Walking with God
Editorial

Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

The Two Roads

“And Saul, yet breathing out threatenings and slaughter against the disciples of the Lord, went unto the high priest, and desired of him letters to Damascus to the synagogues, that if he found any of this way, whether they were men or women, he might bring them bound unto Jerusalem.” Acts 9:1 & 2

Saul had witnessed the stoning death of Stephen, and his conscience had been stirred, but in the end his education and prejudices, his respect for his former teachers, and his pride of popularity braced him to rebel against the voice of conscience and the grace of God.” AA113

Like so many in Israel, including the Lord’s own disciples, Saul had a wrong conception of the mission and purpose of the Messiah, and to him Jesus did not fit the right pattern. Saul knew the words of the Scriptures, which consisted only of the Old Testament, but he didn’t have the spiritual insight to truly understand their meaning. Likewise he didn’t understand the symbolism as contained in the very familiar sanctuary service as exhibited in the daily and yearly events.

The two disciples that walked the seven miles from Jerusalem to Emmaus, that had witnessed the crucifixion of Jesus, and had ignored rumors of the Lord’s resurrection, also understood the words of the Old Testament Scriptures, but through the tradition of the Elders were blinded to the true meaning of the words and definitely did not understand that they (the Scriptures) are they which testify of me (Jesus).” John 5:39

But Jesus understood the hearts and minds of all three of these men. In His great love for each of them, the Lord sought to awaken them to the truths of His Word that they might be witnesses to the truth of the Gospel.

On the Road to Damascus light was flashed into the mind of Saul. “In that hour of heavenly illumination Saul’s mind acted with remarkable rapidity. The prophetic records of Holy Writ were opened to his understanding. He saw that the rejection of Jesus by the Jews, His crucifixion, resurrection, and ascension, had been foretold by the prophets and proved Him to be the promised Messiah.” AA 115

In the two hours that Jesus spent with the two disciples on the Road to Emmaus, the Lord opened to them also the true understanding of the Scriptures. During this time “their eyes were helden that they should not know him.” Luke 24:16. Jesus did not want them to recognize Him through an emotional encounter. Our faith needs to be based on the understanding of Scripture. “And beginning at Moses and all the prophets, he expounded unto them in all the scriptures (Old Testament) the things concerning himself.” Luke 24:27

Understanding the Scriptures has its own reward. “Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?” Luke 24:32

The cover of this month’s Our Firm Foundation depicts Jesus walking on the Road to Emmaus with the two disciples. Reen Swindle prepared the painting from which the cover picture was taken. Luke 24, the chapter that describes the walk to Emmaus, has always been one of my favorite Bible chapters. I have often imagined what it would be like to have Jesus open the Scriptures as He did on that Road—does He not do it today through the Holy Spirit? Are there not times that our own hearts burn within us as we learn new Bible truths?

This month’s magazine is designed with the prayer in mind that each of our readers will be drawn into a closer walk with God as we near the second coming of our Lord, and that each one might be among the one hundred forty and four thousand. “But Enoch’s life and character, which were so holy that he was translated to heaven without seeing death, represent what the lives and characters of all must be, if, like Enoch, they are to be translated when Christ shall come. His life was what the life of every individual may be if he closely connects with God.” RH Sept.1, 1885

It is our prayer that we might, in the near future, makes prints of Reen’s painting available to all.
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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Come with me, my Christian reader, and let us examine together one of those ancient objects rescued by the inspired writers from oblivion, and undimmed by the dust of many ages. Let us not handle it with superstitious reverence as a relic, but make use of it to raise our minds from the absorbing cares and pleasures of the present, to holy musings on the past. May the Spirit of Wisdom and Truth assist us in our meditations, and increase our deep reverence for those sacred Scriptures in which these objects of interest are preserved.

**the cross**

In the olden times when legends and traditions, like parasites mantling a tree and hindering its healthy growth, had appeared well-nigh to choke gospel-truth while meant to adorn it, the day of the supposed discovery of the true cross was made a festival; its name was given to province and city; and fragments, however small, of what was deemed so inexpressibly sacred, were esteemed amongst the greatest treasures of princes. Satan would be well pleased to see adoration paid to pieces of wood, if he could so draw away the minds of the pious from the contemplation of the true cross, as it is preserved for believers in the Bible alone, to be touched only by Faith as she repeats the words of St. Paul, “God forbid that I should glory save in the cross of our Lord Jesus Christ.”

With the deepest, most solemn reverence, let us now draw nigh in spirit to this altar, on which was offered the one “full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world.” Let all worldly thoughts be put off; it is on holy ground that we tread, as the cross—stained with that most precious blood which alone cleanseth from all sin—draws our contemplation to Him who upon it agonized and died for mankind.

That Christ could suffer proves that He was human; that He could so suffer, proves that He was divine, for Deity alone could so hold the tortured frame in subjection as to keep it suspended for six hours in agony upon the cross. A mere man, by the force of strong will, may give himself up to death—may so overcome the shrinking of nature as to spring down the chasm, or throw himself into the waves. Many martyrs have yielded up their lives willingly and cheerfully, “but who could die as Jesus died?” His was no single effort of will, but a prolonged exercise of it, hour after hour, amidst sufferings more excruciating than the mind can conceive. We cannot doubt that He who is the mighty God could at any moment have ended those sufferings; no nails could have fixed Him to the cross; not the united powers of a thousand peopled worlds could have kept Him there for an instant! The unutterable pangs which the Saviour endured were His own deliberate choice, and it was His own infinite love which made Him sustain them even to the end. We know this from the Lord’s declaration: “I lay down My life…..No man taketh it from Me, but I lay it down of Myself. I have power to lay it down, and I have power to take it again.” Christ had but to will it, and the cross of shame would instantly have been exchanged for the throne of glory, and the mocking crowds have been stretched blackened, blasted corpses...
before Him! We speak of our Lord’s temptation in the wilderness—what must have been His temptation on the cross? Such as none but Deity could have resisted—none but God could have overcome. A Paul might have consented to be crucified for the sake of his brethren—but could even a Paul have remained long on the cross had it needed but an act of volition to release him? Human nature must have failed under the trial. The fondest of mothers clinging by her hands to the edge of a precipice with her infant fastened to her shoulders, must let go ere long, though conscious that her child as well as herself will be dashed in pieces by her fall. The weight of a world’s salvation hung on the Redeemer, and He would not let go. “Come down from the cross!” shouted the rabble; “Come down from the cross!” urged the tempter; “Come down from the cross!” cried out agonized human nature,—Christ could, but He would not come down. This was constancy beyond that of humanity; this was endurance not of a man but of a God!

There appears to be a mysterious analogy between the great act of the Creation and that of the Redemption of the world. After the six days in which the Lord made earth and the things within it, He “did rest the seventh day from all His works;” and so after the six hours of anguish, the Saviour rested in the more awful work of redemption. Another analogy arises in the mind, though it is mentioned with some hesitation, as Scripture warrant cannot be brought forward to support it. It is an ancient well-known tradition that the world will endure six thousand years under our present dispensation, and then will come the long Sabbath of rest. If it be so, is it impossible that each hour on the cross may have had a mysterious relation to each thousand years—that the two first hours of agony may have expiated the guilt of the antediluvian race; the succeeding, that of its successors; the increasing numbers of sinners corresponding with the tortures which, towards the close of the awful time of sacrifice, would naturally most fearfully increase? If such a suggestion be admitted, what a peculiar interest have we, who live in these latter times, in the dying thirst—the agonized cry, which appears to have marked the climax in the sufferings of our blessed Redeemer! The idea links itself on to another. Is it impossible that before Him who knoweth all things may have passed in prophetic vision every human being who should enter Heaven through the merit of those pangs which He at that moment was enduring? That the Lord waited, with arms outstretched, strained muscles and bleeding hands, until the last, the very last, should be safe; and till—knowing that none, not the least of His flock should perish—Christ could at length exclaim, “It is finished”, and so bow the head and yield up the ghost?

There is something inexpressibly touching in this thought, especially if we regard the possibility that some one now breathing on this globe may have been the last one for whom the Lord waited on the cross! Perhaps some prodigal for whose soul a mother is now wrestling in prayer; perhaps some poor heathen slave in a distant land; perhaps some despised one brought up in haunts of vice, the answer to whose first cry of faith and repentance, “God be merciful to me a sinner”, will be the sound of the trumpet announcing that the world’s great suffering-time is ended, and that the last saved soul being gathered in, the glorious Sabbath shall commence! Let us pause for a few moments, and with closed eyes and bended knees attempt to realize the thought,—the Saviour waited on the cross for me! For me was that awful thirst, for me that intolerable pain. Christ would not save Himself from a death of torture, because—with all my coldness, selfishness, sinfulness—He could not, would not suffer me to perish!

A few words inscribed under a picture of the Crucifixion were once the means of converting a soul; they were as a question from Him who hung on the cross, these touching words are addressed to us all—what reply dare we return?—I suffered this for thee; what dost thou for Me?
Walking with God

By Clark Floyd
Men Who Have Walked With God

Have you ever thought what it would be like to walk with God? There are men in Bible history that are described as having walked with God.

There were two men who walked from Jerusalem to Emmaus with Jesus. They, in reality, walked with God. But it was not until they reached the end of their journey that they realized with whom they had been walking.

During the progress of their walk, the Lord opened to them the prophecies—“beginning at Moses and all the prophets, he expounded unto them in all the scriptures (the Old Testament) the things concerning himself.” Luke 24:27

And their reaction: “Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?” Luke 24:32 But this walk was near the end of Jesus' time upon the earth.

Prior to that time, Jesus spent 3 ½ years among men, among his disciples, walking with them, healing and teaching, trying to prepare them for their ministry to come and to help them to understand what lay before Him. “From that time forth began Jesus to shew unto his disciples, how that he must go unto Jerusalem, and suffer many things of the elders and chief priests and scribes, and be killed, and be raised again the third day.” Matt. 16:21 But His disciples “did not desire to see the cross in the work of Christ.” DA 415 They did not understand what He was telling them. Mark 9:32

Judas And Others Have Walked With God

Even Judas was involved in the walk with Jesus during the Lord's earthly ministry, but his walk proved to him of no avail. So there must be a bigger meaning to walking with...
the Lord, beyond just a physical accompaniment.

As I walk my dogs each morning, I ask Jesus to walk with me. I even converse with Him in my mind along the way; but again, is this the walk we need to have?

Abram was counseled by God at the age of ninety nine, “...walk before me, and be thou perfect.” Gen. 17:1

And Jacob spoke of Abraham and Isaac walking before God. See Gen. 48:15

In speaking of Noah, the Bible describes him as “a just man and perfect in his generations,” and goes on to say, “Noah walked with God.” Gen 6:9

**More Than Obedience**

But there is more to the walk with God than just obedience. There is more than a physical accompaniment and studying the Bible as on the road to Emmaus. There is a walking with God that each of us will need to have in order to be among the one hundred forty and four thousand. “The Godly character of this prophet (Enoch) represents the state of holiness which must be attained by those who shall be redeemed from the earth (Rev. 14:3) at the time of Christ's second advent.” PP 88 & 89

Enoch walked with God in a very special way. He didn’t begin that walk until he was sixty five years old. In Enoch’s earlier years, he loved and feared God and kept His commandments. From the lips of Adam he had learned the dark story of the Fall, and the cheering one of God’s grace as seen in the promise; and he relied upon the Redeemer to come.” PP 84

But even with all this Enoch is not described as walking with God until he was sixty five years old, and then he walked with God for three hundred years and was taken to heaven.

**A Higher Experience**

It was after the birth of his son that Enoch “reached a higher experience—a closer relationship with God.” PP 84

In the birth of that son, Enoch began to see the love that our Heavenly Father has for each of us in a much broader way. He saw it in his own love for that son. And he began to see through his child’s love for him, the love he, Enoch, should have for his Heavenly Father. In the gift of Christ, for the salvation of mankind, Enoch saw “the wonderful love of God to men.” PP84

“The infinite, unfathomable love of God through Christ became the subject of his meditations day and night; and with all the fervor of his soul he sought to reveal that love to the people among whom he dwelt.” PP84

In Genesis 5:22-24, twice repeated, we read, “And Enoch walked with God after he beget Methuselah three hundred years, and begat sons and daughters; and all the days of Enoch were three hundred sixty and five years: and Enoch walked with God: and he was not; for God took him.”

**In The Duties Of Daily Life**

“Enoch’s walk with God was not in a trance or vision, but in all the duties of his daily life. He did not become a hermit, shutting himself entirely away from the world; for he had a work to do for God in the world. In the family and in his intercourse with men, as a husband and father, a friend, a citizen, he was the steadfast unwavering servant of the Lord. The closer the connection with God, the deeper was the sense of his own weakness and imperfection.” PP 85

Enoch was one of God’s heroes of faith in Hebrews, chapter 11. “By
He made God his Counselor, and was closely bound up with Jesus. And Enoch was honored in this course.”  
ST May 12, 1898

**Unholy Influences**

“We should remember that Enoch was surrounded by unholy influences. The society around him was so depraved that God brought a flood of waters on the world to destroy its inhabitants for their corruption. Were Enoch upon the earth today, his heart would be in harmony with all of God's requirements; he would walk with God, although surrounded by influences the most wicked and debasing.”  
ST November 11, 1886  “So may we remain pure and uncorrupted. Enoch was a representative of the saints who live amid the perils and corruptions of the last days. For his faithful obedience to God he was translated. So, also, the faithful, who are alive and remain, will be translated. They will be removed from a sinful and corrupt world to the pure joys of heaven.”  
{2T 121.1}

**How to Walk With God**

**Inspired Quotes In Regard to Enoch**

**Purity of Heart**

“Following the promptings of their corrupt hearts and the teachings of a deceptive philosophy, men will rebel against the authority of Heaven. But like Enoch, God’s people will seek for purity of heart and conformity to His will, until they shall reflect the likeness of Christ. Like Enoch, they will warn the world of the Lord's second coming and of the judgments to be visited upon transgression, and by their holy conversation and example they will condemn the sins of the ungodly.”  
PP 88

**The Word of God In You**

“The Word must be studied; it must rule in the heart, that we may be prepared to bring from the treasure-house good things. Let the Word of Christ dwell in you richly; then when you are assailed, you will have the armor of God to wear. Having done all, you may stand. We need an abiding Christ with us, as Enoch had when he walked with God three hundred years. We can have what Enoch had: we can have Christ as our constant companion. Enoch walked with God, and when assailed by the temper, he could talk with God about it. He had no 'It is written,' as we have, but he had a knowledge of his heavenly Companion.

faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God. But without faith it is impossible to please him: for he that cometh to God must believe he is, and that he is a rewarder of them that diligently seek him.” verses 5&6

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“How did Enoch walk with God? He educated his mind and heart to ever feel the presence of God, and when in perplexity his prayers would ascend to God to keep him, to teach him his will. ‘What shall I do to honor thee, my God?’ was his prayer. His will was merged in the will of God, and his feet were constantly directed in the path of God’s commandments.” ST Dec. 29, 1887

**More Than a Knowledge of Truth**

“We may have a knowledge of the truth, but this is not enough. We must bring its living principles into our lives, and it must sanctify our characters and flow out to others. If we ourselves are conscious that our lives are not right, how can we help those who are around us? How can we have faith to come to God for help? The belief in Jesus is to be of that divine character that will bring Jesus into our life and actions, and will flow out in righteous actions to others. When we do this we will have an influence for good on all around us. The God of heaven understands all about the difficulties that we have to meet in this world, which are no more favorable for the perfection of Christian character than when Enoch was in the world.” RH May 3, 1887

**Great and Precious Reward**

“In like manner we have fixed our minds upon the exceeding great and precious reward; and, in order to obtain it, we must have a perfect character. The angels of God are watching the development of character. Angels of God are weighing moral worth; and we are to obtain a fitness here to join the society of sinless angels. Do you expect that when Christ comes he will give you that fitness? Not at all. You must be found of him without spot, without blemish, or wrinkle, or anything like it. Now is the watching and trying time. Now it is the time to obtain a preparation to abide the day of his coming, and to stand when he appeareth. Do you say that you cannot do it because around you are so much sin and iniquity and corruption? I refer you to Enoch.” RH April 19, 1870

**Ample Provision Made**

“We can stand as did Enoch. There has been provision made for us. Help has been laid upon One that is mighty; and we all can take hold
upon his mighty strength. Angels of God, that excel in strength, are sent to minister to those who shall be heirs of salvation. These angels, when they see that we are doing the very utmost on our part to be overcomers, will do their part, and their light will shine around about us, and sway back the influence of the evil angels that are around us, and will make a fortification around us as a wall of fire. Ample provisions have been made for us when we are burdened, and weary, and cast down, and in distress.” RH April 19, 1870

Crucify the Old Man
“We must be in earnest in seeking his blessing. We must crucify the old man, with the affections and lusts, in order to meet the requirements of God. Those who have been blessed of God did not cease seeking him until they knew they had fulfilled his requirements and stood approved before him.” RH, March 12, 1889

Suffering With Jesus
“Of all the gifts that heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honored than John the Baptist, who perished alone in the dungeon. ’Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.’ Philippians 1:29.” {MH 478.2}

“The flaming chariots of God were sent for this holy man, and he was borne to Heaven. Enoch had the witness that he pleased God. And this witness we can have.” {RH, April 19, 1870

Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.
We read of the prophet Enoch, that he “walked with God . . . three hundred years.” Enoch’s walk with God was not in a trance or a vision, but in all the duties of his daily life. He did not become a hermit, shutting himself entirely from the world; for he had a work to do for God in the world. In the family and in his intercourse with men, as a husband and father, a friend, a citizen, he was the steadfast, unwavering servant of the Lord. His heart was in harmony with God’s will; for “can two walk together, except they be agreed?”

Enoch – Our Pattern

Enoch was a public teacher of the truth in the age in which he lived. He taught the truth; he lived the truth; and the character of the teacher was in every way harmonious with the greatness and sacredness of his mission. Enoch was a prophet who spoke as he was moved by the Holy Ghost. He was a light amid the moral darkness, a pattern man, a man who walked with God, being obedient to his law,—that law which Satan had refused to obey, which Adam had transgressed, which Abel obeyed, and because of his obedience was murdered. Now God would demonstrate to the universe the falsity of Satan’s charge that men could not keep God’s law. He would demonstrate that though man had sinned, he could so relate himself to God that he would have the mind and spirit of God. This holy man was selected to denounce the wickedness of the world, and to give evidence that man can keep the law.

Enoch Walked With God

How little is said of Enoch; how brief is his biography! Many volumes are written of Napoleon; much is said of Caesar and other great men of the world. Their exploits are recorded and sent through the length and breadth of
the land; yet we have no evidence that these men honored God, or that God honored them. Of Enoch it is recorded, “Enoch walked with God: and he was not; for God took him.”

Enoch walked with God, while of the world around him sacred history records, “The wickedness of man was great in the earth,” “every imagination of the thoughts of his heart was only evil continually.” Enoch’s righteous life was in marked contrast with that of the wicked people around him. His piety, his purity, his unswerving integrity, were the result of his walking with God, while the wickedness of the world was the result of their walking with the deceiver of mankind.

Enoch was an active worker. He did not seek ease and comfort. Nor did he spend his time in idle meditation, or in striving to gain happiness for himself. He did not participate in the festivities and amusements that constantly engaged the attention of the pleasure-lovers of the antediluvian world. In his day the minds of many were absorbed in worldly pleasures—pleasures that tempted them to go astray. But Enoch was terribly in earnest. With the sinful and with the workers of iniquity he mingled only as God’s messenger, to warn them to turn with abhorrence from their evil ways, and to repent and seek God.

**A Way Of Escape**

Enoch did not become polluted with the iniquities existing in his day. Why need we in our day? But we may, like our Master, have compassion for suffering humanity, pity for the unfortunate, and a generous consideration for the feelings and necessities of the needy, the troubled, and the despairing. Those who are Christians indeed will seek to do good to others, and at the same time will so order their conversation and deportment as to maintain a calm, hallowed peace of mind. Selfishness and worldliness are not fruits of a Christian tree. No man can live for himself, and yet enjoy the approbation of God. Christ cursed the fig-tree because it bore not fruit. Thus he would teach that God is not pleased with his human agencies if in their lives they utterly fail to fulfil the purposes for which they were created. Through the help provided, man, in his fallen nature, can do the very things God expects him to do. He can walk and work and live by faith in the Son of God. The Lord draws man close to his side, to walk with him, to work with him, and to teach him how to overcome temptation. With every
temptation there is a way of escape, by walking humbly with God.

**Enoch's Ways Pleased God**

Were Enoch upon the earth today, his heart would be in harmony with all God's requirements; he would walk with God, although surrounded with influences which are the most wicked and debasing. So may we remain pure and uncorrupted. He was a representative of the saints who live amid the perils and corruptions of the last days. For his faithful obedience to God, he was translated. So, also, the faithful, who are alive and remain, will be translated. They will be removed from a sinful and corrupt world to be pure joys of heaven.

Enoch meditated and prayed, and put on the armor of watchfulness, and he came forth from his pleadings with God to plead with his fellow men. He did not mask the truth to find favor with unbelievers. His close connection with God gave him courage to work the works of God. He had the testimony that his ways pleased God. This is the privilege of every believer today. It is man dwelling with God, and God taking up his abode with man. “I in them, and thou in me,” says Jesus. To walk with God and have the witness that their ways pleased him, is an experience not to be confined to Enoch, to Elijah, to patriarchs, to prophets, to apostles, to martyrs. It is the privilege of all the followers of Christ to have Jesus enshrined in their hearts, to carry him with them in their lives. This will make them fruit-bearing trees.

**A Living Communion With God**

I wish I could impress upon every worker in God's cause the great need of continual, earnest prayer. They can not be constantly upon their knees, but they can be uplifting their hearts to God. We have too slight a hold upon God and upon eternal realities.

Those who teach the word must themselves live in hourly contact, in conscious, living communion, with God. The principles of truth and righteousness and mercy must be within them. They must draw from the fountain of all wisdom moral and intellectual power. Their hearts must be alive with the deep movings of the Spirit of God.

**Separation From The World**

It is our privilege today to stand with the light of heaven upon us. It was thus that Enoch walked with God. It was not easier for Enoch to live a righteous life in his day
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.

The love revealed in the Saviour’s life of self-denial and self-sacrifice is to be seen in the lives of his followers. We are called upon “so to walk, even as he walked.” The cause of our weakness lies in our refusal to obey this command. On every side there are opportunities to work for our fellow men. It is our duty to lead souls to the Lamb of God, which taketh away the sin of the world. It is important that we fill aright our position in the world, in society, and in the church; but we can not do this unless we have a firm hold on Heaven. Our faith must reach within the veil, whither our Forerunner has for us entered. It is possible for us to take hold by faith of the eternal promises of God; but to do this we must have a faith that will not be denied—a steadfast, immovable faith that will take hold of the unseen.

Every man, woman, and youth who professes the religion of Christ should realize the responsibility resting upon the believer. All should feel that this is an individual work, and individual warfare, an individual preaching of Christ. If each would realize this, and take hold of the work, we should be mighty as an army with banners. The heavenly dove would hover over us. The light of the glory of God would no more be shut away from us than it was from the devoted Enoch.

Review and Herald, April 15, 1909
Haggai 1:1-5 “In the second year of Darius the king, in the sixth month, in the first day of the month, came the word of the LORD by Haggai the prophet unto Zerubbabel the son of Shealtiel, governor of Judah, and to Joshua the son of Josedeck, the high priest, saying,

2 Thus speaketh the LORD of hosts, saying, This people say, the time is not come, the time that the LORD's house should be built.

3 Then came the word of the LORD by Haggai the prophet, saying,

4 Is it time for you, O ye, to dwell in your cieled houses, and this house lie waste?

5 Now therefore thus saith the LORD of hosts; Consider your ways.

At this period in the Jew's history, they had an opportunity to rebuild the temple of the Lord.

But they excused themselves from doing it, saying the “time” was not yet come, or right, yet.

But they did have “time” for other things.

“But while they left the building of the house of the Lord, the temple in which they could worship God, until the end of the time specified as the captivity of the Jews had fully come, they built mansions for themselves.”

4 Bible Commentary 1176

They built “mansions” for themselves.

But no time for God and His house.

No time to worship Him in His temple.

Selfish Pursuits

It is interesting that God said in verse two that, “This people say,” rather than “My people say.”

Oh they would say that they are God’s chosen people, but God didn’t say that.

At that point in time, their god was not the Creator of heaven and earth, their god was themselves and their “mansions.”

They were so self-absorbed, so committed to their own wills and ways, that they could pour all of their money and time into their own selfish pursuits, and never even think about God’s will and God’s desires.

It was all about them.

It was nothing about God.

Ingenious Excuses

Maybe that’s not fair. I'm sure they thought of God.

They even read the prophecies about their captivity and its length, etc.

I'm sure they prayed for His blessing and for freedom.

I'm sure they “talked” about the temple and doing something about it.

They just didn’t actually do anything about it.

I'm sure they meant to... you know... when the time was right.

I'm sure they had lofty aspirations, noble goals, fervent desires.

They just didn't translate any of that into actual activity for the Lord.

Do you know anyone like that? Have you ever been like that?

All talk, no action?

You mean to do it... you plan to do it... you want to do it...

It just isn't the right time yet.

And how does God feel about that?

“Prompt obedience is expected of those whom the Lord chooses and leads. Pleas for delay are a dishonor to God. And yet those who choose to follow their own way, often frame ingenious excuses in self-justification.”

4 Bible Commentary 1175

I have been in some sort of
supervisory capacity for most of my adult life, and I am well aware of “ingenious excuses.”
I must admit I have used a few of them myself.
But these things dishonor God.
And all He really wants is what is best for us.
He knows we need to be close to Him, look to Him, do what He says… not for His good, but for our own.

Consider Your Ways
So, what does He have to do to get our attention?
This is what He did to get the Jew’s attention:
Haggai 1:6,7 “Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes.
7 Thus saith the LORD of hosts; Consider your ways.”
This is the second time God said, “Consider your ways.”
In other words… think about what you are doing!

You work and work and work, but you don’t seem to get ahead.
Has this ever been your problem? It’s been mine.
I have made more money than I care to admit, but where is it all?
God was not always first in my life.
And, in mercy, He allowed me to never get ahead, so I would stop long enough to “consider my ways.”
What was I doing? Where was I going? Who is the god of my life?
Haggai 1:9 “Ye looked for much, and, lo it came to little; and when ye brought it home, I did blow upon it.
Why? saith the LORD of hosts.
Because of mine house that is waste, and ye run every man unto his own house.”
God does not “blow upon it” because He is mad and wants to make you pay for neglecting Him, He blows upon it to get our attention.
We need to consider our ways.
Most of the world is so caught up in sports, entertainment, money, relationships, food, houses, jobs, etc., etc., that we simply never get to the point of “considering our ways.”
So, He tries and tries and tries to get our attention.
Haggai 1:10,11 “Therefore the heaven over you is stayed from dew, and the earth is stayed from her fruit.
11 And I called for a drought upon the land, and upon the mountains, and upon the corn, and upon the new wine, and upon the oil, and upon that which the ground bringeth forth, and upon men, and upon cattle, and upon all the labour of the hands.”
“Therefore,” He says. Or, “So,” this is what I have to do to get your attention.
Sad, isn’t it? The lengths God has to go sometimes to get us to “consider our ways.”
But let’s read on in the story…
Haggai 1:12 “Then Zerubbabel the son of Shealtiel, and Joshua the son of Josedech, the high priest, with all the remnant of the people, obeyed the voice of the LORD their God, and the words of Haggai the prophet, as the LORD their God had sent him, and the people did fear before the LORD.”
THIS is what the Lord was trying to do. THIS is exactly what He hoped would happen.
They stopped and considered their ways.
Many times we do not know what a miracle that is, in and of itself.

Stop…Listen…Follow!
Most people never stop. They run and run and run their whole lives long, and then die, never stopping to “consider” where they were heading.
Most people never stop; but not all of them. Praise God!
There are a few, here and there, that the Lord is able to get the attention of.
They stop, and listen, and then
follow Him. This is what happened here. They got to thinking, what are we doing? You think opening the Red Sea was a miracle; that is child’s play compared to opening our minds. We are a hard-hearted, slow-witted bunch. But our Father loves us more than we can imagine, and cannot stand the idea of letting us go to our ruin. So, over and over again He tries to reach us. Sometimes He uses a money issue. Sometimes a health issue. Sometimes it’s a death; or a life; or pain; or joy… whatever can reach us. Most of the time, we still do not stop to listen. But some do. These Jews stopped to listen. And when they realized what they were doing, they immediately turned the other way and started following God again. They started to obey Him and reverence Him. And what was the result?

Haggai 1:13 “Then spake Haggai the LORD’s messenger in the LORD’s message unto the people, saying, I am with you, saith the LORD.”

“I am with you,” God said. Did you notice there was no attitude? No remonstrance? No saying, “Well, it’s about time?” There is no one in the universe as kind and loving as God is.

Welcome Back!
When we come back, He simply takes us back. Remember the story of the prodigal son?
When he finally took time to “consider his ways” he realized what a fool he had been… and came home. What happened? What did the Father do?
He threw a party!
Luke 15:7 “I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.”

THIS is what our heavenly Father is like. He’s not mad. He’s not disgusted. He’s not waiting to read us the riot act. He just welcomes us back. And then He encourages us, just like He did with the Jews.

God’s Promise
Haggai 2: 4,5 “Yet now be strong, O Zerubbabel, saith the LORD; and be strong, O Joshua, son of Josedech, the high priest; and be strong, all ye people of the land, saith the LORD, and work: for I am with you, saith the LORD of hosts:
5 According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: fear ye not.”

Then He reminds them of His dealings with them in the past. He reaffirms in verse five that He will not forsake His people, He will not leave them, He will not allow them to fend for themselves.
He is there, and always has been there.
The They are the ones who have left, they are the ones who had forsaken Him, they are the ones who had forgotten Him, not the other way around.
And so, God reminds them of what happened in their earlier years.
He had promised before to be with them and go with them, and He fulfilled His promise to the letter.
Nothing To Fear

Everything that He said He would do, He did.

All the people ever had to do was to follow, and do His will, which was not just His will, but simply the right way to do things.

They were slaves in Egypt; they were outcasts; they were the despised and afflicted, and He said He would free them, exalt them and make them a mighty nation and people.

And God went with them, or maybe better, they went with Him, and no one could come against them.

Nations were wiped out, peoples humbled, massive fortifications tumbled down before their eyes, giants were slain. Nothing could stand in their way, because they followed God.

The Jews are reminded that just like when God was with them then, He is with them now.

He Never Leaves Us

All this and more came to their minds as they contemplated God’s words through Haggai.

And now these words of God, through Haggai the prophet, have been kept for all these years in the Bible for our benefit.

The Jews in Haggai’s day are long gone.

They were the followers of God then.

The Lord was in that cloud, covering Himself up so He could be as close to His people as He could, without them being destroyed.

And they were to follow that cloud wherever it went.

They were always safe… when they followed the cloud.

No warring tribes came after the defenseless people, no stinging scorpions, no burning sun even.

They were fed, they were provided water, they had no sickness… for 40 years.

All because they followed the cloud.

God provided them all that they needed.

1 Chronicles 28:20 “And David said to Solomon his son, Be strong and of good courage, and do it: fear not, nor be dismayed: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.”

He won’t leave, He won’t fail, He won’t forsake us.

He is always close to us, closer than most of us realize.

Acts 17:27 “That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us.”

He is never the One who moves… we are.

Jesus doesn’t leave us; we leave Him.

continued on pg. 23
Let me walk with thee, my Saviour,  
Hand in hand, close by thy side;  
I would share thy loving favor,  
And to thee my all confide.  

Walk with me—how bright the pathway  
Strewn with blessings all along;  
Hand in hand to heaven’s gateway—  
Praising thee in prayer and song.

Walk with thee with hearts united  
In the bonds of love divine;  
Closely clinging to each other,  
As the interlacing vine  
Round the oak doth weave its tendrils,  
For support its strength to share;  
Thus would I, O blessed Saviour  
Cling to thee in faith and prayer.

Walk with me on love’s sweet mission  
To the suffering ones below,  
Bearing light, and joy, and blessing  
As we journey to and fro;  
Seeking for the poor and lost ones  
Who have wandered from the fold;  
Binding up the broken-hearted,  
Sheltering them from storm and cold.

Such to thee I’d bring, dear Saviour,  
Once the “Lamb for sinners slain,”  
Where alone is perfect cleansing,  
And a balm for every pain.  
Thus I pray that I may ever  
Walk with thee through earthly night;  
Then in heaven, with garments spotless,  
May I walk with thee “in white.”
1. The person who expecting the soon coming of the Lord left his crop of potatoes in the ground in New Ipswich, N. H.
   a. Stockbridge Howland
   b. E. Lloyd
   c. John King
   d. Mr. Hastings

2. What happened to the potatoes that were left in the ground in #1 above?
   a. Potato rot ruined his crop
   b. His neighbors dug his potatoes
   c. His neighbors lost their dug potatoes through rot.
   d. He had potatoes to share with his neighbors.

3. In what year did Elder Bates accept Ellen White's visions as being from God?
   a. 1844
   b. 1846
   c. 1848
   d. 1850

4. What convinced Elder Bates of Ellen's prophetic ability at that time?
   a. Her description of the heavens in her vision.
   b. Her holding a Bible above her head.
   c. The witness of others.
   d. Her Bible understanding.

5. Mrs. White's Sabbath vision on March 24, 1849 concerned
   a. The need of a church government.
   b. The understanding of the "sealing message."
   c. The knockings in Rochester was the power of Satan.
   d. The unfaithfulness of certain church members.

6. In the fall of what year was the publishing work located in Oswego, N.Y.?
   a. 1849
   b. 1853
   c. 1861
   d. 1863

7. From which state did Elder White switch his residence to Oswego, N.Y.?
   a. Michigan
   b. Colorado
   c. Massachusetts
   d. Connecticut

8. In 1850 Elder White moved from Oswego, N.Y. to
   a. Michigan
   b. Colorado
   c. Maine
   d. New Hampshire

9. In what year was the name Seventh-day Adventists first approved?
   a. 1859
   b. 1860
   c. 1861
   d. 1863

10. In the assembly voting on the name, how many voted against it?
    a. 0
    b. 1
    c. 10
    d. 100

"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."
ANOTHER STEP TOWARD NUCLEAR CAPABILITIES

Time Magazine—March 9, 2009—The World, page 12—

Iran successfully tested its first nuclear reactor in the southwestern port city of Bushehr on Feb. 25, amid increasing international concern over its suspected pursuit of nuclear weapons. A recent international Atomic Energy Agency report said Iran has enough uranium—albeit not weapons grade—to eventually make a bomb.

End time perspective: “Dark heavy clouds came up, and clashed against each other. The atmosphere parted and rolled back; then we could look up through the open space in Orion, whence came the voice of God. The holy city will come down through that open space. I saw that the powers of earth are now being shaken, and that events come in order. War, and rumors of war, sword, famine, and pestilence are first to shake the powers of earth, then the voice of God will shake the sun, moon, and stars, and this earth also. I saw that the shaking of the powers in Europe is not, as some teach, the shaking of the powers of heaven, but it is the shaking of the angry nations.” {CET 111.2}

RECESSION WATCH

Time Magazine—March 9, 2009—The World, page 13—

With mobile devices and Internet video affording a wider menu of viewing options and the dismal economy forcing people to hunker down at home, Americans are watching more television than ever before. According to a Nielsen report, the average citizen tuned in to 151 hours of TV per month during the fourth quarter of 2008, up from 145 the previous year.

End time perspective: “Duty to Control Imagination.--Few realize that it is a duty to exercise control over the thoughts and imaginations. It is difficult to keep the undisciplined mind fixed upon profitable subjects. But if the thoughts are not properly employed, religion cannot flourish in the soul. The mind must be preoccupied with sacred and eternal things, or it will cherish trifling and superficial thoughts. Both the intellectual and the moral powers must be disciplined, and they will strengthen and improve by exercise.”—CT 544 (1913). {2MCP 587.3}

NEW WORRY ON MEXICAN BORDER: RADICAL TERRORISTS

Newsmax—March, 2009 by Clayton B. Reid, page 20—

In one of the most deadly, terror-ridden places on earth, the unwary risk assault, robbery, kidnapping, and murder. Corrupt government officials, bought off with massive piles of money gleaned from illegal drugs, turn a blind eye to the carnage while terrified refugees flee to safer countries. Iraq? Afghanistan? Sudan? Not even close. This is Mexico, where security experts warn that terrorism, fueled not by radical religion but by greed and a stumbling economy, has become a serious threat to the safety and security of the United States.

In 2008, more than 5,300 people were killed on both sides of the border in violence tied to Mexican drug gangs, and almost 950 people were kidnapped.

End time perspective: “The world over, cities are becoming hotbeds of vice. On every hand are the sights and sounds of evil. Everywhere are enticements to sensuality and dissipation. The tide of corruption and crime continually swelling. Every day brings the record of violence, robberies, murders, suicides, and crimes unnamable. Life in the cities is false and artificial. The intense passion for money getting, the whirl of excitement and pleasure seeking, the thirst for display, the luxury and extravagance, all are forces that, with the great masses of mankind, are turning the mind from life’s true purpose. They are opening the door to a thousand evils.” CL 5 & 6

THE MOMENT

Time Magazine—March 23, 2009 by Nancy Gibbs, page 17

Nobel Laureate and Holocaust survivor Elie Wiesel calls Bernie Madoff evil, and who better to judge? Both Wiesel and his foundation were wiped out, along with thousands of other investors in Madoff’s $50 billion Ponzi scheme. Families were ruined; victims have killed themselves; charities have had to shut down.

End time perspective: “But evil men and seducers shall wax worse and worse, deceiving, and being
deceived. But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned [them]; And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. 2 Tim. 3:13 & 14

DEADLY SCHOOL SHOOTING

Time Magazine--March 23, 2009--The World, page 19

A 17-year-old gunman clad in black combat fatigues opened fire at his former school near Stuttgart, Germany, slaying nine students and at least six other people before taking his own life. The tragedy struck a day after a man rampaged through southern Alabama, killing at least 11--including himself--in what authorities called the worst mass shooting in that state's history.

End time perspective: “We are living in the midst of an “epidemic of crime,” at which thoughtful, God-fearing men everywhere stand aghast. The corruption that prevails, it is beyond the power of the human pen to describe. Every day brings fresh revelations of political strife, bribery, and fraud. Every day brings its heart-sickening record of violence and lawlessness, of indifference to human suffering, of brutal, fiendish destruction of human life. Every day testifies to the increase of insanity, murder, and suicide. Who can doubt that satanic agencies are at work among men with increasing activity to distract and corrupt the mind, and defile and destroy the body?”--Ministry of Healing, pp. 142, 143.

He Never Moves

You remember the story of the man and wife, driving in the car?

The woman complains to the man that they used to sit so close together in the car, now they don't anymore.

And the man replies, “I haven't moved.”

Jesus has never left our side, we have left His.

We are the ones who have moved. Jesus has promised that He will never, ever leave us nor forsake us.

If we do not end up going to heaven, it will not be because Jesus will have left us here…

It will be because we left Jesus here.

Our concern today is not whether Jesus will be here for us, it is whether we will be here for Him.

It’s Our Choice

The Jews in Haggai’s day made the right choice.

Now, we have a choice to make. Joshua 24:15 “And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.”

We are in this wilderness of Sin, like the Jews were in the desert wilderness.

They were kept safe as long as they followed Jesus in that pillar of cloud.

We don’t have the pillar of cloud today.

Now, we have His word, the Holy Bible.

As long as we follow Jesus, in this Bible, we are safe.

He will never, ever leave us.

But God always gives us a choice.

The Jews could leave the protection of God in the cloud.

We can leave the protection of God in the Bible.

No, He won’t leave us.

Will we stay close to Him?

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
The word “arthritis” literally means joint inflammation, and its major symptom is joint pain. According to the Arthritis Foundation, arthritis affects some 70 million Americans (one out of every three people), and is the reason behind 39 million doctor visits and over a half million hospitalizations. As you can see, this is a hugely widespread disease.

What is a joint?

Before you can understand what's wrong with your joints, you need to understand what a joint is and how it works. Any place in the body where two bones meet is called a joint. Sometimes those bones actually fuse together. For instance, your skull is an example of an area with fused bones.

In the joints where the bones don’t actually touch, this is where you can develop arthritis. In these joints, a small amount of space exists between the two bone ends. The space between the ends of the bones keeps them from grinding against each other and wearing each other down.

For extra protection, the bone ends are capped with a slick, tough, rubbery material that is eight times more slippery than ice, and a better shock absorber than the tires and springs on your car – cartilage! Extremely unique and tough, not a single man-made substance is more resilient, a better shock absorber, or lower in friction than cartilage. It is made up of 65 percent to 85 percent water, which helps keep the joint well lubricated and slippery for ease of movement. Unlike other connective tissues, cartilage does not contain blood vessels. The cells that make up cartilage are fed by diffusion, helped by the pumping action generated by compression or flexion. Thus, compared to other connective tissues, cartilage grows and repairs more slowly.

Around the joint is a special lining called the synovial membrane or synovium, which makes a slick, slippery liquid called the synovial fluid. This liquid fills that little space between the bone ends. Together, all these parts make up the joint.

How does a joint work?

Let's think about the knee joint. When you're walking, your knees take turns moving. Say you put your weight on your left leg. The bone ends are pressing toward each other with a great deal of pressure. This pushes synovial fluid out of the cartilage into the synovial space (think pressing down on a porous sponge – the water is pressed out). Then, shift your weight from your left leg back to your right. Now the pressure on your left knee is released. The cartilage in your left knee then "drinks" the synovial fluid back in, just like a sponge would. When you take another step and transfer the weight back onto your left leg, much of the fluid squeezes back out of the cartilage. This squeezing of joint fluid into and out of the cartilage helps it respond to the off-and-on pressure of walking without shattering under the strain. Can you imagine the results if we didn't have this watery cushion within our joints? With the rough, porous surfaces of the bone ends pitted against each other, bones would grind each other down in no time. Especially when you consider the amount of strain our joints put up with. For instance, did you know that when you run, the pressure on your knees can increase to ten times that of your body weight? That means an average 150 pound person can have up to 1500 pounds of pressure on their knees! That's a lot of weight!

So when everything within the joint is working properly, you should be pain free with no problems with mobility or range of motion. However, when it's not working properly, you begin to experience stiffness, pain, inflammation, swelling, or irritation. This is usually diagnosed as arthritis.

Two common arthritic conditions

Although more than two hundred diseases are classified under the name “arthritis,” most arthritic conditions fall into one of two categories:
osteoarthritis and rheumatoid arthritis. These are the diseases I will be dealing with in this article.

Osteoarthritis is by far the more common, afflicting 40 million Americans including 80 percent of people over fifty. With this type of arthritis, the cartilage breaks down, exposing bone ends and allowing them to rub together. The result can be pain, stiffness, loss of movement, and sometimes swelling. Osteoarthritis is most often found in the weight-bearing joints, such as the hips, knees, ankles, and spine, but it can also affect the fingers.

Although injury or the normal wear and tear of life often bring on cartilage damage, it can be made much worse by food allergies, poor diet, heavy metal toxicity, and mineral deposits in the joints. For some people, the effects of mental and emotional stress aggravate arthritis pain. Changes in the weather—usually, rain and falling barometric pressure—often cause arthritis flare-ups.

Rheumatoid arthritis (RA) is quite another story. Most experts believe it is caused by an inappropriate immune reaction, in which white blood cells attack the cartilage in the joints. It can even go on to destroy the bones themselves and even the muscles and the skin. It is often exceedingly painful and can cripple its sufferers. The malfunction of the immune system with RA is likely caused by a combination of factors. Food allergies, bacterial or viral infections, stress, excess acid in the body, genes, and the presence of certain antibodies in the blood may all play a role.

While osteoarthritis affects men and women equally, RA appears three times more frequently in women. It affects only 2 to 3 percent of the population and can occur at any age, even in childhood. The course of the disease is difficult to predict. It may disappear a few months after its appearance, or it may grow progressively worse.

Even though the course of disease is different, many of the complementary therapies used for osteoarthritis are also effective in reducing the pain and slowing the spread of rheumatoid arthritis. Underlying factors for both of these conditions may include poor digestive function, hormone imbalance, nutritional deficiencies, food allergies, and lifestyle factors.

**Symptoms of Osteoarthritis**

Symptoms usually come on gradually, progressing as follows:
1. Morning stiffness in the joints.
2. Painful or swollen joints.
3. Restricted range of motion. And finally it can lead to deformity of joints in some cases.

**Symptoms of Rheumatoid Arthritis**

- Inflammation, pain, tenderness, and discoloration in the joints, usually the shoulders, the elbows, the wrists, the fingers, the ankles, or the toes.
- Morning stiffness

**Root Causes of Osteoarthritis**

- Fractures or other injuries, even those that occurred early in life
- Food allergies
- A diet high in fats, animal products, and other foods that promote an internal acidic environment
- Excess of body fat, which places extra stress on joints
- Emotional stress
- Hormone imbalance
- Biomechanical imbalance (e.g., poor posture and abnormal foot arch)

**Root Causes of Rheumatoid Arthritis**

There is no one specific cause for RA. However, as mentioned before, food allergies, poor diet, heavy metal toxicity, stress, and mineral deposits in the joints seem to have an effect on RA.

**Diet**

An effective diet will go a long way toward controlling arthritis for many people.

**Recommended Foods**

1. Flaxseeds or flaxseed oil - Flaxseeds are high in essential fatty acids and have natural anti-inflammatory properties.
2. Fiber-rich foods - Eat lots of fiber in the form of raw vegetables and...
whole grains. It will help sweep away mineral and acid build-up and keep your digestive system free of harmful bacteria. Cruciferous vegetables such as broccoli and cauliflower also have natural anti-inflammatory properties.

3. Sulfur-rich foods - Foods high in sulfur will actually help repair damaged cartilage and bone. Try eating some asparagus, cabbage, garlic, or onion every day.

4. Pineapple, whether whole or juiced (and even canned), has an enzyme called bromelain, which has been shown to reduce inflammation.

5. Pure Water - For someone suffering from arthritis, one of the most important things you can do is to drink more water. Since the arthritis pain and stiffness is a direct result of joints not being cushioned well enough, water can give relief by helping to lubricate and provide padding for these areas. Remember, cartilage is 65 percent to 85 percent water. If there is not enough water, the joints can’t glide freely as they should. So, an increased water intake can keep the water supply in the joints at a healthy level, helping to reduce pain and inflammation. Also, water helps to flush out uric acid and other toxins. Chronic pain is often an indicator of chronic dehydration. Water will help give the joints the nourishment and lubrication they need for easy and pain-free movement. Try to drink at least half of your body weight in ounces each day.

**Food to Avoid**

Too much acid in the body causes inflammation, which leads to pain. Avoid acid promoting foods such as: red meat, eggs, saturated fats, oils, fried foods, sugar, dairy products, refined carbohydrates, foods high in gluten (such as breads, pasta, and pastries), alcohol, and caffeine. Although this list seems very long, arthritis sufferers who eliminate these foods often experience great (and sometimes total) relief.

**Detoxification**

A vegetable juice or water fast can help to reduce joint pain. Lemon and grapefruit juices are especially helpful. Green drinks are also excellent for detoxification.

**Stress Reduction**

Many doctors and other experts have noted that emotional stress seems to appear frequently in arthritis sufferers. In addition, arthritis itself can cause great tension, both muscular and emotional, and even depression. If you suffer from anxiety, depression, or feel stressed out, try an herbal formula like our Sunny Day to help you calm down and feel at ease. Take some time out of the day to meditate, pray, relax, and unwind.

**Weight loss**

Try to achieve and maintain normal body weight. Having excess body weight places an added strain on the weight-bearing joints. For some individuals, symptoms disappear completely after weight loss. The arthritis diet mentioned above, along with a moderate exercise program will help promote weight loss.

**Exercise**

Arthritis sufferers often cut back on activity, but studies show that moderate exercise actually reduces pain and swelling. Countless studies have shown that exercise can help lubricate and nourish the joints by forcing joint fluid into and out of the cartilage. Under exercised joints don’t get much of this in-and-out action, so cartilage can thin out and become dry. Staying in one place too long can also cause the ligaments to tighten, causing more pain.

While you must avoid joint pounding workouts like jogging or tennis, low- or no-impact exercises like swimming, aqua-aerobics, cycling, and brisk walking are excellent choices. Regular exercise can help with flexibility, strength, and can help with weight loss, reducing the amount of pressure on the joints. If you can, exercising outdoors in the fresh air and sunshine has additional health benefits. Particularly, the fact that sunlight precipitates vitamin D. Vitamin D aids the absorption of calcium, and regulates how much of the mineral we need, which helps strengthen bones and joints.

**Rest**

During deep sleep, the production of growth hormone is at its peak. Growth hormone speeds the absorption of nutrients and amino acids into your cells and aids the healing of tissues throughout your body. Much of the body’s healing occurs during the nighttime hours. It is very important that you get plenty of rest at night (especially between 8pm-midnight). Make sure and do
not rest TOO much. A major mistake with most arthritis sufferers is getting too much rest. Staying in one position for too long can cause more joint stiffness and pain (which is why you usually experience more pain/stiffness first thing in the morning upon arising).

Other Therapies

Hydrotherapy
Soak in a hot bath with mineral salts or clay for at least twenty minutes. The warm water will help to relax tense muscles and can help relieve stress. You’ll also eliminate toxins through sweat, and the salts or clay will help replenish the body’s mineral stores.

Massage
A light drainage massage of the areas surrounding an arthritic joint will reduce the build-up of lymphatic fluid. Stress and tension can trigger painful episodes, especially for sufferers of RA. Regular massage will relax the body and the mind. It will also loosen muscles that have tightened in reaction to pain.

Clay Therapy
A poultice of green clay (with or without Swedish bitters mixed in) can be applied to swollen sore areas for relief of pain and for increased healing time. Many people especially find relief when applying to knees, hips, hands, and wrists. Can be applied to any area, with special caution used when applying it to the spinal area.

What about Conventional medications?
There are five main classes of conventional arthritis medications, with 2 being the most prescribed:

1. Nonsteroidal anti-inflammatory drugs (NSAIDs): NSAIDs help relieve pain and reduce inflammation by interfering with an enzyme called COX (cyclooxygenase). Aspirin, Ibuprofen, Anaprox, Feldene, Tolectin are examples of some, however they also come with a long list of serious side effects. Not to mention that they can cause an inability to form healthy cartilage – which is particularly bad for arthritis sufferers.

2. Corticosteroids: These are man-made versions of naturally occurring hormones in the body that help quell inflammation. Although they’re a powerful anti-inflammatory, they can also have powerful side effects, including elevated blood pressure, stomach ulcers, thinning of the bones and skin, and increased risk of infection.

I have found that many patients have been able to use diet, exercise, stress relief, and the other therapies listed above, along with a few natural herbal supplements to drastically reduce arthritis pain and inflammation. Listed below are some of the products that have proved successful for arthritis sufferers.

Supplements

MSM – MSM has natural anti-inflammatory benefits and contains the mineral sulfur, an integral component of cartilage.

Mega Multi – Our multivitamin formula is rich in a blend of antioxidants and nutrients, which will help prevent joint tissue destruction.

Arthrigone – Our powerful arthritis formula is rich in vitamins, nutrients, and herbs that help to reduce pain, improve range of motion, while lubricating and healing the joints and surrounding tissues.

Pain Eraser – This product contains a synergistic blend of herbs that help to relieve pain and inflammation. It can be taken as needed for pain.

Evening Primrose Oil – EPO contains the essential fatty acid GLA, which reduces joint inflammation and pain. Also helps to heal irritation of the skin associated with RA.

E-Complex – Reduces inflammation, tension, pain, and helps improve coordination.

Living Green Energy – Helps to detoxify the body and reduce acid buildup, which causes inflammation and pain in the joints.

Comfort Cream – A powerful herbal blend, Comfort cream helps to reduce inflammation and pain while healing the underlying tissues, joints, and bones. Some people experience relief in as little as 20 minutes.

I hope this has helped you to understand more about arthritis and how it affects your body. If you would like more information about how you can naturally reduce the pain, inflammation, and swelling associated with Osteoarthritis and Rheumatoid Arthritis, please call us TODAY. Our health counselors are standing by to take your calls and to help provide a self help plan designed just for you. Call us today at 309-343-5853.
Your days of “coping” with joint and muscle pain are over. You can now experience total relief and finally enjoy doing everyday things! You will no longer have to fear the crippling pain from doing chores around the house or the stiffness and soreness after playing with your grandchildren or taking a walk with a loved one.

Discover the benefits of just a few of the extraordinary ingredients in Arthri-Gone:

- **Devil’s Claw** - Helps in alleviating arthritis symptoms, particularly for reducing pain and inflammation.
- **Alfalfa Leaves** - Helps relieve fluid retention, swelling, & arthritis.
- **Yucca** - Reduces inflammation and joint pain associated with osteoporosis and rheumatoid arthritis.
- **White Willow Bark** - Renowned for anti-inflammatory and pain-reducing abilities, especially for arthritis.
- **Cat’s Claw** - Powerful anti-inflammatory that helps reduce pain.
- **MSM** - Reduces or eliminates pain from chronic arthritis.
- **Horsetail** - Helps to reduce inflammation and combat joint pain, arthritis, gout, muscle cramps, spasms, and rheumatism.
- **Boron** - Helps the body to conserve magnesium and calcium. Helps prevent bone demineralization and arthritis, and also maintaining healthy bones and cartilage.
- **Quercitin** - Inhibits the type of inflammation that can occur in the joints of those with arthritis.
- **Vitamin A** - Crucial to the formation of collagen and connective tissues, which improves symptoms of arthritis.
- **Niacin** - Improves joint mobility and muscle strength. Also decreases muscle and joint fatigue.

and many many more...
Comfrey has been used around the world for hundreds of years for the treatment of injuries and pain. Now, Hope for Health has formulated a high-quality, super-potent herbal infused healing balm based on this amazing herb.

If you suffer from pain, either from injury or a chronic condition, **Comfort Cream** can give you the “Comfort” you’ve been looking for.

**Comfort Cream** will soothe the skin, speed healing time, and reduce: pain, inflammation, swelling, and discomfort.

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**USING:***
- Sports Injuries (sprains & strains)
- Knee and Back Pain/Injuries
- Bruises/Varicose Veins
- Swelling/Inflammation
- Arthritis/Decreased Mobility
- Tissue Damage
- Joint/Bone/Cartilage Injuries
- Accelerated Wound Healing
- Psoriasis/Eczema

**Price**

**Suggested Adult Dosage:**
- Apply as needed to affected areas (up to 4-6 times daily).

**To Order Call Today:**
1-800-468-7884

**or Visit us on the web at:**
[www.hopeforhealthusa.com](http://www.hopeforhealthusa.com)

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

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**Scientific studies on Comfrey (Comfort Cream):**

- A recent study enrolled 220 people with osteoarthritis of the knee. Over the three-week study period, participants applied either a placebo cream or a comfrey extract cream to the painful area three times daily. The results showed a dramatic improvement in mobility and pain in the comfrey cream group as compared to the placebo group.

- 160 healthy adults with sprained ankles were randomly assigned to use either a comfrey cream or a topical anti-inflammatory medicine (Diclofenac gel). Each person entered the study within six hours of being injured and began using about 2 grams of the cream or gel four times per day for one week. The people using comfrey cream had a significantly greater reduction in pain and swelling than those using Diclofenac. Furthermore, those using comfrey reported faster and more complete recovery than those using Diclofenac.

- In a double-blind, placebo-controlled study of 142 people with acute ankle sprain, use of comfrey cream for 8 days significantly accelerated the rate of recovery.

- Comfrey has been found to cause cells to divide at an increased rate, thus healing bones and wounds more quickly.

- Traditionally comfrey is known as “Knit Bone” for its ability to help hasten healing of broken bones, sprains, and strains. In addition to healing the bones, it can also reduce the occurrence and severity of scar tissue.

- Studies have shown that comfrey can stimulate tissue repair. This has proven beneficial for improving skin conditions such as psoriasis and eczema.

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

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**

**Facts:**
- Relieve joint pain and inflammation.
- Reduce or eliminate muscle cramps.
- Improve moods.
- Reduce or eliminate pain from chronic arthritis.
- Improve suppleness of skin and shiness of hair.
- Beautify and strengthen nails, making them less prone to cracking/splitting.
- Help to reduce wrinkles associated with aging.
- Increase alertness and ability to concentrate.

To Order Call Today:
1-800-468-7884
or Visit us on the web at: www.hopeforhealthusa.com

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

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 fatigue, don’t wait another minute! Try Hope For Health’s MSM today!
Dear Friends at Hope, I am enclosing a US fund check of $______ for my subscription renewal to your blessed publication, "Our Firm Foundation". I'm certain my subscription expires soon and don't want to miss a single issue. Your magazine & lately also the uplifting DVD sermons are such a wonderful encouragement & blessing. I have been an SDA member for 30 years, seldom attend church because of the long distance from home, so your sermons as well as "Keep the Faith", and a couple other truth filled sermons God has greatly blessed. It was Hope International that was greatly responsible for informing me of Mrs. Ellen White's many writings and through you that I ordered most of her books and also the many camp meeting tapes. My deep gratitude for the wonderful truth you are presenting. It is refreshing to hear & read. Keep up the good work. My prayers are with you all.

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Dear Hope International, I'm enclosing a check with $____ extra (over my order) for your DVD. Thank you so very much, we enjoy your messages more than we can say. MM - WV

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Dear Friends, Enclosed is my check for $______, please use it where most needed. God Bless your ministry and may we all be ready for His soon coming. RB - OR

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Dear Brothers and Sisters, Please find this gift for $______. I consider it a privilege to help support this ministry of the Lord. JR - Canada

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Dear Hope International, I am greatly amazed upon reading your magazine, “Our Firm Foundation,” which I borrowed from one of the brethren in church. Upon reading it, I was touched by the inspiring messages, which were very timely. I copied it so I could share it with my friends in the church in which I was once a member… the Baptist Church. I am very interested in having your magazine so that I can be aware of the future things to come. God bless this important ministry! FH – CA

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AR from PA said that she just loves the “Good News” Newsletter and has kept every single copy we have published. Praises God for the Newsletter and is sending a donation for some extra copies of this past newsletter.”
“Let us hold fast the profession of our faith without wavering: (for he is faithful that promised;) And let us consider one another to provoke unto love and to good works;

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another; and so much the more, as ye see the day approaching.” – Hebrews 10:23-25

“Those who do not feel the necessity of seeking the assembly of the saints, with the precious assurance that the Lord will meet with them, show how lightly they value the help that God has provided for them. Satan is constantly at work to wound and poison the soul; in order to withstand his efforts we must breathe the atmosphere of heaven. We must individually get hold and keep hold of Christ.” – MS 16, 1890