

There is a great danger for individual members to sit back and let the leaders of the church make all the decisions about the running of the church and the standards. They may be kind and pleasant, but
are not able to press on through difficulties. They shrink back and leave the more difficult duties to the leaders. "Christian life is more than many take it to be. It does not consist wholly in gentleness, patience, meekness, and kindliness. These graces are essential; but there is need also of courage, force, energy, and perseverance. The path that Christ marks out is a narrow, self-denying path. To enter that path and press on through difficulties and discouragements requires men who are more than weaklings." MH, p. 497.

For us to stand against the powers of darkness in the near future that is looming on the horizon of this earth’s history we need to be strong and make important decisions in our lives for ourselves. We need to know what we believe and press onward.

"Men of stamina are wanted, men who will not wait to have their way smoothed and every obstacle removed, men who will inspire with fresh zeal the flagging efforts of dispirited workers, men whose hearts are warm with Christian love and whose hands are strong to do their Master’s work...."

"Some have no firmness of character. Their plans and purposes have no definite form and consistency. They are of but little practical use in the world...

"Many who are qualified to do excellent work accomplish little because they attempt little. Thousands pass through life as if they had no great object for which to live, no high standard to reach...

"Be not satisfied with reaching a low standard...

"None should consent to be mere machines, run by another man’s mind. God has given us ability, to think and to act, and it is by acting with carefulness, looking to Him for wisdom, that you will become capable of bearing burdens. Stand in your God-given personality. Be no other person’s shadow. Expect that the Lord will work in and by and through you." MH, p. 497-499.

"In the creation of man the Lord designed that he should be active and useful. Yet many live in this world as useless machines, as though they hardly existed. They brighten the path of none; they are a blessing to none. They live only to burden others. So far as their influence on the side of right is concerned, they are mere ciphers; but they tell with weight upon the wrong side. Search the lives of such closely, and scarcely an act of disinterested benevolence can be found. When they die, their memory dies with them. Their names soon perish; for they cannot live, even in the affections of their friends, by means of true goodness and virtuous acts. With such persons life has been a mistake. They have not been faithful stewards. They have forgotten that their Creator has claims upon them and that He designs them to be active in doing good and in blessing others with their influence. Selfish interests attract the mind and lead to forgetfulness of God and of the purpose of their Creator." T2, p. 522.

Every church member has his duty to do in church and it is very important that these duties never become of a mechanical nature, even if it be cleaning the church, cutting the lawn, teaching the children or even preaching the sermon. All these duties need to be done with joy and cheerfulness as they are being done for the Lord.

IN MISSIONARY WORK

In many churches, in order to be a leader or worker, you must enter years of training. In God’s work this is not always necessary. In the days of Elijah, the schools of the prophets existed and were a blessing for those who attended, but there are times when the Lord calls someone who has not been to these schools. In our church today, we have missionary training seminars, and mission schools, which have produced many useful workers for the Lord, armed with knowledge to efficiently work for the Lord. However it is not always possible for a person to attend one of these seminars. This will not exclude him from working for the Lord if the Lord calls him. The Lord will train him in this case.

There is always the danger of following one man’s ideas or methods from those who have attended schools, but it is the duty of every student to think and act for themselves in various circumstances. We need new ideas, new plans for pushing the truth forward. "But let none become shadows of some other man. Let them not become mere machines to grind out certain subjects by human dictation. No sermon is to be planned out for them to preach where they go. Let them seek to be taught by God through the Holy Spirit. Let them seek help through prayer and the diligent study of God’s word. If they do this, He who calls them to labour in the gospel will make it evident that they are chosen vessels. He will give them words to speak to the people." T6, p. 415.

God wants men of strong characters. "Independent men of earnest endeavour are needed, not men as impressionable as putty...Men whom God will connect with His work are not limp and feverless, without muscle or moral force of character. It is only by continued and persevering labour that men can be disciplined to bear a part of the work of God.” T3, p. 496.

"Machines may be made to respond to the will of man, working with perfect exactitude, but they are destitute of souls.” CSW, p. 152
ORGANIZATION
"Evil does not result because of organization, but because of making organization everything, and vital godliness of little moment. When form and machinery take the pre-eminence, and a laborious task is made of carrying on the work that should be done with simplicity, evil will result, and little will be accomplished in proportion to the effort put forth." CSW, p. 153.

I am reminded of one young person who made use of the organization to make his decisions. This person loved eating cheese and I was trying to share with him the dangers today of consuming cheese and that we will have to give it up soon, if not now. He simply stated that he would continue eating cheese until the General Conference would make the declaration that we should no longer be consuming dairy products and it was made a test of fellowship. Up until that time it would not be sin for him to consume it, so he would. God has given each person wisdom and a mind to think and read for themselves. The organization need not make every small decision in a person's life otherwise we will become like the religious leaders in the time of Christ, with rules for every detail of life. We need to trust the Lord to lead us in the finer details of life, as the organization's role is to lay down the main principles.

Some are afraid of making any decision unless sanctioned by the organization. When Paul received a vision to go to Macedonia, he could have hesitated and sent word to the organization back in Jerusalem about the vision and his desire to go to Macedonia, and then waited around for them to have a General Conference session to make this decision and allow him to go. That was too lengthy a process, the Lord told him to go and he did not delay. Yet, Paul did not do this in defiance of the organization. He still supported it 100% but felt this was a decision that he had to make on his own with the Lord. There are times when we need to have the courage to step out and follow the leading of the Lord when He opens up the way.

"Men who ought to be as true in every emergency as the needle to the pole, have become inefficient by their efforts to shield themselves from censure and by evading responsibilities for fear of failure.... Men who are content to let others plan and do their thinking for them are not fully developed.... They are content to remain as incompetent and inefficient as though others must do the planning and much of the thinking for them. Some men appear to be utterly unable to hew out a path for themselves. Must they ever rely upon others to do their planning and their studying, and to be mind and judgment for them? God is ashamed of such soldiers. He is not honoured by their having any part to act in His work while they are mere machines." T3, p. 495,496.

TITHES AND OFFERINGS
"Every man according as he purposeth in his heart, so let him give: not grudgingly, nor of necessity: for God loveth a cheerful giver." 2 Cor 8:12. God does not expect you to give what you do not have, so you should never compare yourself with others who may give more than you. You will be judged on what you have not on what your brother has. Just be a faithful steward of your own goods.

It is time to take a serious look at our lives and see whether we are truly living for the Lord, or has our experience degenerated to spiritual machinery. Only God can revive our spiritual stupor if we have, and He has promised to do so for anyone who desires to come to Him. Don't delay, come to Him today. Amen. Wendy Eaton
SPIRIT OF PROPHESY

As we are nearing the end Satan's deceptions have multiplied in every field. To prevent us from falling into them, God has given us counsels and warnings through the Spirit of Prophesy. Many temptations that we are facing today never existed in the past 6000 years. The false teachings of the fallen churches confuse many. Satan's miracles, done under the disguise of religion, gives false security to the people to think that God is with them. If the teachings of Moses, Apostle Paul and other prophets had been clearly understood, the testimonies by the Spirit of Prophesy would not have been needed.

In the first 2500 years, God's people had no written word. Then Old Testament and later the New Testament were given to the people to guide them into salvation.

Now, because of the deceptions of the last days, God has given us, by Sister White, over 100,000 pages of the written word, which means about 25 million words. The angel Gabriel came down from heaven and gave Sister White about 2000 visions in her lifetime. God in His wisdom saw that it was necessary to give us all these testimonies which can guide us through the modern day deceptions.

"Where there is no vision, the people perish." Prov. 29:18

The distinguishing mark of the church of God in the last days is the Spirit of Prophesy. "Which keep the commandments of God, and have the testimony of Jesus Christ." Rev. 12:17. "For the testimony of Jesus is the Spirit of Prophesy." Rev. 19:10

Many do not realize the importance of reading and studying the writings of the Spirit of Prophesy. Because of this neglect, they are in danger of losing the knowledge of the truth and even their salvation.

"Those who receive the Testimonies as the message of God will be helped and blessed thereby." Test. To Ministers p. 42

"The volumes of Spirit of Prophesy, and also the Testimonies, should be introduced into every Sabbath keeping family, and the brethren should know their value and be urged to read them." Test. Vol. 4 p. 390

"Perilous times are before us... We must follow the direction given through the Spirit of Prophesy. We must love and obey the truth for this time. This will save us from accepting strong delusions. God has spoken through His word. He has spoken to us through the testimonies for the church, and through the books that have helped to make plain our present duty and the position we should now occupy." G. W. p. 308

God has given us this wealth of knowledge with a purpose. These books are mediums for our salvation.

After reading the nine volumes of the Testimonies for the Church, hardly ever will questions arise that we would not know the answer. Also the thousands of personal letters which she sent to the leaders and the people have useful counsel to us, because we face the same problems as the people before us. These writings have a sanctifying influence. They lead us to a holier life, to overcome sin, to deeper Bible study, to greater efforts in the missionary work. It is not possible to read these books and remain
the same. They do change us and make us better Christians.

On the other hand, if we ignore them and do not read nor study them carefully, what can happen to us? "Many are going directly contrary to the light which God has given to His people, because they do not read the books which contain the light, and knowledge in cautions, reproofs, and warnings." Vol. 5 p. 681

"The rebuke of God is upon us because of our neglect of solemn responsibilities. His blessings have been withdrawn because the testimonies He has given have not been heeded by those who professed to believe them." Vol. 5 p. 719

"The Lord came to me in the night season and spoke precious words of encouragement concerning my work, repeating the same message that had been given me several times before. With regard to those who have turned from the light sent them, He said: "In slighting and rejecting the testimony that I have given you to bear, it is not you, but Me, your Lord, that they have slighted." Test. V 5 p. 688

"I know that the crisis must come. God has given this people plain and pointed testimonies to prevent this state of things.

Had they obeyed the voice of the Holy Spirit in warning, council, and entreaty they would now enjoy unity and peace. But these testimonies have not been heeded by those who professed to believe them, and as a result there has been a wide departure from God, and the withdrawal of His blessing." Test. V. 5 p. 46

"Yet now when I sent you a testimony of warning and reproof, many of you declare it to be merely the opinion of Sister White. You have thereby insulted the Spirit of God." Vol. 5. p. 64

To reject the testimonies which God in His mercy has given us will insult the Holy Spirit. Many believe that the testimonies of Sister White are from God, but they do not read nor study them; by doing they reject them. They do not think that valuable time should be spent in reading them. Too late they may realize that they neglected the medium which God has provided for their salvation.

Let us make a reformation in our personal lives, starting with the careful study of the Spirit of Prophecy books and then put it all to practice what we have learnt.

AMEN

By: Timo Martin

"The Lord doth not afflict willingly nor grieve the children of men." 'Like as a father pitieth his children, so the Lord pitieth them that fear him: for he knoweth our frame; he remembereth that we are dust.' He knows our hearts: for he reads every secret of the soul. He knows whether or not those for whom petitions are offered would be able to endure the trial and test that would come upon them if they lived. He knows the end from the beginning. Many will be laid away to sleep in Jesus before the fiery ordeal of the time of trouble shall come upon the world. This is another reason why we should say after our earnest petition--'Nevertheless not my will, but thine, O Lord, be done.' Such a petition will never be registered in heaven as a faithless prayer." Prayer for the Sick, E.G.White
Jesus Christ sent His disciples on a mission... a tour, and on returning were to report all that they had done and taught. When they returned they quietly stepped aside to a desert place, and privately separated themselves from the busy life, an escape temporarily, a need to get away from the crushing, pressing crowds. There were many among the gathering crowd that was sick, diseased, troubled, pushing, following, crying out, with desperate and challenging questions. Not long after the Divine Teacher's brief rest, the maddening, yet earnest and yearning crowd began to intrude on His presence.

Jesus Christ was no doubt humanly tired, his face being pale, body weak, but most importantly not impatient. Jesus lovingly received them. Never was there anything else like this huge crowd ever. But no matter whether it be just one soul like Nicodemus, or a crowd of five thousand, a multitude, the Saviour would be teaching all day long.

The concerned disciples noticed that the Lord was tired, and that the multitudes were being abundantly fed spiritually, but that they did not receive physical food all day. There was now a real need to get away to a quiet place with the Master. No doubt they were saying, "Master, if you cannot do it for your sake... do it for the sake of the people. Send away for lodging and food. They're tired, you are tired, we are tired. They were fed spiritual food... now send away for physical food.

True, the multitudes were fed precious spiritual food, and the unwary disciples thought that was enough. But, Jesus Christ rebuked them for their narrow-mindedness, saying, "Give ye them to eat." Saying further, "You are my disciples, my representatives. When I am gone, take just as much interest in looking after my spiritual needs, as well as the well-being of fallen humanity."

This clearly and emphatically calls into question... our faith, trust, and confidence in Jesus Christ, and His willingness to provide for us physically. But, why should the disciples, the faithful ones, doubt His ability to provide for them? The disciples had not learned the lesson that their daily bread was a daily miracle!

Somehow, it had not occurred to them in a vivid manner, that their Master who had fed them spiritual truths for so long was also He who gave them their physical food! They gloomily said, yet, "Master we cannot feed this multitude...! If you require only of us to give them spiritual food, we can do that in a measure. But, we are not able to feed the multitude, food of this world."

Now when we turn to John 6:5-12, we can see from this point that the story becomes clearer from here on. When Jesus lifted up His eyes and saw the great multitude, and said unto Philip... "Whence shall ye buy bread, that these may eat?" The Lord said this to test, to prove Philip. Philip was from the village of Bethsaida, the only village nearby. The Lord knew what to do and what he would do. Philip answered that, "two hundred pennyweight would not be sufficient, that everyone would take a little." This amount is eight month's salary or wages! It's still too little to feed the multitudes. The treasury is too far away and there's too little time. Then one of the disciples, Andrew, Simon Peter's brother, said, "There is a lad here with five barley loaves (buns, or show-buns)... the poor man's food... fisherman's food... and two small fishes. But, what are they for so many?"

Jesus then said, "Make the men sit down on the grass (Jesus wants men to be comfortable); it was springtime... and the men sat down in groups and ranks, and in order (Jesus wants things done in order and a decent manner). It was a magnificent sight... like a rolling hillside adorned with flowerbeds.
Jesus then took the loaves and distributed them to His disciples, and likewise the fishes, to the five thousand men sitting down! It mentions here only men... no women and children! This might add to a total multitude of ten thousand! Nevertheless, they were all filled... more than they wished for, a superabundance... bread and fish. In surprising contrast, the well-meaning Philip estimated in his own frail human wisdom, that it would be... "too little".

The Lord then ordered His disciples to "gather up the fragments, that nothing be lost"(a Lord of economy, frugal... an example for us... not to waste). The fragments were gathered in twelve baskets. They were large, of course, but a little smaller than the one Paul escaped in as he was lowered from the window in Damascus. We can learn further here that God's gifts are not to be wasted or wantonly squandered. Perhaps the people took some fragments of bread home with them and witnessed, extolling and proclaiming to others of the miraculous words they heard and the astounding events that followed. No doubt a magnificent miracle was performed. The people actually saw it; they were impressed by it, and all benefited.

They saw their benefactor as no ordinary person, and that He must be the expected Prophet and Messiah (Deut. 18:18). Matthew, Mark, Luke, and John mentioned this as a miracle. But, John called it a SIGN. A sign points to something... The Messiah... The Son of God. Interestingly, of Jesus' twenty-four miracles of healing only, no other miracle as this one is mentioned in all four gospels.

Let us return to Philip. This disciple was a man who always was afraid to get away from the side of Jesus, for fear he should lose something. He wasn't in the habit of doing very much. Philip (although later became a great evangelist) is like many of us today of perhaps some missionary students. We lose the opportunity of saving a soul, by merely trying to study how to do it, or trying to do it the way someone else does it, or watching or hearing the way someone else does it. The way to learn how to do something is by doing it!

Never lose an opportunity to do a thing, by delaying in order to study how that thing is to be done... or work. That is why missionaries are never made without them doing missionary work. Philip was not in the habit of doing much missionary work. So, Jesus wanted, therefore, to give Philip a chance to exercise his faith. Why did Jesus ask Philip, and not John or Andrew or Paul? Every trial, every triumph, victory, every call that we experience has a divine object in it... a divine purpose.

Picture for a moment if you can the great multitude there... Christ holding a consultation, a meeting with the disciples. Then, Andrew, out in the multitude, hastily going from man to man, helping, praying with this one, that one, explaining something to that one... then to another... when suddenly Jesus stops talking! Andrew, dazed by this comes up to find out the cause of silence.

Did you ever stop to think how it was that Andrew knew about the lad with the barley loaves and fish, while Philip did not? Andrew had been out in the multitude diligently doing personal work... one on one! Perhaps he had been working with the lad himself... and therefore knew all about the solitary lunch basket and its contents.

The disciples were about to learn a great lesson, perhaps the greatest. The same Master who could multiply their spiritual food was now to show His chosen twelve that the same divine power could provide physical food... and all our vital needs. Jesus tells His people to sit down. Jesus is going to teach His disciples a dynamic truth, and that is, when God says to you and me, whether it pertains to the physical or spiritual needs of humanity, "Give ye them to eat," the power to perform the thing is conveyed in the command!

In John, the supernatural acts are one more proof of Jesus Christ's unique nature. Jesus refused to perform miracles as magic to dazzle the crowds, but used instead as object lessons to teach about Himself. Not everyone believed He was God. Many, today, isn't that true, believe He was only
a "good man". In John 8:53, we read, "Who do you think you are?" The doubters had him killed for claiming He was God.

What was the cycle of the people's response to Jesus Christ? At first the multitude was excited at the "feeding miracle". They clamored for force, they wanted a majestic, crowning, King to come and solve their economic and military problems of the nation. It was really a sensation seeking crowd; many curious, almost unruly, and maybe many or all turned away from Jesus, some five to ten thousand. Jesus escaped but first rebuked many then and later, saying, "Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and fish and were filled." (John 6:26). Many were merely looking to the "bread and the fish", and not to Jesus. Many are looking to prosperity, fame and to the world, today and not to Jesus. Many today are merely coming to the truth... the church... for the bread and fish.

For some, or many, miracles, signs, and wonders, and the words from the mouth of God are difficult to accept... or hear. The disciples were disappointed often, but sadly at some point, from hearing the words of Jesus, divine messages of love and truth... words that were "too hard to swallow," a "hard saying." "Who can hear it?" "Who can accept it?" For them and many others, then and today, (John 6:60), a "hard teaching."

The people demanded a sign from Jesus as a basis of faith in him, even though they have seen a miracle. Jesus charged them with not seeing, not looking beyond the external aspect. Their interests were only in physical concerns, not spiritual truth.

They saw only material things, and felt satisfied, content. Jesus used the miracle feeding to give an important lesson on the Bread of Life. Jesus contrasted food that perishes with food that lasts into eternity... eternal life. Even the food that Jesus provided was perishable. What He gave was the significant bread of eternal life.

Jesus finally identified Himself with the Bread of Life. (John 6:35). Not only does He have life in Himself but can give life to others. But this bread is not something external, something separate from Him. One must COME to HIM, which is the same as BELIEVING in HIM.

For those who COME to HIM, spiritual hunger will be forever banished. You will never need to turn from Christ to another for satisfaction.

AMEN

John Theodorou
Greece

Baptism
At the Youth Conference.
THE DEADLY EMBRACE
A Lesson from Nature

"In the way of righteousness is life: and in the path thereof there is no death."
Proverbs 12:28

The rainforest is an inspiring sight. One may think once you have seen one, you have seen them all, but it is not so. Tropical rainforests or jungles are different from subtropical ones and even more different are the rainforests of the northern hemisphere, like the Canadian rainforest on the coast of British Columbia.

They all have their own beauty and an almost eerie fascination when it gets dark, because of some oddly shaped giant trees and the myriads of ghastly looking air roots hanging down from the tall trees. The patches of moss on trunks, the clusters of ferns nestling in the forks of branches, and the baskets of orchids letting down their delicate crisp-white blossoms enchant the eye and let one think how beautiful this all is. Strolling by, it all looks innocent. But in truth everywhere a battle is going on. There is the battle for light. All plants, thin or thick, try to make their way up to the top. Be it a fern or an ivy, and since the latter has no support in itself, has to climb up and around some tree to reach the precious light on top of the canopy.

There is the battle for space too. In nature wherever is light and rain, there is growth. In the rainforest is plenty of rain, so there is not only quick growth, but also quick decay. If not interfered by man, the delicate ecosystem keeps a healthy balance, though the strangest things do come up, yet constitute a fairly common part of the whole picture. The rainforest is a world on its own.

That you may discover one of its mysterious wonders, you have to take a second look at the things you see on your walk. I want to mention here only one particular and very interesting sight which made me really think.

During my stay in Australia, with sister Leila McTavish, we visited also some believers on the east coast north of Sydney, yet still south of the Barrier Reef.

Brother Altwein who lives up there with his wife, took Leila and I on a tour through the rainforest high in the mountains, two hours drive from the coast. With great enthusiasm we went through this vast splendid realm of green. I was fascinated from the start, and had to say to myself, not all rainforests are alike. There were also signposts with interesting explanations about this or that particular tree, shrub or plant. Birds were singing with clear flutelike voices, but you could never see them. The shy, magnificent Lyre bird one may glimpse only at early dawn, like most of the wildlife in the rainforest, for nearly all species are nocturnal and retreat to their den or nest as soon as the sun rises. Lovely slender fern trees, called "walkingstick" graced the sides of the path with hanging clusters of bright red fruit. Rotten tree trunks were covered with colourful fungi to brighten the dull brown of dead wood. What made this forest so special was that it was not so dark like some in the tropics. There were also waterfalls, walls of rocks and crevices, boulders strewn around and brooks here and there...

Gazing at the various high and mighty forest giants, suddenly my eyes caught the trunk of a tall tree, that looked different than the others beside it. However, this was not the only one in all the forest. It was grayish in colour, with a smooth, net-like pattern around its trunk all the way up to the top. What was that net-like pattern? I wondered. Then I asked Br. Altwein who knows this area in and out, and he said these are the roots of another tree, grown around another tree for lack of space, and being stronger, completely "embraced" the other.

I marveled about the overpowering force of life going on in nature. Two trees on one spot, only one will survive this struggle for space. Br.
Altwein pointed to me later on another spot what such wrapped around tree looks like after many years and what has become of it. One was cut down by the forest management and you could clearly see what happened to that once flourishing tree with the thick layer of foreign wood around it. The original tree inside was all rotten, useless; the outer layer with the twisted, braided strings of thickened roots was useless just the same. Two trees in one and both good for nothing.

Does this not make you think? How could it come to such an end?

In its beginning the first tree grows unencumbered and free, taking nourishment from soil and sunshine. Then some other seed germinates right at the base of the meanwhile bigger tree, but there is no place to grow for the latter. There is now a conflict. Both cannot develop and mature on the same spot, there is no room for both. The stronger one will succeed. So the young new tree leans to the older, already tall tree and since it is of another kind, starts out to do a strange thing. It twists its air roots loosely around the other tree, shooting up in criss-cross random fashion, some twist themselves along the way, some others grown even underneath and above the already established ones, forming curious patterns like braids and nets, looking like a piece of art.

At first the host tree is strong enough to grow and expand its trunk, considering the foreign net around him as a mere insignificant nuisance, which in its young stage expands and shapes itself along with the host. The upward climbing roots are more or less of the same thickness, and the whole tingle tangle of the twisted braids is sleek, giving the entire mass a smooth, even look. But after many years, this curious net is getting tougher with age, stiff and unyielding. Now trouble comes to the host tree, for it is by now completely trapped in this mass of strange wood around it, the trunk has no more room to expand and to breathe - the firm grip of a deadly embrace sucks the life force out of it. The host is now doomed, slowly but surely it will suffocate from the top down and rot, for even the crown has been overtaken by this forceful "strange". There is no escape; the host tree has become a prisoner unto death.

But this kind of growth which sucks out the life force of another is not the product of original creation. God made everything "very good", to let it flourish freely, innocently, for His glory and the joy for all around. Not for the hurt of something else, be it a tree, a creature or a man. No, all this strange outgrowth and other perverted forms in nature are the crop of the great apostate, that fallen angel Lucifer, who in his hatred toward God turned on this earth every divine order upside down, rough nature and man out of harmony with the Creator. He is out to devour, to kill and to destroy all what God had made. Ever since he succeeded to cause the first human pair to transgress the holy commandment of God, Satan took over this planet to claim it as his own, including nature, creature and man. There is no limit to his evil imagination, no restraint in his wicked devices, no scruples to his intentions and no rest in his enterprise to erase every trace of the original divine pattern and image, be it in man or nature. And ever since the fall of man by yielding to the voice of the serpent, this earth and its inhabitants have become play balls in the hands of the deceiver. It seems there is no escape from his solid, deadly grip.

The tree, mercilessly and hopelessly embraced by layers of thick roots up to the top, represents the tragic reality of what fallen man has become through the embrace of sin. The natural, carnal man cannot free himself from the grip of the prince of darkness, he is "holden with the cords of sin," (Prov. 5:22), by nature a hopeless prisoner. This is the way Satan wanted it to be.

And would it not be for the love of God, this would be the condition of fallen mankind for all eternity. But thanks to God, the Majesty of Heaven, He sent His precious Son to rescue what was lost. By His own death as our Substitute to bear the penalty for the broken law of God upon Himself - Jesus Christ burst open the prison gate of eternal death and sent forth a blast upon the prince of darkness disclaiming his charge — every human being born to be his rightful property.

With a sacrifice so unique, suffering so intense, and a love so infinite, the Son of God reclaimed the crown of creation - man, who had no possibility to deliver himself from his fallen, lost position.
Has the sinner accepted the gift of salvation, understood from what he has been redeemed through the offering up of Jesus Christ upon the cross, and claims Him as his personal Saviour, he received a new heart, the Holy Spirit and divine grace to obey the word of God. He is now a child of the heavenly kingdom, a new creation, the power of the slavery of sin has been broken. He may be a faithful happy Christian for years, witnessing, labouring for the salvation of others. Yet he is not without danger. Though converted and having a new heart, he still lives in his old body with all its weaknesses and infirmities. Thus a conflict is still going on between the flesh and the mind, the spiritual nature.

The spiritual minded says with Paul: "I keep under my body..." but often it happens the flesh gets the upper hand.

If one is not alarmed at once and trembles when his old desires and habits rise up again and try to make their entrance, he is not aware of his peril. At first he may think he is strong enough to deal with these matters. A little yielding won't hurt. Surely a bit of a good time will be harmless. Just one cigarette again, just one would not hurt. How would a little drink be like, and would it not be nice to go out with some old friends again? I know they do not love God, but we sure did have much fun. How to feel the excitement of the place and the cribbling in the fingers at the slot machine?

No matter what the temptation, if not resisted, repulsed at once, the poisonous tendrils of forbidden lust will slowly but surely net themselves around the beclouded mind, which considers the matter as of little concern. However great damage has already been done to the spiritual life by yielding to just one small desire of the flesh, because dedication begins to lose power, time for devotion is neglected little by little, imperceptibly but surely is the taste for the word of God first a trifle less, then less and less desirable. The voice of conscience has become dull and benumbed, for worldly pleasures have taken the time and at last the soul. The restraining power of the Holy Spirit had been driven from the soul temple, and the soul is left bare and defenseless against the wiles of the devil.

So it goes and after some time the once happy Christian notices with dismay he is again entangled, ensnared in a mass of desires of the flesh, who once delivered from them, feels their tightening embrace around him with more consuming force than ever before. Sin again reigns. It may be only one kind, but if cherished, it is enough to destroy and neutralize all the power of the gospel. There is no mercy in sin!

Yielded unresisted to its blinding grip, it will choke every remaining trace of spiritual life out of the apostate Christian. Satan is especially after those who became Christians, he wants to destroy every one of them if he can. So he tempts them to study their weak spots. He succeeds with those who are not careful to his devices and are self-assured in their righteousness. Such could not be more wrong. For a human being in his own strength is no match for that mighty foe.

This world with its captivating allurements, the dazzling, glittering displays and pleasures is the enchanted ground of Satan. Especially the young are fascinated with today's quick and fast available almost limitless amusements, from TV, rock music, loose fashion, science fiction, novels, drugs, computer games etc. All is geared to keep the mind excited, busy to yield to the full, having no time to think about where we come from, where we are going. All these things are lethal poisons to young Christians, the deadly bait to catch their immature, untrained, and ignorant souls. They need careful counsel, guidance with great understanding. But thanks to God we have precious light and wise counsels through the books of the Spirit of Prophecy, to escape these corrupting evils. It is possible for young and old to resist temptation in whatever form or disguise it may assault.

When we through weakness are overcome, we are not to despair nor to give up, ever. Because the Bible says: "For a just man falleth seven times, and raiseth up again." Prov. 24:16. By earnest repentance and heartfelt confession we are restored to righteousness and divine favour, and are encouraged to go on, forward, upward along the narrow path.
But it is the consistent hardening of the heart against the voice of conscience, that the Holy Spirit finally will leave the soul. It becomes the target of the mastermind of Satan, who with a malicious sneer will snatch the victim to throw it at the end with disguise and hellish satisfaction into the pit of utter darkness and despair. The life once rescued has been wasted and together with the instigator of apostasy is worth nothing, only good enough to be thrown into the fire.

The privilege of a child of God, whose life has been delivered from the slavery of sin, is not only to hear God's word, but also to live by it. It is his safety belt of this life in a sinful world. We must know for sure that "the name of the Lord is a strong tower: the righteous runneth into it, and is safe." Prov. 18:10. In that vehicle, the name of the Lord Jesus Christ and with His word which we are to test and trust and wear around our loins like a safety belt, we are secure from the entangling deadly nets of evil forces spread out along the road of life.


Jesus uttered solemn warnings when He said: "And take heed unto yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and care for this life, and so that day (you would be totally overtaken by fleshly lust) comes upon you unaware." Luke 21:34.

"Watch ye and pray, lest ye enter into temptation." Mark 14:38.

Paul tells his fellow believers and encourages them strongly: "watch ye, stand fast in the faith, quit like men, be strong." 1 Cor. 16:13, for we have daily to conquer our old nature and exercise faith in Jesus Christ. He will give us the complete victory over every carnal desire, and defect of character. This we gain when heeding His counsel: "Abide in me, and I in you...for without me ye can do nothing." John 15:4,5. Here is our commission, our task forever growing, and conquering faith. Here is the secret for absolute victory. It will cost tears, agonizing prayer, self-denial, total consecration and persistent resistance unto blood, but it is the only life worth living for. May everyone choose this way while living in this tabernacle of sinful flesh, that he may become an example of what divine grace and the cleansing, redeeming power of the blood of the Lamb can do in the life of those who commit their needy souls to Him.

To live for the glory of God, what He is able to accomplish in those who are born with a corrupt nature, have become partakers of His divine nature live not any longer for their own pleasure, but do all to vindicate the name of God before the universe from the diabolic charge of the arch accuser, Satan, that sin can not be overcome, nor the law of God be kept. God needs such people who are willing to endure fierce temptations yet like Jesus endured not to be defeated and prove the divine promise of our great Saviour. "My grace is sufficient for thee," (2 Cor. 12:9), to burst free from the perilous snares of sin. "I can do all things through Jesus Christ, which strengtheneth me," (Phil 4:13) must be our continuing, dominating motto that shall make the evil one to flee from us do not so much as to gain a foothold in all our conduct, so that sin with all its woe and dire consequences by purged, expelled from the life of the humble child of God, and the glorious, pure image of God's character perfectly reproduced. Everyone is a candidate for this divine pattern, with our own strength it is no possible, but it is God Himself who will do it for His own good pleasure and purpose. We need only distrust ourselves completely, but give all faith to the power and strength to Jesus Christ who is able to save us to the uttermost. To Him be glory and honour forever. AMEN

By: Edda Tedford, British Columbia, Canada
THE YOUTH MINISTRY

We as young people should be aware of the importance of the work with the youth. So I would like to share with all of you some important details in the work with young people. If these details are taken into consideration as we work with the youth, we would have better results of winning young souls for the Lord.

First of all, I would like us to read in John 17: 18 "As thou hast sent me into the world, even so have I also sent them into the world." Here we find Jesus' prayer, where he is stating clearly that He is going to send us as the Father had sent him. We can also read in John 20: 21 "Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so send I you. " So, we know that we have a commission to share the Gospel in all its fullness. But in order for us to do that in the way Jesus wants us to do it, we should understand Jesus Ministry. We must understand the way the Father commissioned his Son. All of the implications of the incarnation are beyond enumeration or expression. The fact that God Almighty, the Creator of heaven and earth, the Sustainer of all life, should reduce Himself to a baby in a virgin, peasant girl is beyond understanding. The God of Abraham, Isaac and Jacob should subject Himself to human care as a helpless baby, grow up in Roman-controlled Palestine, and walk from one end of Israel to another, followed by a rag-tag team of social outcasts, eventually submitting to the cruel nails of crucifixion, simply to identify with me, is too great a thought to grasp. Yet, it is possible to glean some principles from Jesus' earthly life that can be applied to youth ministry. Just as Jesus took on Himself the form of a human being, so we must put ourselves in the youth's place for a while and then try to win them. Now, we are going to look at some points on how we can bring the truth of Salvation to young People. Go to them, do not wait for them. 1 John 4: 9-10. Here we find that it was God who took the initiative to save us. It means He loved us first. He sent His son to live as we live, to understand us in our works and needs and to die to save our lives. So we should do the same in trying to reach young people, We must go to them. We should not wait for them to come to us or to the church. A Friend of sinners, that was Jesus. Luke 7: 34. We should also follow that principle, we should become their real friends. Friendship isn't based on whether or not they respond to our gospel. Sometimes this will break our heart, as people refuse to accept our Lord as their Saviour. Jesus understands this. When the rich young ruler came to Him, Jesus "loved him", yet let him go away (Mark 10:16-22).

Think as they do. Mark 4: 33-34. Jesus talked to the people through parables, because that way everybody could understand His message. Therefore, we have to do the same. Reach them at the same level, think as they do. Young people these days process thoughts and information in a very different way from their parents. They do not process information logically and sequentially, but rather through a complex matrix. This will influence how they grasp new ideas. In order to effectively communicate with them, we must learn to think the way they do, and to structure our message in such a way that they can actually understand it. In the world but not of the world. As we go to save them from worldly influences, we should be careful. Jesus is our example. Heb. 4:15 tells us that He was without sin. Though He came to a world full of sin, He was always pure. So
should we do, as we approach the youth in the world, we should be pure. We have to penetrate other people's worlds, as he penetrated ours - the world of their thinking (as we struggle to understand their misunderstandings of the gospel), the world of their feeling (as we try to empathize with their pain), and the world of their living (as we sense the humiliation of their social situation...) Do not push. If you are not willing to work voluntarily, reaching the people with God's love and the guidelines of the Holy Spirit, then better stand off. Force is the system Satan works, it is not God's system. Never push the youth to something they are not yet willing to do. 1 Cor. 13. Love--this word is repeated over 50 times in the New Testament. Jesus is once more our example. Dealing with the Samaritan Woman (John 4: 1-30), with Zacchaeus (Luke: 19: 1-10) and the Woman caught in adultery (John 8: 1-11) we see the vivid example of how Jesus' love restored people from their sinful life without indulging their mistakes. Sister Ellen G. White says "To hate and reprove sin, and at the same time to show pity and tenderness for the sinner, is a difficult attainment." Signs of the Times, Dec. 22 1881. That is why we should have God's love deep in our hearts so that we can act right dealing with the youth and their weak points.

Care for their real needs. Mat. 20: 32 Jesus was concerned about people's needs: emotional, physical, mental, financial, and spiritual. So it is with us. As we work with the youth, we should be aware of their real needs, and try to supply them. James 2: 16, 18 says that we cannot just say, "Be warm and well fed", but we should "Show our faith by what we do." A miracle is always needed. There are cases when the youth are going though hard times, they are feeling down, depressed, in despair, etc., and perhaps just a word, a smile, a look, can heal and restore. Sometimes we do not even realize that through a look, a person was helped. It is Jesus in us who can work miracles to help people. Jesus used to teach the people. We should also teach the youth the Gospel but with the power of the Holy Spirit so that we may reach their hearts. Our desire should be to be like Jesus, who "amazed" (Matt. 7:28), "astonished" (Matt. 22:33), and "delighted" (Mark 12:37) with His teaching. Jesus took advantage of every opportunity he had to meet people and share with them the saddest moments and the happiest too. We, too, must make ourselves available to people during traumatic and euphoric times of their lives, sharing in joy and sadness, establishing lasting friendships that can have a positive influence. John 10: 10. Jesus came " that we might have life to the full". The good news is not a message of sadness but of happiness, and joy. Sometimes by the way we present it especially to the youth, it looks like it is a sad message. We look like the "Adventist cows" (long faces). Be open-minded. There is nothing worse than a narrow-minded missionary, that closes a lot of hearts from the truth (Jesus is the truth John 14:6). We should not compromise our Biblical principles, but we must do that with an open mind and with wisdom from the Lord. Just do it. The youth must be shown that the Christian lifestyle is radical, in every sense of the word. Matthew 5-7, the sermon on the mount, and "Christian manifesto" is a radical way of life, that challenges society's norms and goes against the grain of the modern lifestyle. It is an attractive Gospel for those who want to "Just Do It!". As Jesus did, we must be teaching and living out this manifesto.

Martin Luther King's dream of national racial unity is still this generation's ideal, but the frustration of seeing the dream remaining unfulfilled has forced a pragmatic response.
Jesus wants to see all the world accepting his gift of salvation, but we know it is hard because of people's hearts. That is why he concentrated his work with the "Lost sheep from Israel". He worked with his own people before trying to go further, but he told us to keep on the work he began in the same way (Acts. 1: 8), before trying to reach the whole world. We must start with our own house's youth, and then with our neighborhood's youth, then the city and country.

We've never done it that way before. Fulfilling God's purpose must always take priority over preserving tradition. Scripture shows us that Jesus was the same in private and public. This goes to the heart of integrity; and integrity is the heart of our ministry with the youth. The measure of ourselves is not what we do while people are watching us, but what we do when no-one is looking. Jesus' example is one to follow, especially in His relationship with the Father. When we make the effort to cultivate a deep and meaningful relationship with God in private, this will naturally shine out of us in all we do.

After seeing some important details as we work with people, I hope that the Lord may help us to have them in mind and to apply them in our daily life, especially when we come in contact with young people who do not know the Lord Jesus Christ. May the Lord Give us His Holy Spirit and His power to carry out his Commission, is my wish and prayer in the Name of Jesus, Our Saviour and Lord.

In His Steps,
Oscar Oviedo, Suriname

Cooking Class in London, Ontario, August 19.
Not long since I received a letter describing a circumstance in which a brother had manifested indiscretion. Although it occurred years ago, and was a very small matter, hardly worthy of a second thought, the writer stated that it had forever destroyed her confidence in that brother. If that sister's life should show upon review no greater errors, it would be indeed a marvel, for human nature is very weak. 5T.246.001

"All human ambition, all boasting, is to be laid in the dust. Self, sinful self, is to be abased, not exalted. By holiness in the daily life we are to reveal Christ to those around us. Corrupt human nature is to be subdued, not exalted. 8T.234.002

He (Man) sees that his faults must be overcome and that his appetites and passions must be subjected to God's will that he must be a partaker of the divine nature, having overcome the corruption that is in the world through lust. Having repented of his transgression of God's law, he strives earnestly to overcome sin. He seeks to reveal the power of Christ's grace, and he is brought into personal touch with the Saviour.

Christ is the ladder that Jacob saw, the base resting on the earth, and the topmost round reaching to the gate of heaven, to the very threshold of glory. If that ladder had failed by a single step of reaching the earth, we should have been lost. But Christ reaches us where we are. He took our nature and overcame, that we through taking His nature might overcome. Made "in the likeness of sinful flesh" (Rom. 8:3), He lived a sinless life. Now by His divinity He lays hold upon the throne of heaven, while by His humanity He reaches us. He bids us by faith in Him attain to the glory of the character of God. Therefore are we to be perfect, even as our "Father which is in heaven is perfect." DA.311.005

As Christ felt His unity with the Father broken up, He feared that in His human nature He would be unable to endure the coming conflict with the powers of darkness. In the wilderness of temptation the destiny of the human race had been at stake. Christ was then conqueror. DA.686.005

It is more palatable to human nature to do penance than to renounce sin; it is easier to mortify the flesh by sackcloth and nettles and galling chains than to crucify fleshly lusts. Heavy is the yoke which the carnal heart is willing to bear rather than bow to the yoke of Christ. GC.567.003

He was clothed with light and glory, surrounded by hosts of heavenly angels eager to do his pleasure; yet He took upon Him the nature of man, and was made "in the likeness of sinful flesh," and became sin for us, "that we might be made the righteousness of God in Him." "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God!" Here is love that no language can express. BE.1892-09-15.009
The apostle Paul clearly presents the relation between faith and the law under the new covenant. He says: "Being justified by faith, we have peace with God through our Lord Jesus Christ." "Do we then make void the law through faith? God forbid: yea, we establish the law." "For what the law could not do, in that it was weak through the flesh"—it could not justify man, because in his sinful nature he could not keep the law—"God sending His own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: that the righteousness of the law might be fulfilled in us, who walk not after the flesh." Romans 5:1, 3:31, 8:3, 4. PP.373.001

Attention! Here is shown what it means to condemn sin in the flesh:

Christ took human nature upon Him, and became a debtor to do the whole law on behalf of those whom He represented. Had He failed in one jot or tittle, He would have been a transgressor of the law, and we would have had in Him a sinful, unavailing offering. But He fulfilled every specification of the law, and condemned sin in the flesh; yet many ministers repeat the falsehoods of the scribes, priests, and Pharisees, and follow their example in turning the people away from the truth. ST.1896-01-16.004

It is true that Christ at one time said of Himself, "The prince of this world cometh, and hath nothing in me." John 14:30. Satan finds in human hearts some point where he can gain a foothold; some sinful desire is cherished, by means of which his temptations assert their power. But He could find nothing in the Son of God that would enable him to gain the victory. Jesus did not consent to sin. Not even by a thought could He be brought to the power of Satan's temptations. Yet it is written of Christ that He was tempted in all points like as we are. Many hold that from the nature of Christ it was impossible for Satan's temptations to weaken or overthrow Him. Then Christ could not have been placed in Adam's position, to go over the ground where Adam stumbled and fell; He could not have gained the victory that Adam failed to gain. Unless He was placed in a position as trying as that in which Adam stood, He could not redeem Adam's failure. If man has in any sense a more trying conflict to endure than had Christ, then Christ is not able to succor him when tempted. Christ took humanity with all its liabilities. He took the nature of man with the possibility of yielding to temptation, and He relied upon divine power to keep Him. GCB.1895-02-25.006

The sinful nature is to be kept under the control of the Spirit of God.

'By their fruits ye shall know them.' Your words, your character, your conduct, your spirit, reveal the character of the tree, for these are the fruits you bear. The sinful nature is to be kept under the control of the Spirit of God. The transforming grace of Christ will bring the will into harmony with the will of Christ. The more closely we are brought into unity with Christ, the more clearly we shall discern the defects of our character. GCD.1893-02-06.015

When Adam and Eve ate of the forbidden fruit, there was no hope for the sinful race; but Christ offered to take the sin upon Himself. He offered to go over the ground where Adam stumbled and fell; to meet the tempter on the field of battle, and conquer him on man's behalf. Behold Him in the wilderness of temptation. RH.1887-03-15.010

Yet with human nature upon Him, He met the arch apostate face to face, and single-handed withstood the foe of His throne. Not even by a thought could Christ be brought to yield to the power of temptation. Satan finds in human hearts some point where he can gain a foot-hold; some sinful desire is cherished, by means of which his temptations assert their power. But Christ declared of Himself,
"The prince of this world cometh, and hath nothing in me." The storms of temptation burst upon him, but they could not cause him to swerve from his allegiance to God. RH.1887-11-08.008

What is the work of the minister of the gospel? It is to rightly divide the word of truth; not to invent a new gospel, but to rightly divide the gospel already committed to them. They cannot rely upon old sermons to present to their congregations; for these set discourses may not be appropriate to meet the occasion, or the wants of the people. There are subjects that are sadly neglected, that should be largely dwelt upon. The burden of our message should be the mission and life of Jesus Christ. Let there be a dwelling upon the humiliation, self-denial, meekness, and lowliness of Christ, that proud and selfish hearts may see the difference between themselves and the Pattern, and may be humbled. Show to your hearers Jesus in his condescension to save fallen man. Show them that He who was their surety had to take human nature, and carry it through the darkness and the fearfulness of the malediction of his Father, because of man's transgression of his law; for the Saviour was found in fashion as a man. Describe, if human language can, the humiliation of the Son of God, and think not that you have reached the climax, when you see him exchanging the throne of light and glory which he had with the Father, for humanity. He came forth from heaven to earth; and while on earth, he bore the curse of God as surety for the fallen race. He was not obliged to do this. He chose to bear the wrath of God, which man had incurred through disobedience to the divine law. He chose to endure the cruel mockings, the deridings, the scourging, and the crucifixion. "And being made in fashion as a man, he humbled himself, and became obedient unto death; "but the manner of his death was an astonishment to the universe; for it was even the death of the cross. Christ was not insensitive to ignominy and disgrace. He felt it all most bitterly. He felt it as much more deeply and acutely than we can feel suffering, as his nature was more exalted, and pure, and holy than that of the sinful race for whom he suffered. He was the majesty of heaven, he was equal with the Father, he was the commander of the hosts of angels, yet he died for man the death that was, above all others, clothed with ignominy and reproach. O that the haughty hearts of men might realize this! O that they might enter into the meaning of redemption, and seek to learn the meekness and lowliness of Jesus! RH. 1888-09-11.010

In the councils of heaven the Lord planned to reshape the broken, perverted characters of man, and to restore to them the moral image of God. This work is termed the mystery of godliness. Christ, the only-begotten of the Father, assumed human nature, came in the likeness of sinful flesh to condemn sin in the flesh. ST. 1896-07-02.003

The divine power of Christ must be added to the effort of humanity; "For what the law could not do, in that it was weak through the flesh, God, sending His own Son in the likeness of sinful flesh and for sin, condemned sin in the flesh; that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit." BE. 1894-06-11.002

Adam was tempted by the enemy, and he fell. It was not indwelling sin which caused him to yield; for God made him pure and upright, in His own image. He was as faultless as the angels before the throne. There were in him no corrupt principles, no tendencies to evil. But when Christ came to meet the temptations of Satan, He bore "the likeness of sinful flesh." In the wilderness, weakened physically by a fast of forty days, He met the adversary. His dignity was questioned, His authority disputed, His allegiance to His Father assailed by the fallen foe. BE.1900-09-03.010

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." RH.1899-07-25.011

Intemperance of any kind will enervate a character originally firm, noble, and independent. His fine sensibilities will be blunted, his conscience will become seared. He will form bad associations, evil communications will corrupt his good manners. One false step leads him to another, which may be fatal,
and he becomes the tool of Satan. Men plunge into wild license and reckless dissipation, and call it freedom of action, when they are in veriest bondage to the most cruel tyrant who knows no compassion for the wretched victims he allures to ruin. **When the world was filled with iniquity God lifted up his standard against Satan by sending his Son to the world in the likeness of sinful flesh.** Christ bridged the gulf that sin had made, which separated earth from heaven, and man from God. ST. 1878-08-01.009

You are to die to self, to crucify the flesh, with the affections and lusts. You need not devise ways and methods of bringing about your own crucifixion; self-inflicted penances are of no avail, and will be found worthless when the test comes upon you. We are to surrender the heart to God, that he may renew and sanctify us, and fit us for his heavenly courts. We are not to wait for some special time, but to-day we are to give ourselves to him, refusing to be the servants of sin. **Do you imagine that you can leave off sin by your own human power a little at a time? You cannot do this; Jesus was treated as a sinner when he assumed the likeness of sinful flesh, that the sinner might be treated as righteous.** The Father loves us who believe in Christ as he loves his only-begotten Son. Thus by faith we can grasp the righteousness of Christ, and our Saviour saves us from all sin. The converted soul will hate the thing that Christ hates, and love the thing that Christ loves. Has he not by his death and suffering made provision for your cleansing from sin? You must take the blood of Jesus and apply it to your heart by faith: for that alone can make you whiter than snow. But you say, "The surrender of all my idols will break my heart." This is what is needed. In giving up all for God, you fall upon the rock and are broken. Give up all for him without delay, for unless you are broken, you are worthless. ST. 1892-08-08.002

**Christ was God, but he did not appear as God. He veiled the tokens of divinity, which had commanded the homage of angels and called forth the adoration of the universe of God. He made himself of no reputation, took upon him the form of a servant, and was made in the likeness of sinful flesh.** For our sakes he became poor, that we through his poverty might be made rich. ST. 1893-02-20.007

**Those who have experienced the blessing of God should be the most grateful of persons. They should send up to God words of thanksgiving because Christ came in the likeness of sinful flesh, clothing his divinity with humanity, in order that he might bring before the world the perfection of God in his own character.** ST. 1895-04-11.002

In the councils of heaven the Lord planned to reshape the broken, perverted characters of man, and to restore to them the moral image of God. This work is termed the mystery of godliness. **Christ, the only-begotten of the Father, assumed human nature, came in the likeness of sinful flesh to condemn sin in the flesh.** He came to testify to the unchangeable character of the law of God that had been impeached by Satan. Not one jot or tittle of it could be changed to meet man in his fallen condition. Christ lived the law in humanity, in order that every mouth might be stopped, and that Satan might be proved an accuser and a liar. Christ revealed to the world the character of God as full of mercy, compassion and inexpressible love. He came to lift up man. It was provided that whosoever should believe in Christ as his personal Saviour should be saved. In all his works he taught men that it was his mission not to destroy men's lives, but to save them. ST. 1896-07-02.003

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**Jesus came in the likeness of sinful flesh, by a pure and holy life to condemn sin in the flesh. He came to our world to represent the character of God, and it is our work to represent the character of Christ.** PC.153.001 (Paulson Collection of Ellen G. White Letters, 1985, Miscellaneous Manuscripts & Collections)

What a strange symbol of Christ was that likeness of the serpent which stung them! This symbol was lifted on a pole and they were to look to it, and be healed. **So Jesus was made in the likeness of sinful flesh. He came as the sin-bearer.** Under the symbol of the uplifted serpent, he was presented before the vast congregation of those who were entrusted with sacred truth. **It was God's purpose that when**
Christ should appear in person, men might recognize his mission, and cooperate with him in the saving of humanity. PH080.049.001

Some believe that Christ came to overcome sin in the nature of the unfallen Adam let us read what is written in Desire of Ages page 117 paragraph 1 to 3 in regards to this:

Satan had pointed to Adam's sin as proof that God's law was unjust, and could not be obeyed. In our humanity, Christ was to redeem Adam's failure. But when Adam was assailed by the tempter, none of the effects of sin were upon him. He stood in the strength of perfect manhood, possessing the full vigor of mind and body. He was surrounded with the glories of Eden, and was in daily communion with heavenly beings. It was not thus with Jesus when He entered the wilderness to cope with Satan. For four thousand years the race had been decreasing in physical strength, in mental power, and in moral worth; and Christ took upon Him the infirmities of degenerate humanity. Only thus could He rescue man from the lowest depths of his degradation.

Many claim that it was impossible for Christ to be overcome by temptation. Then He could not have been placed in Adam's position; He could not have gained the victory that Adam failed to gain. If we have in any sense a more trying conflict than had Christ, then He would not be able to succor us. But our Saviour took humanity, with all its liabilities. He took the nature of man, with the possibility of yielding to temptation. We have nothing to bear which He has not endured. With Christ, as with the holy pair in Eden, appetite was the ground of the first great temptation. Just where the ruin began, the work of our redemption must begin. As by the indulgence of appetite Adam fell, so by the denial of appetite Christ must overcome. "And when He had fasted forty days and forty nights, He was afterward an hungered. And when the tempter came to Him, he said, If Thou be the Son of God, command that these stones be made bread. But He answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." DA.117.001to003

Compiled by Bro. George A. Williams
Puerto Rico

Members and Visitors in Queensland, Australia.
CHRIST'S HUMANITY A GOLDEN CHAIN

ELLEN G. WHITE

"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin." Heb. 4:15.

Christ's overcoming and obedience is that of a true human being. In our conclusions, we make many mistakes because of our erroneous views of the human nature of our Lord. When we give to His human nature a power that it is not possible for man to have in his conflicts with Satan, we destroy the completeness of His humanity. His imputed grace and power He gives to all who receive Him by faith.

The obedience of Christ to His Father was the same obedience that is required of man. Man cannot overcome Satan's temptations without divine power to combine with his instrumentality. So with Jesus Christ, He could lay hold of divine power. He came not to our world to give the obedience of a lesser God to a greater, but as a man to obey God's Holy Law, and in this way He is our example. The Lord Jesus came to our world, not to reveal what a God could do, but what a man could do, through faith in God's power to help in every emergency. Man is, through faith, to be a partaker in the divine nature, and to overcome every temptation wherewith he is beset.

The Lord now demands that every son and daughter of Adam, through faith in Jesus Christ, serve Him in human nature, which we now have. The Lord Jesus has bridged the gulf that sin has made. He has connected earth with heaven, and finite man with the infinite God. Jesus, the world's Redeemer, could only keep the commandments of God in the same way that humanity can keep them.

We are not to serve God as if we were not human, but we are to serve Him in the nature we have, that has been redeemed by the Son of God; through the righteousness of Christ we shall stand before God pardoned, as though we had never sinned.

The humanity of the Son of God is everything to us. It is the golden chain that binds our souls to Christ, and through Christ to God.

Our High Calling, Page 48.
TWO KINDS OF BIRTH

"Man who is born of woman is of few days and full of trouble." Job 14:2

"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name, who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God." John 1:12, 13.

There are two kinds of birth referred to in these Bible verses, two kinds of people: those born of woman, and those born of God. About the former it is said that their life is short and full of trouble. We only have to look around and see the people who live in this world to verify this statement.

In 1 John 5:4, we read: "For whatever is born of God, overcomes the world." The child of God races trouble but does not lead a life “full of them”. On the contrary, he overcomes them by overcoming the influence the world tries to have upon him. A child of God is an overcomer, and in the same verse reference is made to the weapon used in this spiritual battle, the only weapon through which we may obtain victory: our faith.

While the man born of woman "is of few days", the one born of God has eternal life and sees everything under a different perspective. He does not rush through life trying to accomplish as much as he can because although he knows that “the days of our lives are seventy years, and by reason of strength they are eighty years” (Psalm 90:10), he counts on an eternity ahead of him. He allows himself to behold and meditate upon the little things in his life that are a manifestation of God's love and in everything he finds a reason to praise his heavenly Father.

When trials come his way, he does not murmur, but rather sees them as a chance to grow in perseverance to develop a character which can hope for eternity. (Rom. 5:3,4) He sees every difficulty as a test to be faced by faith to bring as a result patience, that leads to perfection. (James 1:3,4)

How much easier is the life of the one who has been born of God! Who would not like to be in his position?

What is the condition for passing from being a simple mortal with a life of toil and trouble, to being a child of God who can start here and now to enjoy eternity? There is one only condition: "But as many as received Him, to them He gave the right to become children of God..." (John 1:12) “through whom also we have access by faith into His grace in which we stand, and rejoice in hope of the glory of God.” (Romans 5:29)

The condition is to receive Christ as a personal Saviour, and in order to do it one has to be aware of one's own limitations, of one's own incapacity to overcome any difficulty and of one's own sinful condition which leads to the grave, "because the wages of sin is death." (Rom. 6:28)

It is only when one comes to this realization, by the work of the Holy Spirit in one’s heart, that one exclaims together with Paul: "O wretched man that I am, who will deliver me from this body of death?” (Rom. 7:24) and the answer does not delay, the cross of Calvary rises before one's eyes, "and as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up that whosoever believes in Him should not perish but has eternal life." John 3:14, 15.

One can see Christ taking one’s place on the cross. "For He made Him who knew no sin for us that we may become the righteousness of God in Him." 2 Cor. 5:21, and from the depth of one’s heart, the cry arises: "I thank God through Jesus Christ our Lord!” (Rom. 7:25) AMEN

Theresa Corti
"INTERNATIONAL YOUTH CONFERENCE" 2001
Call Unto Glory

"Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity."
1 Tim. 4:12

Since the beginning of January my sisters and I had planned to go to the youth conference in Bonndorf, Germany. We had heard about it from Sister Leila but when we received the "Youth Newsletter" we saw it as a reality and made up our minds to go.

We left Canada on the 6th of August, which means that we missed the first day. It took us 7 hours to get to Frankfurt by plane and none of us slept a wink; we were far too excited to sleep.

When we arrived in Germany a Russian brother named Alexey helped us out. He showed us where to buy our train tickets and led us to the train station. He waited with us until the train came to take us to our destination, Bonndorf.

The Journey Begins:

We had to change trains twice and with God's help we arrived there safely. At Titisee, a young man named Manfred came to pick us up. He was one of the organizers of the conference.

Germany is a country completely different than Canada. The roads in Germany are much narrower and the cars much smaller but the scenery is beautiful. The rich, green of the mountains and the tall, towering trees were breathtaking. The houses are quaint and charming with flowerpots hanging out of every windowsill.

We finally arrived at the Bonndorf Youth Hostel. We were told to go to the office for further instructions. There we received a cap in either red, green or blue, a nametag, a hymnbook, a schedule and keys to our rooms.

On Tuesday, August 7th there was a free afternoon. We went outside to get acquainted with the people. It was nice to meet people from so many different nationalities. In total, there were representatives from 27 different countries, and 17 different languages that were spoken. Nevertheless, for the morning and evening worship, the services were only translated into 4 languages, German, English, Spanish and Italian.

After supper that day, there was a choir practice, for those who were interested. I did not attend but had the opportunity to hear them practice. They sounded very good.

At 9:00 p.m. it was worship. Every evening either brother Pablo Hunger or Mathieu DuTour took turns giving a powerpoint presentation, using visuals about the subject of "Friendship and Courting". Each evening they went a little deeper into their study, in which they used Biblical examples, quotes from sister White and real life examples that enabled us to get a better understanding of their topic. They also encouraged input from the youth and asked for their opinions and reactions.

In the morning, worship was always held by a different group for the entire two weeks. So all got a chance to participate. The subjects were wide and varied. Sometimes the subjects spoken about dealt with prayer, the psalms and praise, God's never-ending mercies or following the divine plan of God by living in accordance with the health reform and so forth.

On Wednesday, August 8th, we had the excursion to France. Three coach buses came to pick us up and take us to Strasburg.
I believe that we all enjoyed the ride to Strasburg, and the wonderful singing and guitar playing helped to pass the time on the bus and bring us closer together. We sang in English, German and Spanish from the youth hymnbook and also other well-known favourites. Since Strasburg and Germany are about two hours apart they are very similar. The architecture of the buildings is pretty much the same. Yet, there are differences; Petit France is a quaint little town that resembles old France, including a cobblestone pavement and little bridges over which horse-drawn carriages pass.

We were given maps of the city, some chose to go on their own, others were in big groups and toured the city by boat.

We got to visit the Strasburg Cathedral which is enormous and very dark inside, because of the stained glass windows.

We returned to Bonndorf in time for supper. On Thursday, August 9th I had the privilege of attending my first seminar. There were four subjects that were studied in depth in the space of two weeks.

The four subjects were: The five Windows of the Soul, Righteousness by Faith, Health and Prophecy. The seminar groups were divided according to languages. The tent was for the Germans and the other respective buildings were for the Italians, Spanish and English speaking people. I went to the Spanish room and heard the seminar given by brother Larry Watts on "Righteousness by Faith." For the first half he spoke about the "Basic problem of faith" and the creation vs evolution theory. He then discussed the questions that have always perplexed mankind from the beginning. Where did I come from? Where am I going? Why am I here? The subject was very extensive so he briefly touched the following points: "The Greek Diversion" (Government schools, TV, the media, sports, music), "Darwin", "The Bones are not Silent", "The stones cry out", "The Law of Biogenesis",...etc.

After a short break, we resumed our study. This time he focused more on the Bible and spoke about justification, sanctification and glorification and compared them to creation, habits formed and redemption. It was a wonderful study and we learnt much from it.

On Friday, August 10th the youth were divided into two groups. One half went hiking through Wutachschluct and the other half spent a free day in Titisee.

I was in the second group so I got to go to Titisee. We had a great time in the little town. First of all, we all rented boats for an hour and spent a nice time on the lake. Afterwards, we walked through the town and visited many interesting little shops.

Before we knew it, we were already awaiting our first Sabbath. In the morning, right after breakfast we all went to the lake by bus for a wonderful event. Six souls had accepted Jesus into their lives and were willing to die to self and live for the Lord. It was a cold morning, but the sun was shining. Brother Larry Watts performed the baptisms and the choir led by Brother Tobias Fichte sang many lovely songs. As we were leaving the flute players played a pretty melody. The morning service was held by Brother Watts who welcomed the five newly baptized members and one accepted soul and gave them all a chance to speak.

After lunch, the youth practiced their specials for the afternoon meeting. Brothers Stefano and Gustavo led the youth into prayer and praise for an hour and a half. There were many wonderful specials. The women from South Africa sang in Zulu. There were also a lot of instrument specials; a violin quartet, guitar playing and also piano and flute specials. It was a happy 11/2 hours and we were all greatly blessed by this type of worship.

The highlight on Sunday was a trip to Bodensee where we visited Mainau, a flower island. There were many things to see here, in particular a variety of flowers and plants. It brings to mind the words of Sister White about how God's love is written in every tree, shrub and flower. Nature speaks volumes to us about God's eternal love. Across the lake we could see Switzerland but never had the opportunity to visit it because of a lack of time.
It was also nice to see little frisky ponies, baby donkeys with huge, brown eyes and mischievous baby goats.

Monday, August 11\textsuperscript{th} was another seminar day. This time I went to the English room. Brother Gustavo Castellanos gave a wonderful seminar on the book of Daniel, in particular chapter 2. He briefly went through chapters 7, 8, 9, and 11. He also discussed the difference between classical and apostolic prophecy. In classical prophecy, what has been prophesied comes to pass in the time of the prophet but apostolic refers to prophecies made way before their time. He also made very good comparisons with Daniel 2 and Daniel 3 and Revelation 13, and Daniel 5 and Revelation 11.

On Tuesday we went to Stuttgart, one of the bigger German cities. We traveled in a huge group, in order not to get lost. We saw many historical buildings and spent a wonderful time together.

On Wednesday, Brother Uwe Haug spoke about the five windows of the soul which are our senses. He mentioned the importance of guarding the five avenues of the soul for by them we form our thoughts, which become our words, then actions, our actions form habits, our habits form our destiny and our destiny leads us either to perdition or salvation. In summary, our thoughts and feelings combined form our moral character.

On one of the evening worships of the second week we had worship outside around a campfire. It was really neat. On Thursday, August 16\textsuperscript{th}, we went hiking through a natural reserve area. It was a ten kilometer walk - good exercise.

On Friday morning, the choir had its final rehearsal and practice in Titisee. At 6:30 p.m. we all departed for the concert for which the choir had been practicing the entire two weeks. The concert was a success, many visitors came. While I was there an elderly German lady approached me and said she had really enjoyed the choir presentation. We opened the Sabbath in the concert hall; a couple of visitors stayed to hear brother Uwe speak about the last hours of mercy.

The last Sabbath was another blessed day. Brother Watts gave a very interesting sermon about Zaccheus and how like Zaccheus we too must climb down from our Sycamore tree of self righteousness to meet Jesus where He is.

From 3:00 - 5:00 p.m. we were privileged to hear music, singing, praises and thanksgiving in different languages. Instruments were also played like in the previous Sabbath. A chance was also given to anyone who wanted to share their experiences and testimonies, and how God had been there for them in their time of need and trouble. Manuela DiFranca spoke about how God had been with her during an operation she'd had.

Sister DuTour spoke about the time she had been driving through the Black Forest and how God miraculously delivered her from hitting a huge boulder.

Nikko, a visitor, spoke about how God gave him the words to testify for him on the Island of Mainau.

Finally, Nikko's friend spoke about how God in His mercy had taken him out of the streets and shown him the right way.

Sabbath was a day of farewells and good-byes because on Sunday we had to be out of the Hostel by 10:00 a.m.

In conclusion, I can say that the conference was a wonderful experience where the youth of many different countries had the opportunity to know each other and make new friendships.

It was also a time to strengthen their faith and trust in God. By seeing the youth from all around the world, they were able to see, like Elijah, that they were not the only ones who had not bowed down their knees to Baal.

Reyna Conde

\begin{center}
JESUS STANDS BY OUR SIDE...
AS THE TRIALS COME, THE POWER
OF GOD WILL COME WITH THEM.
ML 184
\end{center}
Li Chen lived over 60 years ago and through a difficult experience she found a true friend. It all began one hot summer day. Li Chen was hungry. She was starving, and she was thirsty. With no water for three days, the sun seemed even hotter, and the cutting wind swept across the burning China desert. Every time Li Chen moved, she moaned. Part of the time she talked to herself, and part of the time she prayed to her ancestors and to Buddha.

"Honourable ones," she prayed, "Li Chen is suffering. She cannot stand it much longer. Please take her home to be with good ancestors."

She moaned again and tried to crawl another step. You see, Li Chen could not walk. She had never walked in all her thirteen years. She had been born with tiny misshapen feet and always shuffled along with the aid of homemade crutches.

But in the rush to get away from the bandits who had raided their mountain home two weeks ago, her crutches were lost. Her parents had fled and never come back for her. Li Chen had been left alone and now she had crawled for many miles searching for food and water. They had no neighbours for many miles around so there was no one to call for help, so Li Chen was truly on her own. For the last three days she had crawled toward this spring. But when she arrived, she found it had dried up under the parching sun.

It was no use to move, for there was no place to go. In despair Li Chen sank down into tired, hungry sleep. For a long time she dozed.

Then she awoke with a start. There was a roar and a long scream ringing through the skies. Looking into the fiery sun, Li Chen could dimly see a great American sky bird that carried men. The wings were made of brilliant red feathers, and the great scream came because the bird was diving toward the mountain.

"Oh no!" Li Chen cried out, again and again. The feathers were not feathers. They were plumes of flames. The great American bird was badly wounded. Out of its back sprang tufts of cotton smoke. They bloomed out into big umbrellas.

Then Li Chen could see that men were floating down to earth in safety. But the iron bird seemed to be plunging straight at her. She tried to move, but the pain was too great. With the noise of a thousand storms, the big airplane tore into the forest on the mountainside. It cut off the tops of great trees and finally stopped in the huge branches of some of the grandfather trees.

Red, yellow and orange flames rose from the airplane. It was one great ball of colour. But out of that great light dropped what looked like a man, clothed in flame. In a moment he was rolling around on the ground, trying to put out his blanket of fire. After a long hard fight, the fire was out, and he lay very still.

Li Chen called out in Chinese. "Hiee! Are you alive?"

Then, in a voice that came from way down inside and must have hurt very much to talk with she heard him answer in broken Chinese, "Yes, thank God, I am alive. But I am burned badly. Come closer; perhaps you can help me."

Li Chen tried to forget her bleeding knees and torn hands as she crawled toward the stranger. It hurt a lot, but she finally reached his side. "It was hard for me to get here," she explained. "I cannot walk."

"That isn't so bad," said the stranger. "I am blind."

Then she could see his face was all burned. His eyes were blistered shut. "Oh, you are badly hurt. And I cannot do you any good. I have nothing to help. And everything of yours is burned up in the thing that flies."

"There is only One who can help me now. Let's talk to Him."

Li Chen shook her head. "There is no one here. You must have hurt your head. I can see and you cannot. I say, there is no one here. Those other men came down on the other side of the valley, and it is two day's journey to them. There is no one here."

"Yes, He is here all right. We can talk to Him, too." And the stranger started talking as though there were someone right beside Li Chen.
"Lord Jesus, thank You for saving my life. I don't know why You let us crash, but there must have been a reason. Now will You give me wisdom and strength to get out safely, if it is Your will? Amen."

For a long time it was silent, and Li Chen wondered what the airman was doing. Finally he drew a deep breath. "Would you like to help me, my friend?"

"Yes," Li Chen said with hesitation, "but I am so small and weak, and I don't know how I could help."

"Do you have good eyes, and do you know the way to the village?"

"Yes, I can see, and I know the way, but I cannot walk." Li Chen was about to cry with helplessness.

"That is all right. You be my eyes, and I will be your feet! My head and body are burned, but my legs are okay. Let's go!"

The Chinese girl saw the airman grit his teeth. Great drops of sweat rolled down his face as he painfully got to his feet. He lifted her to his shoulders.

Then started the walk they would never forget. She would tell him when to turn, to step up or down, as they moved along on his strong legs.

To keep their minds from the terrible journey, he asked all about her home and herself. She talked until her words became a mumble, and even she did not know what she said. Dimly she could hear him talking to that unseen Friend, Whom he called Jesus. Over and over as he stumbled along, he pleaded for strength for both of them.

They stumbled into bushes, and once she was so tired that she did not even see the tree until they ran right into it. It knocked them both down. They lay there weeping and, in sheer weariness, fell asleep.

It seemed like ages later that they awakened and started on the endless journey again. Li Chen was not sure that they were on the right path. Nothing seemed to matter any more except to keep moving. She heard voices and thought she felt hands lifting her from the blistered back of the airman. Then she sank again into sleep.

When Li Chen awoke, she was lying in a comfortable straw bed. Someone was forcing a cold liquid between her lips. Greedily, she drank, then more sleep; then waking moments and more sleep. She did not know how long it was before she could stay awake.

Not until then did she become aware that in the bed across the room was the stranger. That is, his voice was over there. The rest of him was all wrapped in white bandages, and she couldn't see his face. But there was a smile in his voice.

"Well, He brought us out safely, didn't He?" the voice said. "Jesus, I mean."

Li Chen's lips quivered, and a little cloud appeared on her face. Then a teardrop trickled down her cheek. "I was not afraid out on the mountain, but I am afraid now. If I should die, where would I go? I have no good friend like you have. Who would take care of me?"

"Didn't Jesus save me out of the crash and the fire? Didn't He send these good people to save us?"

Don't you think that He could take care of you?"

"Yes, I know He could, but maybe He doesn't want to." The Chinese tears fell just as American tears.

"Listen to what God's Book says. 'God so loved the world [Li Chen] that He gave His only begotten Son, [Jesus] that whosoever believeth [if Li Chen would believe] in Him, [she] should not perish, but have everlasting life.'"

Li Chen looked toward her poor crippled feet that had never walked and never would walk. She felt so heavy inside and needed someone so much. "I want Jesus with all my heart," she said. "I need Him and I want to be saved."

It didn't take long for the airman to show Li Chen the way. And she was soon smiling.

She felt a hand on her shoulder. As she turned, a little nurse with golden hair kissed her on her forehead. "I'm so glad for you, Li Chen. You see, we have been praying for you since we found you. You didn't know it, but this is a missionary compound, and we are missionaries. Jesus so loved you enough to send us to you."

And the tears of joy started to fill her blue eyes. For a long time no one spoke.

Then the airman broke the silence. "I didn't know why God let us crash, but I do now. The great thing about having Jesus for a Friend is that He never makes a mistake. Never! Even though we lost the airplane and all the supplies and I had to endure all this suffering, the Lord had it all happen so that Li Chen could be rescued and could find Jesus."
THE SNAKE BITE

It was early January 2000. We had been enjoying the morning at the beach with Greg's (my husband) brother and his family who were visiting from Sydney. We decided to go our separate ways for lunch and meet again at 2:00 P.M. at our property's letterbox at the end of our street. We'd planned to show them the kangaroos at Pebbly Beach further south from our home.

We were on time and waited a while for Greg's brother. Greg decided to reverse the car to get the shade from a tree. While we waited I thought I'd get the garbage bin, which had been emptied. I opened the door of our van and looked down to where I was going to step - all was safe. I put my left foot on the ground, it was right then that I felt a sharp jab and pain to the inside of my left foot. I kicked off my sandal with the shock and pain. I thought a stick had caught in my sandal and pierced into my bone. I looked down and there were no sticks about and told my husband, "Something's bitten me." He said, "Get back in the car," but I wanted to know what had bitten me! I closed the van door and Greg reversed. I stood still and there was a red-bellied black snake curled up and rearing up, ready to have another go at me. I walked backwards and got in the car. The snake was where the front passenger tyre was. I told Greg it was a snake and he looked out to see it also. Greg quickly went to the beach bag and got a towel and wrapped it around my ankle very tight. I held my hands around my ankle also. Greg told our children in the back seat, Grade then 9 and Lindsay 4, "Mummy's been bitten by a snake, please pray for her and we are going to the hospital."

Greg drove very fast as the closest hospital is 27 km away. The highway patrol flagged us down; Greg pulled over to the policeman and said, "Snake-bite! I've got to get my wife to the hospital." The policeman said, "Keep going!" Greg was doing 120 km/h in a 60 km/h zone. Just after that we had to cross a bridge, the water looked so pretty, sparkling in the sun and I just thought at that time, I could be dead soon. I prayed, "Please God not yet, I've got a family to look after." We still had to get through town and Greg was using his horn to get people to move over so we could pass.

We entered the hospital through the ambulance entry where a nurse came out with a wheelchair and told me to let go of my ankle. Into the casualty ward we went, where I lay on a bed and I felt very nauseated. I began to vomit and needed to go to the toilet. The nurses took my temperature and blood pressure. I was hooked up to a machine for blood pressure and given morphine for the pain by a drip. The doctor had to confirm the identification of the snake by testing the wound. The wound was very sensitive to anyone touching it or applying heat. The test proved us right to be a red-bellied black snake. I drifted off to sleep a bit but on waking I would vomit. The nurses were checking me a lot, asking how I felt. They were waiting for double vision and pain up my groin. In the meantime Greg and the doctor talked about the anti-venom, the pros and cons. Greg told the doctor I had allergies and a sensitive stomach and that confirmed the doctor's decision against giving it. We have since found out that it's made by getting a snake to bite a horse.

After 5 uncomfortable hours I asked if I could go home as I could do what I was doing there in the comfort of home - with more privacy, than a 4-bed casualty ward. I was given the OK and some crutches. My foot began to swell and the pain - with the painkillers - was like a blue bottle (jellyfish) sting, as it doesn't ease off. On waking the next day I was silly enough to think, "I'll be alright now."
wasn't and couldn't put my foot on the ground at all. I felt fuzzy in the head. I was also an anti-biotics as I'd been in casualty ward for a long time and it was given as prevention from obtaining Golden Staph.

My husband had to take over my duties of the home and children. If I tried to do a simple task, I would become exhausted. Greg then decided to make some poultices. At nighttime he made a poultice of grated potato, by placing the potato in cheesecloth and then on the wound, covering it with Glad wrap, then a bandage. This worked the best, as by nighttime my foot and shin were very swollen and the skin went shiny. By the morning on taking off the bandage, which had gone black from the potato, my foot was nearly normal in size. By mid-morning, from being up and about, the swelling would return so then Greg would steam some cabbage leaves and let them cool slightly and wrap them around my foot with Glad Wrap and a bandage. I got the headaches and pain up my leg the day after the bite.

After a few days of resting I was able to drive our car and take the children to the beach. I would stand in the water with my crutches and bathe my foot. I had to dress and bathe the wound 3 times a day, which I did with Dettol and peroxide. I remained on painkillers for only 5 days. After 10 days I could put my foot on the ground so I went to a walking stick, rather than the crutches, for support. The wounded ended up in a sea ulcer so I went back to the hospital and they gave me an ulcer bandage. I stopped using peroxide and used Mercurochrome instead. The puncture marks had joined up and made a hole.

The swelling was gone, but it took 6 weeks for the hole to heal over. Thankfully I didn't need a skin graft, which is common in snakebites. The remaining side effect I have is my sense of smell, which has been affected. I'm slowly getting some sense back but it has now been 20 months and I've got a long way to go yet. All that remains on my foot now is a purple coloured scar. My whole family is snake aware now. Had this happened to one of our children, they would not have survived.

Robyn Gates
Australia

Poultices taken from: Practical Home Healing, by Margaret E. Wright.

Note: For those that do not know the danger of a bite from a red-bellied black snake, it can be fatal if not tended to immediately. Robyn amazed the doctors in her quick recovery, especially since she took no anti-venom. It is common to be on crutches for up to a year or longer following this type of bite. We attribute her amazing recovery to a healthy diet, natural remedies and the prayers of family, friends and church members.

Wendy Eaton

Cheerfulness and a clear conscience are better than drugs, and will be an effective agent in your restoration to health. HR 1 June 1871

The Lord would have all His sons and daughters happy, peaceful, and obedient. Through the exercise of faith the believer comes into possession of these blessings. AA 564

As we realize His great love, our hearts will be inspired with gratitude, we shall serve Him with cheerfulness, and firmly, confidently put our trust wholly in Him. TDG 116
NOT MILK!!!!

Everything you need to know about cow's milk and dairy products is probably part of a Dairy industry MYTHS. Cow's milk is an unhealthy fluid from diseased animals that has a wide range of dangerous and disease-causing substances that have a cumulative negative effect on all who consume it.

All cow's milk has 59 active hormones, scores of allergens, fat and cholesterol. Most cows' milk has measurable quantities of herbicides, pesticides, dioxin's (up to 2,200 times the safe levels) up to 52 powerful antibiotics, blood, pus, feces, bacteria and viruses. One of those 59 hormones is powerful GROWTH hormone called Insulin, like Growth Factor ONE (IGF-1). By a freak of nature it is identical between cows and humans. Consider this hormone to be a "fuel cell" for any cancer. (The medical world says IGF-1 is a key factor in the rapid growth and proliferation of breast, prostate and colon cancers, and we suspect that most likely it will be found to promote ALL cancers.)

IGF-1 is a normal part of ALL milk...the newborn is SUPPOSED to grow quickly! What makes the 50% of obese American consumers think they need more growth? Consumers don't think anything about it because they do not have a clue to the problem, nor do most doctors.

Monsanto Chemical Co., maker of fine poisons such as DDT, agent orange, Roundup and more, spent around a half of billion dollars inventing a shot to inject into cows...to force a cow to produce MORE milk. Unfortunately, they created FIVE errors in their Frankenstein. Posilac (rbGH) shot directly affected all test animals, but that important report (Richard, Odaglia & Deslex, 1989) has been hidden from everyone under Clinton's Trade Secrets Act. The Canadians read enough of this report (Before it was stolen) to reject rbGH in their country.

The Food and Drug Administration (FDA) insists that IGF-1 is destroyed in the stomach. If that were true, the FDA has proven that breast feedings cannot work. Common sense says their finding is ridiculous because this growth factor DOES make the baby calf grow rapidly, as Mother Nature intended. Another chemical in milk is casein. It is a powerful binder, polymer used to make plastics and glue that is better used to make sturdy furniture or hold beer bottle labels in place. 80% of the protein in milk is casein. It is also a powerful allergen, a histamine that creates lots of mucus. Cow's milk is allowed to also have feces in it. This is a major source for bacteria. Milk is typically pasteurized more than once before it hits your table, each time for ONLY 15 seconds at 162 degrees Fahrenheit. To sanitize water one is told to boil it (212 degrees) for several minutes. That is a tremendous disparity, isn't it! Keep in mind that at room temperature the number of bacteria in milk DOUBLES around every 20 minutes. Now wonder milk turns rotten very quickly. One cubic centimeter of commercial cow's milk is allowed to have up to 750,000 somatic cell (common name is "PUS) and 20,000 live bacteria before it is kept off the market. That amounts to a whooping 20 million life squiggly bacteria and up to 50 million pus cells per liter (bit more than a quart!)

Where do cows get their calcium for their bones? Yes, from plants! The calcium they consume from plants has a large amount of magnesium necessary for the body to absorb the use of calcium. The calcium in cow's milk is basically useless because it has insufficient magnesium content (those nations with the highest amount of milk/dairy consumption also have the highest rates of osteoporosis. Cow's milk has three times the calcium, as does human breast milk. No matter, neither is very useable because in order to be absorbed and used there MUST be an equal quality of MAGNESIUM (as exists in the greens that cows eat to get all the calcium they need for their big bones.)

There have been several diseases linked to milk such as Leukemia, Diabetes, and Crohn's disease. For more information, visit www.notmilk.com
California Seventh-day Adventists live up to 10 years longer than their non-Adventist neighbors, according to a study published in the Archives of Internal Medicine.

Vegetarian Adventists lived the longest, the study showed. The average life expectancy for a nonvegetarian Adventist man is 81.2 years and 83.9 years for a nonvegetarian Adventist woman. A vegetarian Adventist man lives to an average age of 83.3 years, while a vegetarian Adventist woman lives 85.7 years.

Those compare to an average life expectancy of 73.9 years for male non-Adventist Californians and 79.5 years for female non-Adventist Californians.

Researchers tracked subjects between 1976 and 1988. Results only recently have come to light because it took many years for researchers to complete analysis of the large amount of data produced during the course of the study, university spokesman Larry Kidder said.

Fraser said the Adventist community provided an ideal study group because Adventists do not smoke or drink. Both habits have been linked to significant health problems.

The study looked at five health factors and behaviors believed to influence longevity. They were a vegetarian diet, exercising regularly, not having smoked in their lifetime, not having an excessive amount of body fat and eating nuts five or more times a week.

The more of the positive factors a person exhibited, the longer he or she seemed to live. "Every little bit helps", Fraser said, the principal investigator for the study.

"Each of these five factors appear to equate to 1.5 to 2.5 extra years of life."

To enjoy the maximum benefit, people would have to change their ways around age 30, researchers said. But health benefits would be likely if new habits began at any point.

Diet guru Robert Pritikin said Monday that the research results make perfect sense to him. The famous Pritikin diet revolves around a plant-based, low-fat diet.

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God in His providence has willed that no one can secure happiness by living for himself alone. The joy of our Lord consisted in enduring toil and shame for others, that they might be benefited thereby. We are capable of being happy in following His example and living to bless our fellow men.

4T 224

A cheerful temper, and a hopeful mind, will do much to cure the real diseases of the system; for a cheerful heart vitalizes, and imparts health to the entire system. HR 1 July 1872
Pictures of the Youth Conference in Germany.