IF I’M A CHRISTIAN, WHY DO I STILL WANT TO SIN?
It seems like almost daily in the recent months I have received emails that either speak of the complete collapse of the economy, a soon terrorist attack, or some other activity that will soon come upon the stage of time and severely affect all people in a very negative way. It could be the lack of food, martial law so the elections cannot go ahead, or a multitude of other fears.

I am writing this editorial in the middle of September, for it to be ready for the November magazine. It will be quite interesting to see what really has happened by the time it comes out in print in November. But no matter what has happened by that time, we need to be careful, as God’s people, that we not allow fear to replace our faith. We need to remember that God knows all that will happen and is in control, no matter what it looks like around us.

In MS 16, 1890, Ellen White has informed us that “Satan will insinuate himself by little wedges, that widen as they make a place for themselves. The specious devices of Satan will be brought into the special work of God at this time.” I believe that one of the little wedges can be the wedge of fear.

In 2nd Corinthians 13:5, 6, the apostle Paul warns us: “Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? But I trust that ye shall know that we are not reprobates.”

We, in dealing with the times we are in, need to be in Scripture, strengthening our relationship with our Lord and Saviour as never before.

A few suggestions of Scriptures that have meant a lot to me:

Isaiah 12:2: “Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.”

Isaiah 40:29-31: “He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Proverbs 3:5, 6: “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Isaiah 26:3, 4: “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.”

Matthew 6:34: “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

Although we should not be in fear, we nevertheless need to be aware and use these times to reach out and touch other people.

In Maranatha, page 174, Ellen White has some statements that seem to have been made especially for our day.

“Soon strife among the nations will break out with an intensity that we do not now anticipate. The present is a time of overwhelming interest to all living. Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed upon the events taking place about us. They are watching the strained, restless relations that exist among the nations. They observe the intensity that is taking possession of every earthly element, and they realize that something great and decisive is about to take place, that the world is on the verge of a stupendous crisis.

“A moment of respite has been graciously given us of God. Every power lent us of Heaven is now to be used in working for those perishing in ignorance. There must be no delay. The truth must be proclaimed in the dark places of the earth. . . . A great work is to be done, and to those who know the truth for this time, this work has been entrusted.

“In the last scenes of this earth’s history, war will rage. There will be pestilence, plague, and famine. The waters of the deep will overflow their boundaries. Property and life will be destroyed by fire and flood. We should be preparing for the mansions that Christ has gone to prepare for them that love Him. There is a rest from earth’s conflict.”
Our Mission - It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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For all people who have become Christians, these questions have always come to their minds: “Why do I still desire these things that are connected to sin? What is the matter with me?” And then the devil comes in and suggests that they are not, and never really were, Christians.

Paul addressed these questions in Romans chapter 7.

“For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.” Romans 7:18.

The Body Not Converted with the Mind

Paul readily acknowledged that we were sinners and that even at conversion, we still had sinful flesh and bodies. Conversion does not mean that we no longer have the bodies we had before conversion. Our “flesh” is still corrupt and in it, “dwelleth no good thing.”

If we have perverted our taste buds for fifty years, so that we now enjoy soft drinks and chocolate and flesh foods, and then we become Christians, we still have the same body we had before conversion. Our body still craves the same things; our taste buds are still the same taste buds.

Some people think that at conversion, all of our senses, all of our bodily desires, even all of our taste buds have experienced a conversion as well.

If you have been a smoker for 40 years, and you become a Christian, you still have a body that has been smoked in for 40 years. You did not get a new body. You have new desires; you have new goals and aspirations. You choose to serve a new Master now, but it is with the same body, the same flesh. This is why Paul, thinking out loud in his letter to the Romans, makes this point:

“For the good that I would I do not: Sanctification is the result of constantly dying to sin, and constantly living for Christ.”
but the evil which I would not, that I do.” Romans 7:19.

Paul is saying here that he wants to do right, he wants to do good, he desires holiness and purity and goodness, but he doesn’t do it. That is, his fleshly body does not conform as readily as his mind. He wants to eat right, he knows that fruit is better than candy, but the cravings of the body scream out for the bad things, not the good things.

And he goes on to say that the things he knows he shouldn’t want, or crave or look at or listen to, those are the things his flesh is still desiring.

Doubting Our Conversion

How can this be? “How can I still want to sin, when I am a Christian? Is this not real? Did I never really give my heart to Jesus?”

Have you ever had those thoughts? I have. I still am tempted to think that. The devil never gives up.

But Paul does not fall for the temptations of the devil. He believes that his choice to follow Christ is real. He simply states a truth: “Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.” Romans 7:20.

Paul admits that his body, or flesh, still has wrong tendencies, even though he wants them to be right tendencies. And he knows he has experienced conversion, so what is going on?

“I find then a law, that, when I would do good, evil is present with me.” Romans 7:2.

Paul says he has discovered a principle here. Even after conversion, there are still carnal desires that attack him. And these are not just coming from the devil, or the world. No, these are emanating from his own flesh. His own body is clamoring to be heard and satisfied.

EVEN THOUGH CONVERSION HAS TAKEN PLACE, THERE IS STILL A STRUGGLE GOING ON.

So what does he do? Does he give up? Does he quit? Does he deny the fact that he gave his heart to Jesus?

That is what the devil wants him and us to do. But the Holy Spirit, through Paul, is telling us that even though conversion has taken place, there is still a struggle going on.

Willing Heart But Willful Flesh

You saw yourself a sinner. You saw yourself in need of a Saviour. You realized you could not save yourself. So you came to Jesus. You gave Jesus your heart. You chose Him to be on the throne of your life now. And He, as He promised, came into your heart.

And you want to do right. You recognize that God’s way is the best way. You see that selfishness, pride, anger, impatience and all the rest of the evils in the world are the result of sin, and you want to be holy and sinless now. Not just for heaven, not just for eternal life, but because it is the better way.

The light has finally come on in your head and you begin to see the truth. And you have made your choice; you have taken your stand under the banner of Prince Emanuel.

But, as Paul writes, you also begin to see this “law” or this “condition” inside you. While you want to do right, your body, or your fleshly desires, want to do wrong. While you want to serve Christ, your body, or flesh, says, “No! Serve me!”

But you have seen the light! You now see God’s law as a shield for happiness and not a barrier to happiness. This is what Paul was saying in Romans 7:22:

Has that happened to you? Does it happen to you? It did to Paul. And he hated it.

“O wretched man that I am! who shall deliver me from the body of this death?” Romans 7:24.

The margin of many Bibles says this: “O wretched man that I am! who shall deliver me from this body of death?”

Paul wants to be rid of this body that still has these unholy cravings, these desires that are not good for him, these urges.

Don’t we all? Don’t you want your...
body to conform to your mind? When your mind says, “You should eat that apple instead of that brownie,” don’t you want your body and appetite to desire the apple instead of the brownie? When your mind says, “You should go walking for three miles this evening,” don’t you want your body to desire and have the strength naturally to want to go, and you not have to fight to get it to agree? When your mind says to get up early in the morning to study God’s Word, surely you want your body to eagerly accept the idea and bounce out of bed at 4:00 or 5:00 a.m.?

Of course! Who doesn’t! Paul certainly did! This is why he considered himself “wretched,” and why we do, too.

And he asks the question, “How is this going to change?! Who will deliver me from this body?”

**Who Will Deliver Me?**

And then he answers his own questions in the next verse: “I thank God through Jesus Christ our Lord…” Romans 7:25.

YES! Jesus is how this will change. Jesus will give me a new body, a holy body, a body that wants to conform to the desires and will of my mind. Jesus will do it! Thank God!

Now, please note that Paul then goes on to say that “…so then with the mind I myself serve the law of God; but with the flesh the law of sin.” Romans 7:25.

Why does he say that? Because he knows that he won’t get his new body until the resurrection. He will have to wait until he dies and is resurrected to get his new body. And he knows when that change will come.

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**Our Bodies to be Changed**

“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption. Behold, I shew you a mystery: We shall not all sleep, but we shall all be changed, In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.” 1 Corinthians 15:50–52.

He knows full well that this “body of death” is not going to inherit heaven. It is corrupt. It is defiled. It is sinful. It has to be changed.

And when does that take place according to Paul? “At the last trump: “For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.” 1 Thessalonians 4:16.

That is the Second Coming of Christ! THAT is when these vile, corrupt, defiled, sinful bodies will be changed.

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**Not Guilty of Body’s Desires**

Thank God! Not only will we be changed, but we are not held guilty because our bodies are sinful!

God does not condemn us because we have these lustful, sinful, corrupt desires of the body! Praise the Lord!

And in full confidence, he announces that “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.” Romans 8:1.

**The Obvious Inference**

**Is That There is Condemnation for Those Who Are in Christ Who Do Walk After the Flesh.**

There is no condemnation, Paul says. We do have this body of death, but God does not hold that against us. Praise God!

Paul fully admitted that his body wanted things his mind said were not good. He fully admitted that what he wanted to do, that his mind said was right, his body, or flesh, did not want to do. And then he states that God does not condemn us for having a body like that.

But! This is where the rubber meets the road. This is where the devil has really tried to destroy the truth of God. Right here in the middle of verse 1 of Romans chapter 8.

**Following Spirit or Flesh**

It is absolutely true that “there is therefore now no condemnation to them which are in Christ Jesus…” Absolutely true! No question! “No condemnation”!

But the verse does not simply end there. It goes on: “…Who walk not after the flesh, but after the Spirit.”

We have to choose what we “walk after.” The flesh? Or the Spirit?

The Spirit says, “Do this.” The body says, “Do that.” Which will we do? With Satan, there is no choice. With the power of Jesus Christ, we have a choice...
Paul says there is no condemnation to those who are in Christ who walk NOT after the flesh. The obvious inference is that there IS condemnation for those who are in Christ who DO walk after the flesh. It is a choice!

Paul realized that, and he and fought with the flesh daily. “But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” 1 Corinthians 9:27.

**Crucifying Our Bodies;**

He had to keep his body down, keep it in subjection, not let it have its way. And he states what happens if he doesn’t.

He knows he will be a “castaway.” So he refuses to let the body win. So much so that he terms it killing the body. No, more than even killing it, he “crucifies” it: “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” Galatians 2:20.

**“I die daily.”**

“Oh,” Paul says, “I still have the flesh. But I crucify it.” And instead of following his fleshly desires, he lives by faith!

**Living by Faith**

And how often did Paul need to crucify his flesh? “I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.” 1 Corinthians 15:31.

I imagine he did. I have to do the same, more often than that! But Paul says he lives by faith now. He believes God will help him.

Remember the man lying near the Pool of Bethesda? He had been there for years, hoping to be helped, hoping to be made whole, hoping to be cured of his problem. Then Jesus came to him.

> **“IT IS ONLY BY LONG, PERSEVERING EFFORT, SORE DISCIPLINE, AND STERN CONFLICT, THAT WE SHALL OVERCOME.”**

When Jesus comes to you, don’t you let Him pass by. Don’t let Him leave without the blessing you need, without letting Him make you whole again.

He comes to this paralytic. “He simply says, ‘Rise, take up thy bed, and walk.’ But the man’s faith takes hold upon that word. Every nerve and muscle thrills with new life, and healthful action comes to his crippled limbs. Without question he sets his will to obey the command of Christ, and all his muscles respond to his will. Springing to his feet, he finds himself an active man.” Desire of Ages, 202.

“His faith takes hold,” she said. “He sets his will,” she said. “And his muscles responded to his will,” she said. This is what happens when you believe God! And He wants to do the same for each one of us!

**“Wilt Thou Be Made Whole?”**

“The Saviour is bending over the purchase of His blood, saying with inexpressible tenderness and pity, ‘Wilt thou be made whole?’ He bids you arise in health and peace. Do not wait to feel that you are made whole. Believe His word, and it will be fulfilled. Put your will on the side of Christ. Will to serve Him, and in acting upon His word you will receive strength. Whatever may be the evil practice, the master passion which through long indulgence binds both soul and body, Christ is able and longs to deliver. He will impart life to the soul that is ‘dead in trespasses.’ Ephesians 2:1. He will set free the captive that is held by weakness and misfortune and the chains of sin.” Desire of Ages, 203.

Believe Him! Trust Him! And set your will to obey Him.

All Christians have done this at their conversion, when they asked Jesus in their hearts. But the concern is not then—not at the height of your experience, when you first met Jesus. No, it is now—a week, a month, a year, maybe 10 years later.

The problem is that the devil has either tempted us or misled us into believing that we should have arrived by now. We should not have to keep dealing with these things. But what does God’s servant say about that?
Sanctification the Work
of a Lifetime

“Sanctification is not the work of a moment, an hour, a day, but of a lifetime. It is not gained by a happy flight of feeling, but is the result of constantly dying to sin, and constantly living for Christ. Wrongs cannot be righted nor reformations wrought in the character by feeble, intermittent efforts. It is only by long, persevering effort, sore discipline, and stern conflict, that we shall overcome. We know not one day how strong will be our conflict the next. So long as Satan reigns, we shall have self to subdue, besetting sins to overcome; so long as life shall last, there will be no stopping place, no point which we can reach and say, I have fully attained.” Acts of the Apostles, 560–561.

“GENUINE CONVERSION IS NEEEDED, NOT ONCE IN YEARS,

Conversion is not a one-time thing; it is an everyday thing. “Genuine conversion is needed, not once in years, but daily.” Our High Calling, 215.

Faint Not!

Why so hard? Why this much effort? “The strongest evidence of man’s fall from a higher state is the fact that it costs so much to return. The way of return can be gained only by hard fighting, inch by inch, hour by hour. The purpose may be formed, the work begun; but its accomplishment will require toil, time, perseverance, patience, and sacrifice.” Ministry of Healing, 452.

Oh, friends, this is where the devil really tries to drive in the stake. Here is where he makes the really hard push. And every one of you that has ever fought the good fight, or kept the faith, or placed his will on the side of Christ’s, has heard this voice. “Give up!” “It’s too hard!” “It’s not worth it!” “You’ll never make it!”

Have you heard it? I know you have. The devil said the same thing to Jesus! “Give up!” “You’ll never make it!” “It’s no use!”

And Paul heard that same voice…day in…day out.

But this is what Paul said: “For which cause,” Paul declared, ‘we faint not; but though our outward man perish, yet the inward man is renewed day by day.’ …Fixing his gaze on the reward of the faithful, he exclaimed in tones of victory, ‘Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.’” Acts of the Apostles, 332.

The Eternal Weight of Glory

I can hear Paul almost chuckle. He says, “Oh, no, Satan. You cannot possibly convince me to quit or give up. I have seen a better land. I have seen the reward of the faithful. And I will never, ever quit! “Jesus is my Saviour! Jesus will help me! Jesus will never leave me!”

Is this your stand? This must be what you say to the devil. At the name of Jesus, the devil flees!

Make your prayer and the theme of your life to be the title of this old hymn:

All to Jesus, I Surrender.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
The twelve spies had returned from their espionage mission into their enemy’s territory. Their Commander in Chief—the Lord of Hosts—had given them plain evidence of His power, and had also ensured an overwhelming victory over their foes. But as Israel listened to the report of these secret agents, they became discouraged and perplexed before the challenge and the apparent difficulties that they had to face.

“Hope and courage gave place to cowardly despair, as the spies uttered the sentiments of their unbelieving hearts, which were filled with discouragement prompted by Satan. Their unbelief cast a gloomy shadow over the congregation. And the mighty power of God, so often manifested in behalf of the chosen nation, was forgotten. The people did not wait to reflect; they did not reason that He who had brought them thus far would certainly give them the land; they did not hesitate to expose themselves to the danger of losing their lives.

We do not find such examples in Holy Writ only. We could also mention Martin Luther, John Huss, the Waldenses, and others. All of them rose above unbelief, discouragement, and cowardice and left for us a tremendous legacy of faith and obedience.

For those who may not be acquainted with what took place, at this time, our leadership, trying to obtain the acceptance of the Evangelical churches, held meetings with two prominent Evangelical leaders—Waller Martin and Donald Grey Barnhouse. The price paid for this acceptance was very high, for we compromised some of our fundamental teachings held for nearly one hundred years. And as a partial consequence of the new theological position taken, a door was opened through which a train of evils has come into the church.

In each of the cases described above, we see there have been men who, filled with a spirit of holy boldness and bravery, overcame the mediocrity and the cowardice of many who had the opportunity to do something in favor of truth, but because of fear of censure, shame, and ridicule preferred to remain silent. “Soldiers in the army of Jesus Christ have turned cowards before ridicule, and Satan has worked through cold, unconsecrated professors of his name to intimidate those with the weapon of jest, who never would have been turned from their loyalty to God if the rack, the stake, the dungeon, and death alone had threatened them.”

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COWARDS AND HEROES

“Of all the sins that I have committed since my youth, none weigh so heavily upon my mind, and cause me such poignant remorse, as that which I committed in this fatal place, when I approved of the iniquitous sentence rendered against Wycliffe, and the holy martyr, John Huss, my master. Yes, I confess it from my heart; and declare with horror that I disgracefully quailed, when, through a dread of death, I condemned their doctrines. I therefore supplicate Almighty God to deign to pardon me my sins, and this one in particular, the most heinous of all.”


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Did not reason that He who had brought them thus far would certainly give them the land; they did not call to mind how wonderfully God had delivered them from their oppressors, cutting a path through the sea and destroying the pursuing host of Pharaoh. They left God out of the question, and acted as though they must depend solely on the power of arms. In their unbelief They limited the power of God.” Patriarchs and Prophets, 388.

What a tragedy! And the price that they had to pay for their unbelief! Do we now limit the power of God to do something for us individually and corporately as well?
Cowards and Heroes

“Never let him who is named as a child of God, meet another who differs with him in his religious faith with a spirit of ridicule. This was the spirit the persecutors of Protestants had when dealing with those whom they termed ‘heretics.’ They could not show where dissenters were in error from ‘the law and the testimony,’ and therefore they resorted to ridicule, and some of the faithful found it more difficult to bear a sneer than to face their enemies in open conflict.” Ibid.

The real greatness and nobility of the man is measured by the power of the feelings that he subdues, not by the power of the feelings that subdue him.

“Never for one moment should the impression be given to anyone that it would be for his profit to hide his faith and doctrines from the unbelieving people of the world, fearing that he may not be so highly esteemed if his principles are known. Christ requires from all His followers open, manly confession of faith. Each must take his position and be what God designed he should be, a spectacle to the world, to angels and to men. The whole universe is looking with inexpressible interest to see the closing work of the great controversy between Christ and Satan.... Never, from cowardice or worldly policy, let the truth of God be placed in the background.” In Heavenly Places, 363.

“Nothing is gained by cowardice or by fearing to let it be known that we are God’s commandment-keeping people. Hiding our light, as if ashamed of our faith, will result only in disaster.” Testimonies, vol. 5, 527. “One man’s cowardice or treachery may bring disaster upon the entire army.” Gospel Workers, 85. It is then understandable why with ancient Israel the military officers were required by law to ask the people: “What man is there that is fearful and faint-hearted?” And if there was any, they “let him go and return unto his house, lest his brethren’s heart faint as well as his heart.” Deuteronomy 20:8.

Yes, cowardice or fear can play an important role in leading us to a spiritual disaster, both individually and as a church. By the cowardice of the church in Jerusalem, Paul’s ministry (in freedom) was shortened. The Acts of the Apostles, 404. Therefore, to understand how these feelings or attitudes originate in the human heart and what we can do to have victory over them, deserves our time and undivided attention.

Could it be that the precarious and difficult condition (near-disaster or perhaps in it of our homes, and also of our educational, medical, evangelistic, and administrative systems, may be related to the “hiding of our light, as if ashamed of our faith?” I invite the reader to ponder honestly this question and to prayerfully ask the Lord which line of action must be taken.

According to the servant of the Lord, “A half service, loving the world, loving self, loving frivolous amusements, makes a timid, cowardly servant; he follows Christ a great way off.” The Adventist Home, 431.

Peer pressure, the fear of ridicule or of being rejected by the majority can also be a factor in leading us to waver in our principles and to take a cowardly escape. But ‘When sinners entice thee, consent thou not.’ See Proverbs 1:10. Do they sneeringly call you a coward, tell them that if it is cowardly to fear to do wrong, then you are a coward. The bravery that is evinced in sacrificing principle, for fear of ridicule, is a low, satanic spirit that you should ever hold in contempt.” Signs of the Times, vol. 1, 371. “Even our friends will oppose us, and we shall have to meet scornful sneers, because we venture to choose the better way. Our motives will be misjudged, and even our character and habits malignant. But ‘ye have not yet resisted unto blood, striving against sin.’ Hebrews 12:4. We have an incessant strife, but is not the reward at the end of the conflict worthy of all the labor? Will not the eternal weight of glory more than compensate for every wound, every grief, every sorrow? Will not every sacrifice bring returns in treasures that are without price?” Ibid., September 7, 1891.

“I warn you to stand firm, and never do a wrong action rather than be called a coward. Allow no taunts, no threats, no sneering remarks, to induce you to violate your conscience in the least particular, and thus open a door whereby Satan can come in and control the mind.” Fundamentals of Christian Education, 93.

It is easy, in the situation of religious crisis in which we presently live, to
adopt a position of silence, timidity and cowardice, while apostasy and error deepen and strengthen their roots within our ranks, but we should not forget that such must not be the line of action of Christ’s followers. See Review and Herald, vol. 4, 298. “The Lord will not accept cowards in His army.... Christ’s followers must stand ready to serve Him at all times and in every way that may be required.... Many have tried neutrality in a crisis, but they have failed in their purpose. No one can maintain a neutral ground.... Those who begin their Christian life by being half and half, whatever may be their intentions, will at last be found enlisted on the enemy’s side. Double-minded men and women are Satan’s best allies. Whatever favorable opinion they may have of themselves, they are dissemblers. All who are loyal to God and the truth must stand firmily for the right because it is right.” This Day with God, 240.

“A double minded man is unstable in all his ways.” James 1:8.

“There are many who would serve Christ provided they could serve themselves also. But this cannot be. The Lord will not accept cowards in His army. There can be no dissembling. Christ’s followers must stand ready to serve Him at all times and in every way that may be required. God will accept only truehearted, level-headed, all-round men. ‘He that is not with me is against me,’ Christ declared; ‘and he that gathereth not with me scattereth abroad’ (Matthew 12:30).” Ibid.

Probably some may believe that by not participating in those actions that they do not approve, they will not be apostates, and consequently are free of any accountability and danger; but this thinking is false. “When existing evils are not met and checked, because men have too little courage to reprove wrong, or because they have too little interest or are too indolent to tax their own powers in putting forth earnest efforts to purify the family or the church of God, they are accountable for the evil which may result in consequence of neglecting to do their duty.” Testimonies, vol. 4, 516.

Furthermore, “If God abhors one sin above another, of which His people are guilty, it is doing nothing in case of an emergency. Indifference and neutrality in a religious crisis is regarded of God as a grievous crime and equal to the very worst type of hostility against God.” Ibid., vol. 3, 281. See also Prophets and Kings, 148.

I am ashamed to write this, but “There are those who will not make a charge upon the enemy when required of God to do so. They will do nothing until others have fought the battle and gained the victory for them, and then they are ready to share the spoils. How much can God count upon such soldiers? They are accounted as cowards in His cause. This class, I saw, gained no experience for themselves in regard to warfare against sin and Satan. They were more inclined to fight against the faithful soldiers of Christ than against Satan and his host. Had they girded on the armor and pressed into the battle, they would have gained a valuable experience which it was their privilege to have. But they had no courage to contend for the right, to venture something in the warfare, and to learn how to attack Satan and take his strongholds.... Those who will not venture and expose themselves to censure will stand all prepared to watch those who do bear responsibilities, and will be ready, if there is a semblance of chance, to find fault with them and injure them if they can.” Testimonies, vol. 3, 316.

The servant of the Lord could well address again the question asked in the past: “Where are the soldiers of the cross of Christ? Let the God-fearing, the honest, the single-hearted, who look steadfastly to the glory of God, prepare themselves for the battle against error. There are too many faint, cowardly hearts in this hour of spiritual conflict. Oh, that out of weakness they may be made strong, and valiant in fight, and put to flight the armies of the aliens!” Christian Service, 97.

Yes, there is hope. We call transform our cowardice into strength and heroism. “Every man can be a man, a whole man. By patient, thoughtful effort, put forth with zeal and energy, all may overcome cowardice.” Manuscript Release, vol. 11, 79. See also Manuscript Release, vol. 18, 291. Such were the experience and example of the apostle Peter. When Peter’s trial took place in the very room and before some of those very men where weeks before he denied his Lord, Peter “had an opportunity of redeeming his cowardice.... Since his fall he had been converted. He was no longer proud and boastful, but modest and self-distrustful. He was filled with the Holy Spirit, and by the help of this power he was resolved to remove the stain of his apostasy by honoring the name he had once disowned.” The Acts of the Apostles, 62-63.
The highest evidence of nobility in a Christian is self-control. He who can stand unmoved amid a storm of abuse is one of God’s heroes.

Jerome, a disciple of John Huss, the Bohemian reformer, is another example of those who by God’s powerful grace have overcome cowardice. When Jerome “thought of the courage and fidelity of Huss, and in contrast pondered upon his own denial of the truth. He thought of the divine Master whom he had pledged himself to serve, and who for his sake endured the death of the cross... He knew that still other retractions must be made before he could be at peace with Rome. The path upon which he was entering could end only in complete apostasy. His resolution was taken: To escape a brief period of suffering he would not deny his Lord. ... He renounced his former recantation and, as a dying man, solemnly required an opportunity to make his defense.”

_The Great Controversy, 111-112._

Thus, he became a hero of the faith. Jerome’s repentance and bravery are clearly seen as we recall his words: “Of all the sins that I have committed since my youth, none weigh so heavily on my mind, and cause me such poignant remorse, as that which I committed in this fatal place, when I approved of the iniquitous sentence rendered against Wycliffe, and against the holy martyr, John Huss, my master and my friend. Yes! I confess it from my heart, and declare with horror that I disgracefully quailed when, through a dread of death, I condemned their doctrines. I therefore supplicate ... Almighty God to deign to pardon me my sins, and this one in particular, the most heinous of all.” Ibid., 113

Yes, dear reader, it is imperative that we reach the victory that is within our grasp. “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” 2 Timothy 1:7. “God forbid that I should be a coward. When the children of Israel went out to fight, God told them to sing, and as soon as they began to sing, their enemies fled, for they saw the whole army of heaven before them. They were afraid of their destruction and fled. God wants us to vanquish the enemy. Let us pray as we never prayed before. We do not pray half enough. We ought to pray and have regular praise meetings together.” _Sermons and Talks_, vol. 1, 311.

On the other hand, “the fearful [Greek Deiloi = Cowards], and unbelieving, ... shall have their part in the lake which burneth with fire and brimstone: which is the second death.” Revelation 21:8. “The fearful and unbelieving, who are punished with the second death, are of that class who are ashamed of Christ in this world. They are afraid to do right and follow Christ, lest they should meet with pecuniary loss. They neglect their duty, to avoid reproach and trials, and to escape dangers. Those who dare not do right because they will thus expose themselves to trials, persecution, loss, and suffering are cowards, and, with idolaters, liars, and all sinners, they are ripening for the second death.” _Testimonies_, vol. 2, 630.

“Now is the time for God’s people to show themselves true to principle... to stand in defense of truth and righteousness when the majority forsake us, to fight the battle of the Lord when champions are few—this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason.” Ibid., vol. 5, 136.

“There are today moral heroes, men and women who are living noble lives of self-denial. They have no ambition for worldly fame. Their will is subordinate to the will of God. The love of God inspires their ministry. To do good and to save souls is their highest aim.” _Manuscript Releases_, vol. 2, 302.

“Never for one moment should the impression be given to anyone that it would be for his profit to hide his faith and doctrines from the unbelieving people of the world, fearing that he may not be so highly esteemed if his principles are known.

“In our day, as in ancient times, there is disagreeable work to be done in reproving sin. In this work, God uses men as his instruments-men of determined purpose, whom no threat or peril can intimidate, no hardship turn aside from the path of duty-men who will Never forget their sacred commission as servants of the Most High. The Lord calls for men to act promptly, with the courage of heroes, and the firmness and faith of martyrs, to tear down the idolatrous images that have usurped His place in the minds of men, and meet the armed force of wrong on battlefields. BUT in all this there is no excuse for any to indulge in harshness or severity to gratify their own wrong feelings.” _Signs of the Times_.


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**Our Firm Foundation**

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A Word of Caution

Satan seeks constantly to lead God’s people to take extreme positions and attitudes. Some take a timid and fearful stand in a religious crisis. Others indulge in harshness or severity to gratify their own wrong feeling. These extremes we must resolutely avoid.

“God calls upon you to yield pride and stubbornness, and to let His peace rule in your hearts. A meek and quiet spirit must be cherished. Carry Christ’s meekness with you in all your labors. An excited temper and cutting censure will not impress the people or gain their sympathy. If we have the truth, we can afford to be calm and unexcited. Our language should be modest and elevated. The spirit you have cherished within has left its impression upon the countenance. Christ, enthroned in the soul-temple, will efface that fretful, peevish, unhappy look; and as the cloud of witnesses look upon a man reflecting the image of Christ, they will realize that he is surrounded by a pleasant atmosphere. The world will see that amid storms of abuse he stands unmoved, like the lofty cedar. That man is one of God’s heroes. He has overcome himself.” Testimonies, vol. 4, 348.

“The highest evidence of nobility in a Christian is self-control. He who can stand unmoved amid a storm of abuse is one of God’s heroes. To rule the spirit is to keep self under discipline; to resist evil; to regulate every word and deed by God’s great standard of righteousness. He who has learned to rule his spirit will rise above the slights, the rebuffs, the annoyances, to which we are daily exposed, and these will cease to cast a gloom over his spirit.” Amazing Grace, 256.

“Strength of character consists of two things-power of will and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character; but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by the power of the feelings that he subdues, not by the power of the feelings that subdue him. The strongest man is he, who, while sensitive to abuse, will yet restrain passion and forgive his enemies. Such men are true heroes.” The Faith I Live By, 316.

Inspiration also warns us about calling cowards those who “are cautious in their plans that they may not unnecessarily provoke the rulers and powers of the earth.” Review and Herald, vol. 2, 387. “While we trust in God, no one should be presumptuous; and that we may not take an unwise course, we should pray constantly. We should not rush into danger unless God sends us there.” Ibid.

A summary of this subject will clearly show us that “men whose faith is weak and wavering are not the ones to carry forward the work at this important crisis. We need the courage of heroes and the faith of martyrs.” Testimonies, vol. 5, 187. And “We must now be learning the lessons of faith if we would stand in that time of trouble which is coming upon all the world to try them who dwell upon the face of the earth. We must have the courage of heroes and the faith of martyrs.” The Upward Look, 32.

Some time ago I had the opportunity to visit one of our union offices. A plaque had been placed at the entrance of the building, with the following engraved inscription: “The greatest want of the world is the want of men-men who will not be bought or sold, men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall.” Education, 57. I praise the Lord, for there are workers in this field who live up to the loftiness of their noble and divine call. May Heaven grant us more of this kind of workers, not only within our denominational structure, but also within the self-supporting work.

May the words of our Commander in Chief, Christ Jesus, bring comfort and courage as we fight for His cause: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27

“Finally, my brethren, be strong in the Lord, and in the power of his might.” Ephesians 6:10.

Dare to be a Daniel; Dare to stand alone.
Dare to have a purpose firm; Dare to make it known.

No Time to Waste

The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. It is now that we are to prepare for the searching judgment.

Redeeming the Time

We are admonished to redeem the time. But time squandered can never be recovered. We cannot call back even one moment. The only way in which we can redeem our time is by making the most of that which remains, by being co-workers with God in His great plan of redemption.

In him who does this, a transformation of character takes place. He becomes a son of God, a member of the royal family, a child of the heavenly King. He is fitted to be the companion of the angels.

Diligence, Not Idleness

Life is too solemn to be absorbed in temporal and earthly matters, in a treadmill of care and anxiety for the things that are but an atom in comparison with the things of eternal interest. Yet God has called us to serve Him in the temporal affairs of life. Diligence in this work is as much a part of true religion as is devotion. The Bible gives no endorsement to idleness. It is the greatest curse that afflicts our world. Every man and woman who is truly converted will be a diligent worker.

Treasure and Improve Each Moment

Upon the right improvement of our time depends our success in acquiring knowledge and mental culture. The cultivation of the intellect need not be prevented by poverty, humble origin, or unfavorable surroundings. Only let the moments be treasured. A few moments here and a few there, that might be frittered away in aimless talk; the morning hours so often wasted in bed; the time spent in traveling on trams or railway cars, or waiting at the...
Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.

station; the moments of waiting for meals, waiting for those who are tardy in keeping an appointment—if a book were kept at hand, and these fragments of time were improved in study, reading, or careful thought, what might not be accomplished. A resolute purpose, persistent industry, and careful economy of time, will enable men to acquire knowledge and mental discipline which will qualify them for almost any position of influence and usefulness.

EFFICIENCY A CHRISTIAN DUTY

It is the duty of every Christian to acquire habits of order, thoroughness, and dispatch. There is no excuse for slow bungling at work of any character. When one is always at work and the work is never done, it is because mind and heart are not put into the labor.

Every man and woman who is truly converted will be a diligent worker.

The one who is slow and who works at a disadvantage should realize that these are faults to be corrected. He needs to exercise his mind in planning how to use the time so as to secure the best results. By tact and method, some will accomplish as much in five hours as others do in ten. Some who are engaged in domestic labor are always at work, not because they have so much to do but because they do not plan so as to save time. By their slow, dilatory ways they make much work out of very little. But all who will, may overcome these fussy, lingering habits. In their work let them have a definite aim. Decide how long a time is required for a given task, and then bend every effort toward accomplishing the work in the given time. The exercise of the will power will make the hands move deftly.

Through lack of determination to take themselves in hand and reform, persons can become stereotyped in a wrong course of action; or by cultivating their powers they may acquire ability to do the very best of service. Then they will find themselves in demand anywhere and everywhere. They will be appreciated for all that they are worth.

CHILDREN TO LABOR ALSO

By many children and youth, time is wasted that might be spent in carrying home burdens, and thus showing a loving interest in father and mother. The youth might take upon their strong young shoulders many responsibilities which someone must bear.

The life of Christ from His earliest years was a life of earnest activity. He lived not to please Himself. He was the Son of the infinite God, yet He worked at the carpenter’s trade with His father Joseph. His trade was significant. He had come into the world as the character builder, and as such all His work was perfect. Into all His secular labor He brought the same perfection as into the characters He was transforming by His divine power. He is our pattern.

Parents cannot commit a greater sin than to allow their children to have nothing to do.

Parents should teach their children the value and right use of time. Teach them that to do something which will honor God and bless humanity is worth striving for. Even in their early years they can be missionaries for God.

PARENTAL INDULGENCE A SIN

Parents cannot commit a greater sin than to allow their children to have nothing to do. The children soon learn to love idleness, and they grow up shiftless, useless men and women. When they are old enough to earn their living, and find employment, they work in a lazy, droning way, yet expect to be paid as much as if they were faithful. There is a world-wide difference between this class of workers and those who realize that they must be faithful stewards.

SOME UNFIT FOR SERVICE

Indolent, careless habits indulged in secular work will be brought into the religious life and will unfit one to do any efficient service for God. Many who through diligent labor might have been a blessing to the world, have been ruined through idleness. Lack of employment and of steadfast purpose opens the door to a thousand temptations. Evil companions and vicious habits deprave mind and soul, and the result is ruin for this life and for the life to come.

With all thy might

Whatever the line of work in which we engage, the word of God teaches us to be “not slothful in business; fervent in spirit; serving the Lord.” “Whatsoever thy hand findeth to do, do it with thy might,” “knowing that of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ.” Romans 12:11; Ecclesiastes 9:10; Colossians 3:24.

Christ’s Object Lessons, 342-6.

Ellen G. White, 1827-1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.
Throughout history Satan has sought to attack the people of God, as well as God Himself in the person of Jesus Christ. He has used many methods. Satan walks about like a roaring lion, “seeking whom he may devour.” 1st Peter 5:8. This was literally true in Daniel’s day. Daniel was thrown into the lion’s den because he allowed himself to be used of God in a wonderful way, and thus became a thorn in Satan’s side.

Jesus was continually pursued by “the malicious criticism and misrepresentation” of the Pharisees as He continued in untiring ministry in curing the sick and preaching the gospel of the kingdom. This “made His labors much more severe and harassing.” DA 333.

Imagine for a moment what the headlines would have read in the Jerusalem Times, the “yellow journal” of that day: “PURPORTED MESSIAH EATS WITH PUBLICANS AND SINNERS, AND SPENDS WHOLE NIGHTS IN THE HOME OF A KNOWN PROSTITUTE.”

Although there would have been some truth in the statement, it would have been obliterated by unkindly inferences and suggestions. Jesus would not have been consulted to find out His side of the story. But even beyond that, there would be many more that would feed on that headline that would have assumed the worst without checking the facts more closely. They would have been among the group that followed Him no more. (See John 6:66.) They would have gone from potential Christians to Lions, some very ready to devour Jesus, and they would have gone from life to death. Jesus most likely shed many tears in their behalf.

Jesus ended up going to the cross. He was not devoured by literal lions, but there were many folks around Him that became as ferocious as lions, crying, “Crucify Him! Crucify Him!” And Judas, one of His own group, was foremost in turning Him over to the lions.

In the days of the pagan Roman empire, many faithful Christians were thrown to the lions. They
were not often rescued as was Daniel in his day, but their faith and fortitude in such a time was as seed producing many more souls that were willing to face the same fate because of their love for Jesus.

At the time of papal Rome, true Christians were burned at the stake or tortured in many other ways by those claiming to be the true Christians of their day—but who were really the Lions.

The question for us today is: “Are we Christians or are we Lions? Do we build up, or do we devour?” Most of us would see ourselves definitely as Christians, when we may very well be part of the Lions. If we hear a rumor or read something about somebody, do we check with the person that it was spoken or written about before we believe it, accept it, and publish it abroad? If we don’t, we—maybe unknowingly—are part of the Lions, being used by Satan to devour one of God’s precious workers.

As we get closer to the end of time and we see many things happening in the world around us that would indicate the coming of Jesus to be closer than we realize, I believe we are going to be tested in many ways before we have the ultimate test of the Sunday law. We will have individual trials that will either deepen our relationship with Jesus, drawing us closer to Him through more prayer and Bible study, or we are going to become like the Lions that are always looking for a victim to devour.

It is interesting that there are fourteen tribes of Israel, but only twelve tribes make it into the group referred to as the 144,000. Ephraim is tied to her idols, and is left out. “Dan shall be a serpent by the way, an adder in the path, that biteth the horse heels, so that his rider shall fall backward.” In plain language, Dan shall be a back biter, a rumor monger, one who makes and spreads stories without checking their accuracy—you might say, “a Lion”.

Will we be a Christian or a Lion? Will we one day go to Jesus and say, “Lord, Lord, have we not prophesied in thy name? And in thy name have cast out devils? And in thy name done many wonderful works?” I pray that each of you who read this will be among the Christians and even perhaps a part of the 144,000!

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Being Punctual: Is It Really That Important?

John Klump

Regardless of how entrenched habits may be, victory over a detrimental or destructive habit is never insurmountable when God is our leader.
Last month we read that if we truly love God with all our being and our neighbors as ourselves, then we will not negatively affect them with our tardiness. Part two continues our study of that topic.

Stealing Time

In Exodus 20:15 we read “Thou shalt not steal.” This is a very short and seemingly straightforward commandment. When we contemplate this commandment, our thoughts are usually directed toward not stealing money or personal items from another. But the heart of this commandment includes not taking anything—tangible or intangible—from another. We can easily rob a person of his honor or reputation by thoughtlessly speaking words which hurt and destroy. In a similar way, we can steal time from another person. When we keep others waiting for us, we are stealing time from them, and we are breaking the eighth commandment. Our time in this world is a precious commodity, and our Lord will hold us accountable for how we use this gift. We have no right to waste our own time, and we have no right to steal time from others simply because we are irresponsible and/or inconsiderate.

There are many subcultures in America which place little value on being punctual. In these subcultures it is the norm to arrive thirty minutes to an hour late. This is the accepted way of life for some, but a frustration for others. For the professed Christians who are habitually late because it is their custom, the question might be asked, should people be expected to change their ways of life and to begin to place a higher value on being punctual?

My wife and I were not raised as Seventh-day Adventists. After attending seminars and becoming acquainted with the Seventh-day Adventist beliefs over a period of approximately fifteen months, she and I were baptized into the church. After studying and praying with Adventist friends, we felt God calling us to join the church and make Saturday our day of worship. Prior to our baptisms, we had observed Sunday as God’s holy day.

We were told by our new Adventist friends that becoming a Seventh-day Adventist would change our entire lives, and they were right. Some of our friendships with non-Seventh-day Adventists suffered because of our new beliefs. We no longer took our children to the local Friday night football games. My family no longer participated in secular activities on Saturday. Becoming a Seventh-day Adventist was life-changing, especially in our early days of conversion, but even twenty years later we continue to make changes in our lifestyle and belief system, as God directs.

Shouldn’t we . . . be willing to make changes in our own lifestyles by casting off personal habits, traditions and cultural mores which are potentially hurtful to others?

These changes are not always easy, but they are designed to bring us nearer to Him. As I look back over my years as a Seventh-day Adventist, I have realized a simple yet profound truth. Spiritual growth requires a letting-go of the old and a taking-on of the new. This requires a change within one’s inner self. It is usually a change in mindset or attitude, and oftentimes a required change in associated behavior or action.

A Matter of Respect

Now, a decision to keep God’s true Sabbath day should not be placed on the same level as a decision to be punctual. The fourth commandment directs us to remember God’s Sabbath, but there is no commandment which reads, “Thou shalt not be late.” But if we love God and respect others, we will want to be more respectful of others, even though this may require a difficult change in our thoughts, words or actions. The seventh-day Sabbath is one of the spearheads of our message. We are painfully aware that the Sunday-keepers who decide to become Seventh-day Adventists and accept God’s true Sabbath day will experience tremendous challenges. These converts will make great changes in their lifestyles and their traditions. But they are willing to accept these challenges and make the necessary changes because they believe the truth and they have decided to act upon it. Shouldn’t we, as “veteran” Seventh-day Adventists, be willing to make changes in our own lifestyles by casting off personal habits, traditions and cultural mores which are potentially hurtful to others? Shouldn’t we be willing to make changes if it means that we can honor our Christian brethren and our non-Christian associates by being on time for them?

Preparation Prevents Tardiness

In Mark 15:42 we read about the day before the Sabbath, which is referred to as the “preparation day.” Why did the Jews call Friday the preparation day, and what was the purpose of this day? It was to make ready the home, the body and the heart for the upcoming
Sabbath day. This same principle applies to us today as Seventh-day Adventists. We clean and organize the home, cook the food and prepare the heart on that day. The emphasis is to make use of this time so as not to be late for the onset of the culmination of the entire week. Seventh-day Adventists have an appointment with the Lord every Friday night at sunset, and they don’t want to be late, so they make preparation. Preparation is an important aspect of being punctual, whether we are bringing in the Sabbath, meeting friends or arriving for a formal or informal appointment.

**Three Categories of Excuses**

Let us now turn to another aspect of being punctual. Habitual tardiness or a lack of punctuality usually prompts the guilty party to formulate excuses or rationalizations for his behavior. When people are consistently late, what are the reasons given for being late? I have listed three, in ascending order of braininess. The first category is the simplest and probably the most popular excuse. It goes something like this: “I forgot,” or “I lost track of time,” or “I got started late,” or “I am just not very organized,” or “the traffic was terrible.” This category of excuses is simple and straightforward.

The second category is less transparent and verges on not accepting responsibility for being late. The excuses in this category are something like this: “I was busy helping someone else and that is why I was late,” or “I was busy doing something else.” This category of excuses or rationalizations implies that the tardy person actually has the right to be consistently late because he or she was doing something more important.

The third and highest level of excuses and rationalizations accepts no responsibility for tardiness, and even lays blame upon others. The rationalization goes something like this: “Well, I am late, but maybe it is because God is attempting to teach you to be more patient.” In other words, the tardy person is ostensibly doing you a favor by being tardy as a means of teaching you patience.

Regardless of the superficial reason given for consistent tardiness, the real reason is that the tardy person simply did not place a high level of commitment on being punctual. And when we arrive late, it is tempting for us to perform mental gymnastics rather than admit we were at fault.

**Seventh-day Adventists have an appointment with the Lord every Friday night at sunset, and they don’t want to be late, so they make preparation.**

Starting the Change

Changing the habit of being habitually late is really no easy matter, and this article is not meant to be used as a hammer with which to beat a friend or relative over the head. Habits are by definition thoughts and/or actions that are deeply ingrained in one’s psyche. Changes in habits and behavior are difficult, even when these habits are detrimental to self or others. But regardless of how entrenched habits may be, victory over a detrimental or destructive habit is never insurmountable when God is our leader.

Recognition of the tendency to be consistently late and how it negatively affects those around us is basic. A problem cannot be corrected until it is recognized as a problem.

Victory requires a change in our mindset. The first step toward conquering habitual tardiness would
be to pray that God would open our eyes to the problem. Recognition of the tendency to be consistently late and how it negatively affects those around us is basic. A problem cannot be corrected until it is recognized as a problem. The prayer, in fact, should really go deeper than this. It should be a petition for the Lord to open our eyes to all our faults, weaknesses and shortcomings, unChristlike traits and sins. The Holy Spirit will open our minds and make us aware of our faults if this is truly our desire.

Repentance Necessary
As our Lord reveals our faults, the next step is repentance. That means a turning away from sin. Repentance must come from God, because we don’t have the power to repent in our own selves. We cannot force ourselves to truly hate cherished sins or bad habits. Hatred for sin stems from a converted heart, and this comes only from a sustained connection to Christ. As we abide in Him, His mind and principles will abide in us. As we remain connected to Christ, the new man within us will live, but the minute we disconnect from the Lord, the old man will rule, and our old ways and habits will demand satisfaction. Our continued connection with Christ is imperative. We cannot win the battle with self on our own accord. Zechariah 4:6 reads in part, “Not my might, nor by power, but by my Spirit, sayeth the Lord of hosts.” We can have victory over sin only as we rely upon God.

Without true sorrow and repentance, our motivation remains selfish and we become legalists. A legalist is one who attempts to gain heaven by deeds and works. This approach is not Biblical and is doomed to failure. True sorrow for sin and a repentance for sin stems from a personal experience with Jesus and a heartfelt love for truth. First John 5:18 reads, “We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself and that wicked one toucheth him not.” Our victory over all besetting habits is assured by our most loving, most powerful and most timely Jesus.

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Punctuality for Right Reasons, from Sanctified Heart

Finally, it should be made clear that being punctual in no way ensures our salvation, any more than does attending church on the Sabbath or returning tithe. Right actions may pour forth from an unconverted heart. In fact, many unbelievers are in the habit of being punctual. Our only salvation is in Jesus Christ. As we ask forgiveness of our sins and accept His forgiveness and accept Jesus as our Savior, we receive the precious gift of salvation. But the Christian who truly loves the Lord and loves his neighbor as himself will be motivated to put God first and esteem others above himself. The natural outgrowth of a sanctified and converted heart is right action.
The Record the Angels Keep

O the wonderful record the angels keep,
And the wakeful eyelids that never sleep,
And the tireless penmen that watch and weep,
Over the words they write.
And how oft are the hearts of the angels pained,
How oft are the pages soiled and stained,
How much is lost and how little gained,
In the struggle for right.

It was thus I mused in the twilight grey
In the deepening hours at the close of day
Ere I reverently knelt by my couch to pray
And laid me down to rest.
And I dreamed that a glorious angel fair
Had borne me away through the boundless air,
To the pearly gates of the city where
Dwell the good and the blest.

O the peace I felt as my mortal tongue,
Joined in the song that the angels sung,
As back were the massive portals swung,
By the touch of the angel’s hand.
And we stood on the banks of the river wide
As it flowed from the throne in a crystal tide
And I safely followed my shining guide
Over that blissful land.

Still on through the ambiet air we sped,
Till he laid his hand on my trembling head,
“Behold the Ledger of Heaven,” he said,
Then swift on my wandering view,
There seemed to flash in a ray of light,
The mystic pen of an angel bright,
As he wrote in a ledger, pure and white,
The record of life, so true.

And every deed of my life was there,
The careless word, and the honest prayer,
And some of the pages were white and fair,
But some were soiled with sin.
And the thoughts of my heart that I had concealed
Were there, written out and all revealed
And oh! How I wished that that book was sealed
And the record hid within.

And my cheek was crimson as one by one
I read the record of deeds I had done,
Of victories lost, that I might have won,
In the hour of mortal strife.
Of gentle words that I might have said,
But ah! There were hasty words instead,
And now, the golden moments were fled,
And mine was a misspent life.

“Oh, had I but known,” in my grief I cried
As weeping I turned to the angel’s side.
“I bring thee hope,” said the angel guide.
“Thy Saviour hath prayed for thee,
And thou shalt return to the earth again
And dwell once more amongst the sons of men.
But oh! Remember the angel’s pen!
What shall thy record be?”

Anonymous
“We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.” E.G. White, *Life Sketches*, 196. Many today have neglected to study the history and people that made up the early days of the Advent movement. To help encourage interest in Adventist history, we have put together questions about people and events of our past. Our goal is to spark faith and further study into “the way the Lord has led us, and His teaching in our past history.”

### Historical Footnotes


1. After A. T. Jones’ speech in Congress against the Breckenridge Bill, a Knights of Labor representative spoke to say that their organization favored the “rest” but felt that
   a. More work was needed on the bill.
   b. Certain groups’ needs were not addressed.
   c. Religious legislation was not the way to address the matter.
   d. A and B.

2. The bill was defeated because the subcommittee, after the hearing, decided
   a. It was religious in nature.
   b. It violated the First Amendment.
   c. It polarized the country.
   d. A and B.

3. Despite the defeat of the bill, a Sabbath-keeper was convicted of working on Sunday. In what state did that occur?
   b. Maine.
   c. Tennessee.
   d. Alabama.

4. The National Religious Liberty Asso. appealed his case in the state’s Supreme Court. The verdict was
   a. Upheld.
   b. Overturned.
   c. Turned over to a higher court.

5. The case next went to the U.S. Circuit Court, where the judge
   a. Agreed the conviction was wrong but refused to change the judgment.
   b. Threw out the judgment and cleared the man’s record.
   c. Chastised the lower court judges and overturned the verdict.
   d. B and C.

6. His reason for doing so: he felt
   a. The case should never have gotten that far.
   b. The proceedings had been illegal.
   c. The prosecuting lawyers were in contempt.
   d. The appeal should have been made in the legislature, not the courts.

7. Resolution of the case was never achieved because
   a. Money to pursue it ran out.
   b. Nat’l Relig. Lib. Asso. lawyers concluded it was a lost cause.
   c. The wrongfully convicted man died.
   d. The deadline for appeal was missed.

8. The debate of the bill and the trials of the convicted man served to
   a. Make people leery of Seventh-day Adventists.
   b. Make employers hesitate to ask for Sunday labor.
   c. Present religious liberty principles to American citizens.
   d. A and B.

9. Sunday prosecutions continued in Tennessee. Adventists realized that
   a. Where they were regarded negatively, legal action went against them.
   b. They needed a better public image.
   c. They had to increase efforts to educate all citizens about religious liberty.
   d. All of the above.

10. The next major push for Sunday legislation occurred at the time of
    a. The next presidential election.
    b. The World Exposition at Chicago.
    c. Easter, the next major religious holiday.
    d. Elections for Congressional office.
Read the Labels!

The chemical butylated hydroxytoluene is believed to cause cellular mutations and cancer. It is a component of embalming fluid, rubber products, and jet fuel. It is also “the third most prevalent ingredient” in the popular children’s multivitamin My First Flintstones. “The first and most prevalent ingredient—artificial flavor”—often means excitotoxins, which kill brain cells, and the younger ones are more vulnerable to their effects.

The “regular” Flintstones multivitamin for 4-year-olds and older do not contain the chemical, but the first ingredient listed, meaning the greatest amount in the product, is aspartame—a known brain excitotoxin.

“All Flintstone vitamins contain more aluminum by weight than many of the vitamin and mineral ingredients. Aluminum… is implicated in an array of health challenges.” Barb Jarmoska, Freshlife’s Options, Aug. 2008.

End-time perspective: “Anything that disorders digestion, that creates undue mental excitement or in any way enfeebles the system, disturbing the balance of the mental and the physical powers, weakens the control of the mind over the body, and thus tends toward intemperance. The downfall of many a promising youth might be traced to unnatural appetites created by an unwholesome diet.” Child Guidance, 402.

Half the World Faces Recession

“Half the world economy, including the U.K., is in recession or on the brink, according to research from Goldman Sachs. The investment bank has warned that the world’s major economies, including the U.S., Japan, the eurozone and the U.K. are either in recession or face significant recession in the months ahead.” Chris Irvine, Telegraph.co.uk., August 22, 2008.

End-time perspective: “If ever we needed to exercise economy, it is now. All who labor in the cause should realize the importance of closely following the Saviour’s example of self-denial and economy. They should see in the means that they handle a trust which God has committed to them, and they should feel under obligation to exercise tact and financial ability in the use of their Lord’s money. Every penny should be carefully treasured.” Counsels on Stewardship, 290.

End-time perspective #2: “The law of God is the foundation of all enduring reformation. We are to present to the world in clear, distinct lines the need of obedience to His law. The great reformative movement must begin in the home. Obedience to God’s law is the great incentive to industry, economy, truthfulness, and just dealing between man and man.” Child Guidance, 489.

US Standard of Living “Unsustainable”

“When the stock market soars or plunges, everyone pays attention. But short term results aren’t that important to the man you’re about to meet. David Walker thinks the biggest economic peril facing the nation is being ignored, and for nearly two years now he has been traveling the country like an Old Testament prophet, urging people to wake up before it’s too late. Who is David Walker and why should we care? As correspondent Steve Kroft first reported earlier this year, he is the nation’s top accountant, the comptroller general of the United States. He’s totaled up our government’s income, liabilities, and future obligations and concluded that our current standard of living is unsustainable unless some drastic action is taken. And he’s not alone. It’s been called the “dirty little secret everyone in Washington knows”—a set of financial truths so inconvenient that most elected officials
So Sorry, Mr. Darwin

The Church of England is to apologize to Charles Darwin for its initial rejection of his theories, nearly 150 years after he published his most famous work. Sept. 15, 2008, telegraph.co.uk/news/newstopics/religion.

End-time perspective: “The warnings of the word of God regarding the perils surrounding the Christian church belong to us today. As in the days of the apostles, men tried by tradition and philosophy to destroy faith in the Scriptures, so today, by the pleasing sentiments of higher criticism, evolution, spiritualism, theosophy, and pantheism, the enemy of righteousness is seeking to lead souls into forbidden paths.” Acts of the Apostles, 474.

don’t even want to talk about them, which is exactly why David Walker does.” CBS News, August 21, 2008.

End-time perspective: “Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one.” Adventist Home, 141.

End-time perspective #2: “Faith in Times of Economic Crisis.—You have a desire to walk by sight. God would have you learn to walk by faith. You will be often tempted to look at appearance, but this will not do. You must walk by faith. ‘Faith is the substance of things hoped for, the evidence of things not seen.’ But when you looked at your depleted treasury, the dark shadows encircled you, and your faith failed. Then was the time to talk faith and courage, to rise to the emergency. The work is the Lord’s, … not ours, and we can safely leave it in His hands.” Publishing Ministry, 112.

Emergency Financial “Surgery” Ahead

David Rosenberg, the brilliant economist from Merrill Lynch, describes what has happened and what is to come:

“This is an epic event; we’re talking about the end of a 20-year secular credit expansion that went absolutely parabolic from 2001–2007.

“It’s important to note what sort of surgery that is going to require. We will probably have to eliminate $2 trillion of household debt to get there,” he predicts, saying this will happen either through debt being written off, as major financial institutions continue to do, or for consumers themselves to shrink their own “balance sheets.”

The elimination of $2 trillion of household debt will lead to the closing of thousands of retail stores, strip malls, restaurants, and bank branches. There should be a lot of vacant buildings available in the next few years, and a few suspicious fires.

In conclusion, the gathering storm has arrived. It will be long, painful and destructive. Those who prepared for the storm by not taking on excessive debt and living above their means will ride it out unscathed. Those who built their house on sand by leveraging up and living the “good” life will see their house swept out to sea.

End-time perspective: “All must practice economy. No worker should manage his affairs in a way to incur debt…. When one voluntarily becomes involved in debt, he is entangling himself in one of Satan’s nets which he sets for souls.” Christian Education, 67; Counsels on Stewardship, 254. See also Romans 13:8; Prov. 22:7.

FDA Act Concerns Many

“The Food and Drug Administration will allow the use of irradiation to kill foodborne pathogens on fresh spinach and iceberg lettuce beginning Aug. 22. The 42-page final rule will be published tomorrow in the Federal Register. The action comes almost eight years after the food industry first petitioned for approval of irradiation technology on human food.” Sally Schuff, Feedsto
Dear Reader,

Last month I wrote about the many, many health benefits of MSM. Since MSM has been proven especially beneficial for inflammation, I often recommend MSM as an alternative to NSAIDs (non-steroidal anti-inflammatory drugs). This brings me to this month’s topic.

What are NSAIDs? This term is thrown around quite often in the medical community, yet many people are unsure of what they actually are. Maybe you’re taking one and you don’t even know it! They are generally used for reducing pain, fever, and inflammation. There are many “FDA approved” NSAIDs on the market. However, in case you’re not sure if you’re taking one, here are some of the most common ones:

1. Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)
2. Ibuprofen (Advil, Motrin, Nuprin)
3. Celecoxib (Celebrex)
4. Ketorolac (Toradol)
5. Naproxen (Aleve, Naprosyn, Anaprox, Naprelan)
6. Diclofenac (Voltaren)
7. Nabumetone (Relafen)
8. Indomethacin (Indocin)
9. Tolmetin (Tolectin)
10. Etodolac (Lodine)
11. Rofecoxib (Vioxx)
12. Sulindac (Clinoril)
13. Tolmetin sodium (Tolectin)
14. Valdecoxib (Bextra)
15. Oxaprozin (Daypro)

So, if you are taking an NSAID, is there anything wrong with it? What are the dangers and what are the benefits of taking the MSM instead of the NSAIDs? And other than just being more “natural,” why do I choose to recommend it instead?

**NSAIDs and Cartilage**

First of all, like the common anti-inflammatories (aspirin, ibuprofen, etc.), MSM has been proven to be an effective anti-inflammatory and pain-relieving agent. However, unlike the NSAIDs, it does NOT come with a long list of side effects. Interestingly enough, these side effects actually include “inhibiting cartilage synthesis.” What does this mean, you ask? “Synthesis” means “formation.” Basically, this is saying that taking the NSAIDs can cause an inability to form healthy cartilage. Individuals who suffer from osteoarthritis, the most common type of arthritis, already experience a loss of cartilage surface. Osteoarthritis is also known as degenerative joint disease, or wear-and-tear arthritis. As the cartilage is worn away, the bone becomes exposed, and the unprotected joint surfaces rub against each other. Patients typically experience symptoms as the joint becomes painful and stiff. So the last thing these patients want is a decrease in their bodies’ ability to produce healthy cartilage! Why would they want to take drugs that cause the cartilage production to decrease? That’s exactly what NSAIDs can do, yet those are the drugs often prescribed for the
pain and inflammation accompanying arthritis.

The last thing these [osteoarthritis] patients want is a decrease in their bodies’ ability to produce healthy cartilage! Why would they want to take drugs that cause the cartilage production to decrease?! That’s exactly what NSAIDs can do...

What other side effects do these drugs cause? To give you an idea of exactly what side effects are the most common in most NSAIDs, take a look at this:

**Other NSAID Side Effects**

“NSAIDs are associated with a number of side effects. The frequency of side effects varies between the drugs. The most common side effects are nausea, vomiting, diarrhea, constipation, decreased appetite, rash, dizziness, headache, and drowsiness. NSAIDs may also cause fluid retention, leading to edema. The most serious side effects are kidney failure, liver failure, ulcers and prolonged bleeding after an injury or surgery. People with asthma are at a higher risk for experiencing serious allergic reaction to NSAIDs. NSAIDs reduce blood flow to the kidneys and therefore reduce the elimination of lithium (Eskalith) and methotrexate (Rheumatrex). NSAIDs also decrease the ability of the blood to clot and therefore increase bleeding time. When used with other drugs that also increase bleeding time, there is an increased likelihood of bleeding complications. Therefore, individuals who are taking drugs that reduce the ability of blood to clot should avoid prolonged use of NSAIDs. Nonsteroidal anti-inflammatory drugs may also increase blood pressure in patients with hypertension and therefore antagonize the action of drugs that are used to treat hypertension.”

Like the common anti-inflammatories..., MSM has been proven to be an effective anti-inflammatory and pain-relieving agent. However, unlike the NSAIDs, it does NOT come with a long list of side effects.

NSAIDs are never to be used in individuals with inflammatory bowel disease (e.g., Crohn’s disease or ulcerative colitis) due to their tendency to cause gastric bleeding and form ulceration in the gastric lining.

Need I say more? Kidney failure! Liver failure! They may be included in the long list, causing you to just glance over them, but these are very serious side effects! Generally, I consider any side effect that can cause death to be pretty high on the “serious” list.

**NSAID Withdrawn Due To Side Effects**

I’m sure you’ve heard of the popular drug Vioxx that was taken off of the market a few years back. Apparently, even though it had been approved as “safe” by the FDA, a little over five years later it was shown to increase the risk of heart attack and stroke! Did you know this was an NSAID?

“Rofecoxib was approved as safe and effective by the Food and Drug Administration (FDA) on May 20, 1999, and was subsequently marketed under the brand name Vioxx, Ceoxx and Ceeoxx.

“Rofecoxib gained widespread acceptance among physicians treating patients with arthritis and other conditions causing chronic or acute pain. Worldwide, over 80 million people were prescribed rofecoxib at some time.

“On September 30, 2004, Merck voluntarily withdrew rofecoxib from the market because of concerns about increased risk of heart attack and stroke associated with long-term, high-dosage use. Rofecoxib was one of the most widely used drugs ever to be withdrawn from the market. In the year before withdrawal, Merck had sales revenue of US$2.5 billion from Vioxx.”

Knowing that, do you still feel safe taking your “FDA-approved” NSAID? Would you like to try a safer alternative?

**Side Effects of MSM**

Take MSM, for instance. What are the side effects when taking MSM? According to Stanley W. Jacob, MD, and Ronald M. Lawrence, MD, PhD, the authors of *The Miracle of MSM* (New York: G.P. Putnam’s Sons, 1999), “too much MSM may cause minor
gastrointestinal discomfort” (in other words, a stomach ache). First of all, too much of anything is not a good thing. Too much water, for that matter, can give you a stomach ache! And how much is too much?

A standard test, known as LD-50 was used to determine the Lethal Dose of MSM. The LD-50 test means Lethal Dose for 50% of the subjects in the test. For MSM, the LD-50 was 20 grams per kilogram of body weight. To put this into perspective, the LD-50 of table salt is 2.5 to 3 grams per kilogram of body weight. MSM thus rates as one of the least toxic substances in biology and medicine. It compares to water, which has an LD-50 rating also greater than 20 grams per kilogram of weight. This is equivalent to taking 2.2 pounds per day for a 110-pound person. Imagine eating 2.2 pounds of anything every day!

Large doses of MSM have been taken in a series of studies done by Dr. Jacobs at the Oregon Health Sciences University in Portland, Oregon. Up to 1 gm per kilogram of body weight for 30 days has been taken with NO noted side effects.

In other long-term toxicity trials with laboratory animals, no toxic MSM effects were found with oral doses of 8 grams MSM per kilogram (2.2 pounds) of body weight. This nontoxic MSM dosage is comparable to 400 grams daily MSM for a 110-pound person. Most people benefit from 2 to 8 grams total as a daily supplement. So this is much, much more than is recommended for any condition that benefits from MSM supplementation.

Now, I would never, ever suggest taking that amount. There is no reason for it. However, I believe studies like this one only further confirm the safety of MSM.

“Responding Positively”

Other MSM “side-effects” reported were increased energy levels, softer skin, harder nails, and thicker hair. I don’t know about you, but those sound like benefits, not side-effects!

I find it interesting that researchers refuse to “make claims” about MSM as a supplement. However, they do say that osteoarthritis, rheumatoid arthritis, muscle soreness, and muscle pain “respond in a positive way” to oral MSM. While the current laws do prevent us from “making claims” about any particular supplement, I think most people would appreciate their conditions “responding in a positive way” to taking MSM as a supplement. I know whenever I have any aches or pains and I take MSM, the aches and pains respond in a very positive way: they disappear!

Final Notes

As I mentioned last month, remember that MSM is a member of the sulfur family but should never be confused with sulfa drugs, to which some people are very allergic. It is completely safe, odorless, and non-toxic.

For those of you taking DMSO for dietary sulfur, while DMSO and MSM are chemically similar, each one is unique. The main difference is that MSM has all of the benefits of DMSO without the unpleasant smell or taste of DMSO. Also, MSM does not give you a strong body odor like DMSO does.

If you are currently taking an NSAID, or are just suffering from a condition that you believe might benefit from taking MSM, please call our health counselors. We would love to discuss some options with you! As always, we offer FREE health counseling. Call us today! We have health counselors standing by!


Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having wanted to help people from an early age, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.
Almost 50% of Americans seek treatment for pain each year. Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs (NSAIDs) line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even serious liver and kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

Are you looking for relief from joint pain? If so, look no further! MSM can actually help to repair damaged connective tissue rather than just suppressing the pain. It can reduce the pain and discomfort that comes from degenerative conditions such as osteoarthritis and from physical causes, including tendonitis, joint sprains, or hyperextension.

If you suffer from these conditions, Try Hope For Health’s MSM Today!

### MSM VS. NSAIDS

Almost 50% of Americans seek treatment for pain each year. Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs (NSAIDs) line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even serious liver and kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

**Natural and effective alternatives do exist!**

**Fact:**

In a study of 16 patients with degenerative arthritis, the patients who took 2,250 mg of MSM daily for six weeks reported an 82% reduction in pain on average.

So if you battle with pain or fatique, don’t wait another minute! Try Hope For Health’s MSM today!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.*
HOW DOES MSM WORK?

**MSM** makes the cell walls flexible and elastic. If the amount of **MSM** in the body is too low, new cells lose some of their flexibility and elasticity. **MSM** makes cell walls permeable, allowing water and other nutrients to freely flow into cells and, just as importantly, it allows waste and toxins to properly flow out, thus healing connective tissue and reducing pain. **MSM** also reduces inflammation and permits the muscles to heal while preventing them from becoming sore.

MORE ABOUT AMAZING MSM:

**MSM: THE BEAUTY MINERAL**

**MSM** is sometimes called the “beauty mineral” because it promotes the healthy synthesis of collagen and makes tissues more elastic, it helps the skin be less dry and wrinkled. The skin is more supple and less prone to cracking. It can improve the look of scars when taken during their formation.

In addition, **MSM** helps augment keratin, a major component of hair and nails. This means that your hair has the potential to grow faster and healthier; your nails are thicker and grow more quickly.

If you would like to beautify your skin, increase the shine and gloss of your hair, and strengthen your nails, **MSM** is the answer you’ve been looking for!

Price:
120 Capsules ....................... $11.99 HXHH-MSM

Suggested Adult Dosage:
• 2-8 capsules daily.

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*Prices listed above do not include shipping and handling or sales tax

MSM AND PAIN:

- People who suffer from Chronic Pain have reported up to 80% less pain and inflammation when taking **MSM** on a daily basis.
- **MSM** has been used over and over again for the relief of pain, head trauma, interstitial cystitis, rheumatoid arthritis, and osteoarthritis.
- **MSM** reduces swelling that causes pain. It is so effective that doctors are often able to reduce or eliminate pain medication for patients with chronic pain.
- **MSM** has anti-inflammatory and pain-reducing properties, and can block the pain response in nerve fibers.
- Studies have shown that **MSM** is a safe and effective anti-inflammatory agent. It may also contribute to the integrity of joint cartilage and other connective tissue.

MSM AND DIABETES:

Sulfur is also a component of insulin, the hormone that regulates carbohydrate metabolism. Therefore, insufficient sulfur may result in decreased insulin production. It is also possible that a lack of bio-available sulfur could make the cells so rigid and impermeable that they become unable to absorb sugar from the blood efficiently, leaving blood sugar levels elevated. Studies indicate that regular **MSM** supplements which cause the cell to become permeable, could help balance blood sugar and allow the overworked pancreas to return to normal.

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.
Letters to The Editor

I’ve been a shut-in for over two years so I appreciate your DVDs. There are some good speakers. I’d like to see Jesus come but whatever the Lord knows best. I believe His coming will be very soon.

ML, Florida

This study on tongues is the best exposition I have ever heard. I have been a member of the SDA church for about fifty-five years, and this explanation of tongues is just what I need to help others understand these scriptures better. Please send a sample copy of Our Firm Foundation. It is very good to know that the church I joined back in the 1950s still exists, even though I am not near enough to attend as I once did. In my home we make use of materials from Amazing Facts and your DVDs to keep up our spiritual lives. I recently bought Here We Stand and am going to send it to a cousin who is searching for the right church. Thank you for adding us to your prayer list. We will also pray for your ministry.

F&TC, Minnesota

I’ve been a shut-in for over two years so I appreciate your DVDs. There are some good speakers. I’d like to see Jesus come but whatever the Lord knows best. I believe His coming will be very soon.

LF, Oklahoma

I have enjoyed your website.

AV, Michigan

Your Good News newsletter is rather informative, as well as inspiring. Keep up the good work!

LS, New York

Keep working for the Lord by the grace He gives. Gain back lost ground. Do not give the enemy an inch! Do not give up! You are in our prayers.

BL, Montana

God is good all the time! I just love the Good News newsletter. The little stories are so interesting and funny. I can use them in vespers. I used to get Our Firm Foundation quite some time ago. I’d like to order it again. God bless you! Jesus is coming soon!

LN, Michigan

Enclosed is a check for gospel ministry. I really enjoy your little booklet Good News. May the Lord come soon!

JS, Wisconsin

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LN, Michigan

Enclosed is a check for gospel ministry. I really enjoy your little booklet Good News. May the Lord come soon!

JS, Wisconsin

A friend just told me about your website. I am glad to find it.

GH

I would like to thank Jesus for allowing you to provide books, support and prayers to myself and the small ministry for Christ’s three angels’ messages in these confines. Please pray that our Lord will use us to reach whom we may while there is still a little time left. May God bless you and protect you all through these days ahead.

THANK YOU FOR THE TWO BOOKS, HERE WE STAND AND THE VICTORIOUS LIFE, AND YOUR LETTER AND THE OUR FIRM FOUNDATION MAGAZINE. THIS IS SO HELPFUL!

JH, South Carolina

Thank you so much for the DVDs. I have been richly blessed. I only wish I could send more funds. Please pray for my family.

JJ, Michigan

Thank you for your excellent health products.

BL, California

Keep working for the Lord by the grace He gives. Gain back lost ground. Do not give the enemy an inch! Do not give up! You are in our prayers.

BL, Montana

God is good all the time! I just want to take this opportunity to thank God for His continued guidance and protection of Hope International.

GD, Tanzania

Thank you for your excellent health products.

BL, California

Keep working for the Lord by the grace He gives. Gain back lost ground. Do not give the enemy an inch! Do not give up! You are in our prayers.

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GD, Tanzania

Thank you for your excellent health products.

BL, California
GREAT GIFT IDEAS FOR EVERYONE IN THE FAMILY!!

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- Bible Action Heroes Matching Game: No reading required, ages 4 and up. Easy travel size! $7.99
- Kid’s Bible Challenge Game: A fun way to learn about the Bible! 600 Bible questions, ages 6-12. $16.99
- Bible Trivia Game: The Bible comes to life as your family plays! 750 questions for adults, and 100 questions for kids. $15.99

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If you have want to give the gift of good health, you may want to consider:
- Mighty Immune Plus – Liquid - $29.99
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TIES
- $9.99 each
  - Ten Commandments – Black
  - Ten Commandments – Blue
  - I Am the Vine
  - Baptism of Jesus

VEGAN SNACKS
- Crunches are $8.99 each, available in the following delicious flavors:
  - Almond, Cashew, Cran-Blueberry, Cran Tropical, and Strawberry Pineapple
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HANDCRAFTED GOURMET SOAP
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WE HAVE MANY MORE WONDERFUL BOOKS, DVDS, COLORING BOOKS, AND OF COURSE MANY MORE HEALTH PRODUCTS, PLEASE CALL FOR A CATALOG OR VISIT OUR ONLINE STORE AT www.hopeint.org

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