One evening as I was sitting working on this February issue of Our Firm Foundation, I heard a thumping against my window. The window is near my desk on the upper story of our house. There is a roof area right outside this window, and there were several inches of snow on the roof. As I looked out the window, I could see a small gray and white bird hopping on the roof and jumping up against the window. It was quite cold outside, and he seemed to be trying to get into the lighted area of my office. The windows I have in that location are fixed windows, or I would have tried to rescue this bird from the cold.

One of the cats that was in my office soon noticed this bird, but was on my side of the window. She became quite intent in watching the bird. The activity outside continued for several minutes, but there was nothing I could do.

Then something happened that there was no way that I could stop. Another one of our cats had climbed onto the snow-covered roof and soon had the bird in its mouth. He disappeared with the bird immediately. I knocked on the window, and called to the cat, but all to no avail. There was nothing I could do.

I love the cats and dogs that we have. But I was quite upset, seeing the cat do something that was part of his nature, but quite revolting to me. I didn’t like that cat much right then, but there was nothing I could do. Even later there would be nothing I could do. You can’t train a cat not to like birds.

As I thought about this incident, I remembered the verse in the Bible, “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” 1 Peter 5:8.

There are times when we become aware of situations in which we know Satan is working, but in which we have no control. This might even be a pastor that is speaking in opposition to Ellen White, or teaching that we shall continue to sin until Jesus comes, or teaching the wrong nature of Christ. We have the window through which we see these things, but it often is one we cannot open, and when we do refer to them, we are spoken against as being critical of the church.

One of the situations is the allowance of the theory of evolution to be taught in a Seventh day Adventist University. I was once an evolutionist before I became a Christian. I know the dangers of that teaching. I know it is a teaching used by Satan to have people question the Bible and the existence of God. I was also an atheist until I was an evolutionist. Evolution does away with the six day creation week, and the Seventh day Sabbath. It strikes directly at our beliefs. How can evolution be tolerated in any of our schools, and who allowed it to come in, in the first place?

In regard to John Harvey Kellogg and Ellen White, I would like to share one of several quotes from the writings of Ellen White. Remember, Pantheism was a false scientific understanding just as evolution is.

“Surely He shall deliver thee from the snare of the fowler,” but let us not place our young people in that snare through the schools that are supposed to be giving an education to them that does not conflict with our teachings as Seventh day Adventists.
Contents

February 2010 • Volume 25, Number 2

cover story
06 Death in the Wilderness
    John Klump

features
04 The Bible Museum Opened
    A.L.O.E
12 Intelligent Faith
    Mrs. E. G. White
14 The Bible Looking Glass
    John W. Barber
17 As Pants The Hart
    M.J. Bahler
18 The Overwhelming Proof Of Prophecy
    Clark Floyd
20 The Earth Prayer
    Bruce Westphal

departments
02 Editorial
22 Christian Crossword
23 Health Gem
    Top 3 Phenomenal Healing Fruits
28 News Watch
31 The People’s Page

ad features
27 Fruitilicious
30 Handcrafted Vegan Soap

Hope International
P.O. Box 220
Knoxville, Illinois
61448 USA

Monday - Thursday 8:00 a.m. - 5:00 p.m., Central Time • Friday 8:00 a.m. - 12:00 p.m., Central Time
Phone: 309.343.1844 • Fax: 309.343.3721 • Email: office@hopeint.org • Web: www.hopeint.org
There are many objects of deep interest for the students of Scripture, the accounts of which have been “written for our learning,” objects which we are intended to contemplate with earnest attention, and from which we may draw rich spiritual lessons.

**The fetters of Manasseh**

We bless the Lord for our creation, preservation, and all the blessings of this life; but how strange are some of the things which the white-robed saints on high will number amongst these blessings! There may be heard a Nebuchadnezzar praising for the blessing of madness; a pardoned thief for the torments of a cross; and a Manasseh, remembering, in a song of loud thanksgiving, those Babylonish fetters of which the iron entered into his soul!

**The sins of wicked Manasseh**

Manasseh, King of Judah, had perhaps descended into lower depths of depravity than any other sinner of whose conversion we read in the Bible. He might have been thought beyond reach even of the mercy of God, so deep had he sunk in the pit of iniquity. Dr. Kitto thus sums up the list of the transgressions of this most wicked man: “The crimes of all former kings seem light in comparison with those which disgraced his reign. He upheld idolatry with all the influence of the regal power, and with such inconceivable boldness, that the pure and holy ceremonies of the temple were superseded by rites of an idol image, set up in the very sanctuary…. The practice which was, of all others, the most abhorrent to Jehovah, the king sanctioned by his own atrocious example, for he devoted his own children by fire to strange gods, in the blood-stained valley of Ben Hinnom. Wickedness reigned on high, and, as usual, persecuted righteousness and truth; so that, by a strong but significant hyperbole, we are told that innocent blood flowed in the streets of Jerusalem.” It is said that the prophet Isaiah was martyred by the command of Manasseh, and underwent a terrible death, by being sawn asunder!

**A worse than prodigal son**

“God spake unto Manasseh, and to his people, but they would not hearken.” Who could have marveled, then, if the sentence had gone forth, “Manasseh is joined to idols—let him alone?” “He that, being often reproved, hardeneth his neck, shall suddenly be destroyed, and that without remedy.” But Manasseh, son of Hezekiah, had doubtless been the child of many prayers, and the Spirit of his heavenly Father yearned still over this worse than prodigal son. God sent other messengers, to whom Manasseh could not choose but hearken. The Lord brought on him “the captains of the King of Assyria, which took Manasseh among the thorns, and bound him with fetters, and carried him to Babylon.” Those chains were as the cords of love, with which mercy would draw the wretched sinner back from the gulf of destruction into which he was plunging. “When he was
in affliction, he besought the Lord his God, and humbled himself greatly before the God of his fathers.”

**Manasseh’s contrite heart**

The prayer attributed to Manasseh, though not contained in the inspired record, nor perhaps written by Manasseh himself, well expresses what must have been the feeling of his broken and contrite heart. “I have sinned above the number of the sands of the sea. My transgressions, O Lord, are multiplied, and I am not worthy to behold and see the height of heaven, for the multitude of my iniquities. I am bowed down with many iron bands, that I cannot lift up my head, neither have any release; for I have provoked Thy wrath, and done evil before Thee. I did not Thy will, neither kept I Thy commandments. I have set up abominations, and have multiplied offences. Now, therefore, I bow the knee of my heart, beseeching Thee of grace. I have sinned, O Lord, I have sinned, and I acknowledge my iniquities. Wherefore, I humbly beseech Thee, forgive me, O Lord, forgive me, and destroy me not with mine iniquities….For Thou art the God, even the God of them that repent; and in me Thou wilt show all Thy goodness, for Thou wilt save me, that am unworthy, according to Thy great mercy.”

**Though your sins be as scarlet…**

“The blood of Jesus Christ cleanseth from all sin.” The history of Manasseh is a most striking comment upon such a text as this. If he was saved, who need despair? If he was granted true repentance, what heart so dead in sin that it cannot be quickened by the Spirit of Life? When God released the prisoner from captivity, and brought him again to Jerusalem to reign on the throne of his fathers, Manasseh proved the sincerity of his contrition by the change of his life. “He took away the strange gods, and the idol out of the house of the Lord, and all the altars that he had built, and cast them out the city. And he repaired the altar of the Lord, and sacrificed thereon peace-offerings and thank-offerings, and commanded Judah to serve the Lord God of Israel.” We believe that amongst the ransomed of Christ, Manasseh will at the last day be found with the pious Hezekiah his father, and the holy prophet Isaiah, whose inspired words were so touchingly fulfilled in the case of his own cruel murderer. “Though your sins be as scarlet they shall be white as snow; though they be red like crimson, they shall be as wool.

**God’s abounding grace**

The history of Manasseh is fraught with hope and comfort, not only for those bowed down under the weight of manifold sins, but for parents enduring that anguish which is only second to that of remorse, grief for the wickedness of a child. Hezekiah was a man of prayer; he had, we doubt not, often fervently prayed for his boy, and long after his own decease his prayers were abundantly answered. The supplications of Hezekiah may have helped to forge these fetters for Manasseh; they may have helped to draw the Assyrians upon him. Let us close our meditations upon this most striking history of God’s abounding grace, in the words of one who was himself a miracle of pardoning love,—“Godly sorrow worketh repentance not to be repented of. The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.”

*Editor’s note: We have had inquiries asking who A.L.O.E. is—In the 1883 volume, only these initials are given—there is no hint at a name. Maybe, if we surrender our lives fully to God, this will be one of the questions we will have answered in heaven.*
Death in the Wilderness

By John Klump
The story of the Hebrews’ exodus from Egypt and entrance into the land of Canaan in the book of Exodus is a fascinating story filled with God’s love, and the miracles He performs, in His attempts to reach the hearts of the people. The story is replete with the rebellion of a fickle and double-minded people. Only a few would respond consistently through faith in God. The Lord’s intention for His people was to bring them out of the bondage of slavery and into the land of milk and honey where they would prosper and enjoy His protection. It is easy to draw incorrect conclusions from this story, which result in a distortion of our understanding of the love, as well as the justice, of our great God. This article is an attempt to convey a proper understanding of the lessons to be learned from the great exodus out of Egypt, and to how this understanding impacts our spiritual lives today.

THE DIFFERENT CLASSES

How many classes of people will be living on the earth when sin has been purged from the hearts of mankind? The answer is one class. This class will be the saved. How many classes of people will be living on the earth when Jesus returns? The answer is two classes. The two classes are the righteous and the wicked. How many classes are described in Revelation 3:14-22 regarding the Laodicean church? The answer is three. The three classes are the hot, the cold and the lukewarm. Frequently cited definitions for these terms are as follows: The cold are usually defined as those who want nothing to do with Christ and His truth. The hot are usually defined as those who have asked Christ’s forgiveness of sin and are actively abiding in Him each day through the power of the Holy Spirit. The lukewarm are defined in a variety of ways, but a common definition is one who is hot on the outside and cold on the inside. These have no real connection with Christ even though they appear religious on the outside by their church attendance, good deeds and pleasant demeanor. These are convinced that they are connected to Christ, but in God’s eyes they are far from Him.

THE EXODUS

Let’s shift our attention to the day of the exodus. We have read the story of the exodus of the Hebrews from their Egyptian slavery. As Seventh-day Adventists believe that the story is historical, but it is also symbolically prophetic. This fact is clearly illustrated when we read in PP 330, that Moses was a type of Christ. He freed the Hebrews out of bondage and slavery in Egypt, just like Christ frees the sinner from the bondage and slavery of sin. The sacrificial lamb of the tenth plague was symbolic of Christ. The plaque of death passed over those who placed the blood of the sacrificial lamb on their lintel and doorposts. This blood covered their sins and their lives were spared from the plague of death. Pharaoh was symbolic of Satan who attempts to keep mankind in the bondage of sin. The slavery in Egypt was symbolic of our slavery in sin. The Hebrews crossed the Red Sea which we often think of as a symbol of baptism. We find support for this idea in 1 Cor. 10:1, 2, which reads, “Moreover brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; And were all baptized unto Moses in the cloud and in the sea.”

GOD’S PURPOSE

During this time of education and inspiration, God moves the Hebrews from Mount Sinai toward Canaan. The distance between Mount Sinai where God gives the Hebrews the Ten Commandments and the location where the spies crossed over is approximately 200 miles. Travel time for this distance should have taken about 52 days assuming the Hebrews walked a conservatively estimated figure of 5 miles each day, except for the Sabbath and the Preparation Day. That’s less than two months. Some estimates are slightly shorter or longer. The point here is that their journey through the wilderness was not supposed to take years. God’s purpose for the Hebrews was to travel across the
wilderness in a few months, enter the land of Canaan, destroy the inhabitants, and then live unmolested, to be a testimony to the power and love of God so others would be attracted to Christ through them.

**GIANTS IN THE LAND**

When the Hebrew people originally arrived at the border of Canaan, Moses sent twelve spies into the land of Canaan when he arrived at the southern border. We know the outcome of this event. Two spies, Joshua and Caleb, return with an encouraging report that the land is good and flowing with milk and honey, and they encourage the people to take the land and conquer the idolatrous people of Canaan. But the other ten spies are doubters and they testify against Joshua and Caleb. These doubters spread their disbelief in the power of God by exhorting that there are giants in the land of Canaan and that the Hebrews cannot defeat these giants. They also say that the land will not support the Hebrew multitude. The congregation then threatens to stone Joshua and Caleb if they continue to speak of the Hebrews entering into the land of Canaan. Isn’t this strange? Joshua and Caleb are encouraging the people to do God’s will while the people threaten them with death for doing so. Sadly, the people reveal that their trust in God is limited. The people are, in effect, saying to God, “It just seems impossible for us to be able to conquer the land, so we will be satisfied to remain right here in the wilderness until we die.”

**MIXED MULTITUDE**

This fearful and strange attitude doesn’t seem so strange if we read PP 281.2, which talks about the people of the exodus, “...And a mixed multitude went up also with them.” In this multitude were not only those who were actuated by faith in the God of Israel, but also a far greater number who desired only to escape from the plagues, or who followed in the wake of the moving multitudes merely from excitement and curiosity. This class were ever a hindrance and a snare to Israel.” What a shame that these people could not see the hand of a loving God working to save His believing people from a life of slavery and bondage. God was offering the Hebrews freedom from this slavery and a new way of life, but many of the exiles simply went along for the ride because of the excitement of the liberation, and their curiosity. They were physically present with Moses in the desert, but their hearts were back in Egypt. In fact they threatened on several occasions to go back to Egypt where they felt more comfortable in their slavery and captivity than in their new-found freedom. Even though God protected them and gave them a glimpse of the fruits of Canaan, the vast majority of the Hebrews refused to trust Him.

**WHY SO FEW?**

Exodus 12:37 says that 600,000 men left Egypt. Usually the term ‘men’ refers to males who are 20 years of age or older. This number doesn’t include the women and children. One estimate of the total number of Hebrews who left Egypt in the Exodus was two million. How many men made an active decision to trust God when He commanded them to enter and to conquer Canaan? Two men out of the 600,000. Joshua and Caleb were these two men. All of the other men of 20 years of age and older died in the wilderness before the Hebrews entered into Canaan. God would not allow them to enter in because of their unbelief and their lack of faith in His power. This brings to mind the great number of men and women and children who were alive in the time of Noah. It is estimated that millions of people were living on the earth in those days. How many were saved as a result of entering the ark? Only eight people were saved. This seems incredible but this is a Bible fact found in Gen. 7:13. Why is it that so few people in Noah’s day were saved? Why was it that 599,998 Hebrew men died in the wilderness? Some people would take a very pessimistic view of God at this point. They might ask, “Why did God destroy all of these people?” But let us not fail to remember God’s mercy and love. In both of these situations God gave every person an opportunity to get on board the ark but the vast majority of people refused to believe God would destroy them because of their lack of faith. In a like manner God gave all of the Hebrew men an opportunity to enter Canaan and conquer the giants of the land. But the vast majority refused to believe in God’s power. Only those who believed in and acted upon God’s power would eventually enter Canaan.

**SYMBOLISM OF THE JORDAN**

This story of the Exodus is historic, but let’s look at it from a symbolic perspective. I am going to give you one interpretation of the story of the exodus and eventual entrance into Canaan. I believe God is attempting to teach His people lessons from the literal story of the exodus but He is also attempting to teach lessons to His children today through a symbolic or figurative interpretation. It was stated earlier that the passage of the Hebrews through the Red Sea represents the baptism of the Hebrews. In other words, it represents the release from their slavery in Egypt. Most would agree that Egypt represents the state of sin, and Pharaoh represents Satan.
What was God asking the Hebrews to do when they reached Canaan? He wanted the Hebrews to cross the Jordan River and then destroy the giants, or the idolaters, of the land. God wanted the Hebrews to rid the land of apostasy. If crossing the Red Sea represents baptism, then what does crossing the Jordan River represent? Baptism! Does this mean that Christians are supposed to follow the example of the Hebrews and get baptized twice? No, but John 3:5 reads, “Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God”. So we see that there are two types, or aspects, of baptism necessary for entrance into the kingdom of God. The first is the baptism of water, and the second, which is essential, is the baptism of the Spirit.

**BAPTISM OF THE HOLY SPIRIT**

Baptism of water represents the washing away of our past sins. What an appropriate analogy. But the baptism by water without the baptism by the Holy Spirit is incomplete. The baptism of the Holy Spirit represents the power God gives to the believer through the Holy Spirit to conquer present and future temptation. Jesus promised He would give us the Holy Spirit when He ascended into heaven. “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever. Even the Spirit of truth, whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for He dwelleth with you, and shall be in you.” “But the Comforter, which is the Holy Ghost, whom the Father will send in my name…” John 14: 16 &26. This is what crossing the Jordan is all about, accepting the Holy Spirit’s power to defeat the giants of cultivated and habitual sin in our lives. “One Lord, one faith, one baptism…” Eph. 4:5. We don't need to be baptized twice but when we are baptized we need both types, or aspects, of baptism. God is attempting to reveal a truth to us in this saga of the Hebrew people. That truth is, if we cross the Red Sea but fail to cross the Jordan River we will suffer the same fate as the cowardly and unfaithful Hebrews. If we accept the baptism of water but reject the power of the Holy Spirit, we will die in the wilderness.

**STUCK IN THE WILDERNESS**

Many Christians and many Seventh-day Adventists are living in the wilderness. They think that because they were baptized in the water that this automatically means that they are living in the power of the Holy Spirit. The literal story of the Hebrews’ exodus from Egypt and their failure to enter into Canaan because of unbelief, symbolically reveals to today’s Seventh-day Adventists that being baptized in the water does not guarantee baptism by the Holy Spirit. Going through the motions of baptism without experiencing the power of the Holy Spirit is a fruitless and legalistic ritual. The Hebrews were baptized in the water but they got stuck in the wilderness because they chose not to trust God. They became content with themselves and their baptism of water. They chose not to move forward into the land of Canaan and conquer the giants of sin in their lives. The foundational lesson to be learned here is that when we choose to live in the wilderness, we will die in the wilderness. When we fail to trust God and His word, when we lack the faith in God to kill the idols of sin in our own lives, we have chosen to remain in the wilderness and to die in the wilderness. When we become content with our baptism of water we will die. The only way to move forward in our relationship with the Lord is to trust in the power and the directives of the Holy Spirit. This is the only way to transition into the land of milk and honey.

**CHRIST’S ROBE OF RIGHTEOUSNESS**

Some Seventh-day Adventists would say that the land of Canaan represents heaven. According to this view, crossing the Jordan River doesn’t represent the baptism of the Holy Spirit, but instead represents death. It follows then that Canaan would represent heaven. It’s true that this story can be viewed on different levels, but if Canaan represents heaven, the righteous will not be fighting giants and idolaters in heaven. There is no fighting in heaven. Seventh-day Adventists are to fight the fight of faith now while on earth. The battle is to be won while we are here on earth. “When He comes He is not to cleanse us of our sins, to remove from us the defects in our characters, or to cure us of the infirmities of our tempers and dispositions. If wrought for us at all, this work will all be accomplished before that time.” 2T 355. This is God’s promise to His believers today. Seventh-day Adventists believe that the last days are upon us now. We have God’s assurance that true believers living in the last days will be ready for the return of Jesus because they have cooperated with the Holy Spirit to remove the defects in their characters. These true believers will have died to self and put on Christ’s robe of righteousness. Ellen White has defined Christ’s robe of righteousness for us, but many people will be surprised to learn the true definition of the term. His robe of righteousness is not a continued forgiveness for the
sinner who chooses to continue to sin. “By His perfect obedience He has made it possible for every human being to obey God’s commandments. When we submit ourselves to Christ the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah.” COL 311. Those who have put on Christ’s robe of righteousness then, are those who have conquered sin through the power of the Holy Spirit and are living in complete obedience to God.

**CONTENT IN THE WILDERNESS**

It is a sad fact that many Christians, as well as many Seventh-day Adventists, are content to remain in the wilderness. They are content to have been baptized by water, which is the forgiveness of past sins. They don’t realize the need for the baptism of the Holy Spirit and the victory over personal and besetting sins. They don’t realize that a true love for Jesus compels them walk like He walked and to live like He lived. Accepting the forgiveness of past sins without accepting the power to live as Christ lived is to destroy the relevance and the purpose of the Holy Spirit. Satan is constantly attempting to lead us into error, and what is his greatest deception? “The idea prevails that Christ has done all for us, and that we can go on transgressing the commandments and will not be held accountable for it. This is the greatest deception that the enemy ever devised.” 3MR 97. Christ died that we may be forgiven of our past sins but those who have accepted Christ’s forgiveness and power will have an earnest desire to glorify the God who saved them from the condemnation of their sins.

**VICTORY TEXTS**

Those who chose to abide in Christ are given many Scriptural promises of power to overcome all sin in their lives. The following are a few examples of these Scriptures that we know well in the Seventh-day Adventist Church.

“I can do all things through Christ which strengtheneth me.” Phil. 4:13.

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.” Phil. 1:6.

“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, To the only wise God our Saviour, be glory and majesty, dominion and power, both now and forever. Amen.” Jude 24.

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” 1 Cor. 10:13.

These are some of what my wife refers to as Bible victory texts. Four are listed here but there are many more. The Lord promises us absolute, complete and continual victory if we fully trust Him even when the giants of the land seem too powerful for us.

**WALLOWING IN THE WILDERNESS?**

Symbolically, there are three places that we can live in this life. We can live in Egypt, we can live in the wilderness, or we live in the land of Canaan. We can be cold, we can be lukewarm, or we can be hot. Since you are taking the time to read this article you obviously have an interest in spiritual issues, so I believe that it is safe to say that you are not cold. Since you are not cold, then you must be either lukewarm or hot. Let me ask you from a perspective of the story we have just reviewed, are you wallowing in the wilderness or are you moving forward into the land of Canaan where God would have you to go?

The term ‘lukewarm’ is a well-known term in the Seventh-day Adventist Church. We find it in Revelation 3:16. The term is associated with the last-day Laodicean church. We normally define lukewarm as being spiritually hot on the outside but cold on the inside. In other words, the lukewarm Christian may attend church on the Sabbath, give tithes and offerings and even do Bible studies, but the heart has not been broken and the love for Christ is absent. Thayer’s Greek-English Lexicon of the New Testament offers a different definition of the term lukewarm. The term ‘lukewarm’ is number 5513, and it means, “tepid and metaphorically it is the condition of a soul wretchedly fluctuating between a torpor (sluggishness, stagnation, apathetic) and a fervor of love”. Do you see the difference between the two definitions? The first definition which is the most common in the Seventh-day Adventist Church, describes someone who is both cold and hot at the same time. The second definition from Thayer’s Greek-English Lexicon says that those who fluctuate between hot and cold are lukewarm. When the Christian is obedient one minute and disobedient the next, he is lukewarm. When the Christian vacillates back and forth between sin and holiness he
is lukewarm, and the Lord will spue him out of His mouth.

‘LUKEWARM’ EQUALS THE WILDERNESS

The popular theology in the Seventh-day Adventist Church today advocates that it is simply expected that the church member will continue to fall back into pet or cultivated sins and then run to God with a superficial emotional confession for the forgiveness of these continued sins. We convince ourselves that it is normal to fluctuate between sinning and not sinning. But according to the Greek Lexicon those who fluctuate are lukewarm. Doesn’t this attitude aptly describe the Hebrews in the wilderness? They fluctuated between belief and unbelief, between obedience and disobedience and they died in their fluctuating state. Those who were lukewarm died as a result of their failure to accept the baptism of the Holy Spirit in the Jordan River. They died as a result of their lack of faith in the power of God. We are no different today than the Hebrews in the wilderness if we fluctuate between belief and unbelief, between obedience and disobedience. If we continue this pattern we can expect the same outcome as the Hebrews experienced. This is the lesson that God is attempting to teach us today.

CROSS OVER THE JORDAN

This may seem foreign and even a difficult truth to hear initially but the good news is that God has given us the power to enter into the land of Canaan, and the Holy Spirit will be there with us to conquer all the giants of sin in our lives regardless of the type of temptation or the magnitude of temptation. We have Jesus’ word of honor that He will give us victory. This truth that God will supply our every spiritual need and that Christians can overcome in every regard is distorted by some professed and qualified theologians. They will attempt to convince the masses that this truth is too challenging and that one could become discouraged faced with such a profound thought. But to the one who is truly seeking God’s strength and refuge, this truth is a promise which provides hope in this world of a strong and meaningful communion with the Lord. God’s truth of power to overcome should be a most encouraging message. God is pleading with the Christian, “Don’t die in the wilderness. Cross over the Jordan, accept the power of the Holy Spirit and live in the land of overcomers.”

WHERE DO YOU LIVE?

Where are you living right now? Are you living in the wilderness, content to dismiss the power of the Holy Spirit, or are you living in the land of Canaan, abiding in Christ daily and destroying the giants of sin in your life? It is easy to be influenced by loving friends and fellow Christians who speak and believe differently than what the Bible teaches. Don’t become content with allowing what seem to be relatively innocent sins to remain in your life, because the promise of victory is given only to those who overcome. A loving obedience to God’s principles will characterize the willing and faithful servant of the Lord but there are some potential pitfalls along the way.

THE BIG PICTURE

It is critically important to remain focused on the big picture. God does not call us to focus our attention upon ourselves. If we do so, then Satan has won the battle. What is your purpose in life? Is it to count the number of times you sinned today? Is it to count the number of times you performed a Christian act today? No. The Christian’s purpose in life is to glorify God. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Cor. 10:31. The Christian’s purpose is to bring honor and glory to God. We sometimes get that mixed up. True religion is not about rules and regulations. It’s about honoring the God you have come to love and appreciate and we cannot honor God by attempting to follow a set of rules. God is calling each of us to cross over the Jordan River. He is calling us to allow the Holy Spirit into our hearts and to live by the power of God regardless of what others believe or how others live their lives.

“DID YOU TRUST ME ENOUGH?”

One day God will ask us these questions, “Did you trust me enough to enter Canaan?” He will ask, “Did you trust me enough to allow us to work together to slay the giants of sin in your life?” If we cannot answer these questions in the affirmative then we will be one of the millions who were deceived. They thought they loved Christ, but in fact they were simply content in their lukewarm earthly existence. These will receive their reward. Where are you living today? Wherever you are, God is calling you to the land of Canaan. If you are living in the land of Canaan, God is calling you to remain and continue to fight the battle. If you are living in the wilderness of a lukewarm state, God is calling you to higher ground and He has promised you safe passage.

John Klump is an orthodontist in Alamogordo, New Mexico. He and his wife, Diana, have four daughters and a son-in-law.
“Then spake Jesus again unto them, saying, I am the light of the world; he that followeth me shall not walk in darkness, but shall have the light of life.” John 8:12.

The Jews were self-deceived

The Jews rejected Christ; but they were self-deceived. They hated his teachings, because he exposed the secrets of their hearts and reproved their sins. They chose darkness rather than light, and would not come to the light, fearing that their deeds would be manifest. “This is the condemnation,” said Christ, “that light is come into the world, and men loved darkness rather than light, because their deeds were evil.” The Jews rejected Christ until their eyes were so blinded by the moral darkness that they thought they were doing God service in crucifying the Son whom he had sent unto them to be a messenger of light and hope.

Satan's goal is to ruin souls

Minds that are submitted to Satan’s control are led farther and farther from the light of truth into error and darkness. He has great power to entangle souls by confusing the minds of those who do not walk in the light which a kind Providence permits to shine upon their pathway. If he gains the least advantage, he will push it to the utmost; he will watch every opportunity to advantage his cause and ruin human souls.

By their fruits ye shall know them

Christ warned his disciples: “Beware of false prophets, which come to you in sheep’s clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them.” Here is a test which all may apply if they will. None need be left in uncertainty and doubt. There is always sufficient evidence upon which to base an intelligent faith. But God will never remove from any man all occasion for doubts. Those who love to dwell in the atmosphere of doubt and questioning unbelief can have the unenviable privilege. He who turns from the weight of evidence because there are a few things that he cannot make plain to his finite understanding, will be left to the cold, chilling atmosphere of unbelief and skepticism, and will make shipwreck of faith.

Jesus never praised unbelief

It should not be considered a virtue to be on the side of the doubting rather than on the side of the believing. Jesus never praised unbelief, never commended a doubting, questioning spirit. He gave to his nation evidence of his Messiahship in the miracles he wrought; but there were some who reasoned these evidences away, and in every good work found something to question and censure.

Lack of faith is a cause of stumbling

The centurion who desired Christ to come and heal his servant felt unworthy to have Jesus come under his roof; but his faith was so strong that he entreated him just to say the word, and the work of healing would be done. “When Jesus heard it, he marveled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel. And I say unto you, That many
shall come from the east and west, and shall sit down with Abraham, and Isaac, and Jacob, in the kingdom of heaven; but the children of the kingdom shall be cast out into outer darkness; there shall be weeping and gnashing of teeth. And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the self-same hour.”

Jesus here exalts faith in contrast with doubt. He shows the cause of stumbling on the part of the children of Israel. Their unbelief would lead to the rejection of light and would result in their condemnation and overthrow.

Thomas would not believe unless he could put his finger into the prints of the nails, and thrust his hand into the side of his Lord. He received the evidence he desired; but Jesus reproved his unbelief: “Thomas, because thou hast seen me, thou hast believed; blessed are they that have not seen, and yet have believed.”

Men will see fraud and dishonesty where perfect integrity exists.

When Christ sent out the twelve, he commanded them: “And into whatsoever city or town ye shall enter, inquire who in it is worthy; and there abide till ye go thence. And when ye come into a house, salute it. And if the house be worthy, let your peace come upon it; but if it be not worthy, let your peace return to you. And whosoever shall not receive you, nor hear your words, when ye depart out of that house or city, shake off the dust of your feet. Verily I say unto you, It shall be more tolerable for the land of Sodom and Gomorrah in the day of Judgment, than for that city.”

Jesus warned those whom he sent out to preach the gospel to beware of men; for they would be delivered up to the councils, and scourged in the synagogues. Men’s hearts are no softer today than when Christ was upon the earth. They will scorch with the tongue of slander and falsehood. They will, with their evil surmisings, see fraud and dishonesty where all is right, and where perfect integrity exists.

Noah was considered a fanatic, and was mocked.

Noah preached to the men of his time that God would give them one hundred and twenty years in which to repent of their sins and find refuge in the ark. This was abundant time in which to turn from their sins, overcome bad habits, and form righteous characters. But they refused the gracious invitation to repent and be saved. They denounced the preacher of righteousness as a visionary character, a fanatic, and an alarmist, and laughed to scorn what they termed his superstitious fears and forebodings. But though the merciful warning of God was rejected with mockery and derision, their unbelief did not hinder the predicted event. They were left in darkness to follow the curse that their own sinful hearts had chosen; but the flood came, and great was the wrath of God which was seen in the general ruin.

The baleful influence of sin poisons the life of the soul.

“As it was in the days of Noah, so shall it be also in the days of the Son of man.” This is the attitude of the world today. Men reject the truth of God, as they did in Noah’s time.

God’s word is our standard; but how few follow it. And yet we are responsible for our influence. Many lose their interest in the truth of God, because they have taken unbelief into close connection with themselves. They breathe the atmosphere of doubt, of questioning, of infidelity; their faith is imperceptibly undermined, and finally destroyed. The influence of the world and of selfishness is carried about by many who profess to be following the Bible. They are like a cloud, chilling the atmosphere in which others move. The baleful influence of sin poisons the life of the soul, and our only safety is in separation from those who walk in its darkness.

Our faith must be practical and steadfast.

Our religion will be of little worth to our fellow-men, if it is only theoretical, and not practical. We must be steadfast in the faith; we must not be movable. We have our work before us, which is to cause the light of truth, as revealed in the law of God, to shine in upon other minds, and lead them out of darkness. This work requires determined, persevering energy, and a fixed purpose to succeed.

We must come out from the world.

“If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.” The greatest triumph given to us by the religion of Christ is control over ourselves. Our natural propensities must be controlled. Few realize what this is. They do not know their own weakness; and the natural sinfulness of the human heart often paralyzes their best endeavors. There must be a coming out from the world, and a nearness to God, if we would be adopted into the family of Heaven as children of the great King. We must walk by faith. When we do the will of God, we shall know of the doctrine. Our feet will be planted on the rock of eternal truth, and we shall not be swept away by the doubt and skepticism of an unbelieving age.

From Signs of the Times, December 30, 1886

Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical texts of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.
An honest traveler having, on his way home, to pass through a lonely forest, loses his way. Bewildered, he knows not which way to turn. Now he goes forward; now backward. Then, after wandering about for some time, finds himself where he first starts from. He is discouraged; he listens, hoping to catch from the whispering winds some tidings of companionship or safety. ‘Tis all in vain. Thick mists now gather beneath the leafy canopy. The shadows of evening prevail, and night wraps the earth in her mantle of pitchy darkness. He gropes his way with fear and trembling; he becomes exhausted; hopeless and overcome, at last he sinks on the wet ground.

Relying only upon his compass, he finds his way home

For a while he muses. A thought strikes him—he will pray. He lifts up his hands in prayer, and as they fall again at his side, he feels a something. Behold! It is a compass. Now he strikes a light, and looks with intense interest on his newfound guide. Hope now swells his bosom; he will again see his beloved home. Doubt and fear are thrown to the winds, and he springs up to pursue his journey. As he moves forward with a light in one hand and compass in the other, several persons, attracted by the light, rush toward him and proffer their assistance. One pointing out an opening...
to the left, roomy and level withal, with many fair speeches and much earnestness, presses him to take it. Another, pointing to the right, in a very confident manner, urges him to take that. It is smoother and less obstructed than the way ahead. The traveler, honest in his purpose of finding home, and relying upon his compass, rejects all their offers of advice. He trims his lamp afresh, looks again at his guide, and following implicitly the way it directs, he gets out of the wood and arrives home in peace.

SNARES AND PITFALLS ABOUND
The lonely forest denotes this present world. The traveler, man; home, happiness; the compass, the Holy Bible; the light, the Holy Spirit; the false guides, those deceitful directors and false doctrines that abound in the world. The world, apart from the sacred light and holy influences of heaven, is dark, cheerless, and impenetrable. Through sin, the darkness of ignorance and the shadows of death prevail. “Darkness has covered the earth, and gross darkness the minds of the people.”

Every-where, snares and pitfalls abound; dangers, pain, and death. With the desire of happiness strongly implanted in his bosom, man wanders in the midst of misery and uncertainty. What he is, what he must do, whither he is going, he cannot tell. What is life? What is death? He knows not. He tastes of life with bitterness; he approaches death with horror. If there is a God, what is his character? How shall he worship him? If there be a state after death, what is its nature? Where is the place of its abode?

THE WAY OF ESCAPE
In this state of distressing anxiety, he wanders on, pathless, guideless, lightless, hopeless—he is lost! In the anguish of his soul, he exclaims, “Who will show me any good?” “God, forever blessed,” hears his prayer. He has been tenderly watching him, while in trackless mazes lost, and in his providence presents him with a Bible. He opens it—he reads it. Wonderful Book! It tells him all about the darkness; of what it is made, and how it came to overspread the earth. It tells, too, of a sun, a glorious sun, that can disperse the gloom; who he is and how he becomes the light of the world. It points out to him, more distinctly than he ever saw, the snares and pitfalls, and the way to escape them. Wherefore pain and how to endure it. Why the desire of happiness is implanted in the human breast, and how it may be gratified. It makes known to him what he is, what he ought to do, where he is going, and what he may become. It tells him of life, and how to enjoy it; of death, and how to strip it of its terrors.

THE BIBLE OFFERS HOPE, LIGHT, AND DIRECTION
It reveals to him a God, tremendous in power, glorious in holiness, accurate in justice, infinite in love. The Almighty Maker and Ruler of the Universe. It prescribes the way in which he would be worshiped, through “Jesus Christ the Righteous.” The sacrifices he would accept, “a broken and a contrite heart;” this is more acceptable to him than “Arabia sacrificed and all her spicy mountains in a flame.”

Numerous false guides appear and proffer their services
As soon as the honest inquirer after truth has discovered the right path, begins to walk in it, and lets his light shine, numerous false guides appear and proffer their services. While he was stumbling along in darkness
and in ignorance, the devil gave no concern about him. Now he is very much interested in his welfare. He sends his servants to put the poor man right. One of these endeavors to dissuade him from using the Bible; for, says he, “it is full of mystery; it is impossible to understand it. I, for one will never believe what I cannot understand. Follow reason; that is the surest guide.”

**The Bible is my compass, my sure guide**

“Indeed, friend,” replies the enlightened man, “it was by following reason that I was led into the possession of the Bible, and my Bible has led me to God. I acknowledge it is mysterious, wonderfully so; yet it has led me right hitherto, and I am determined to follow it. The nature of its secret influence over my soul I cannot tell. The nature of the power by which it guides aright, under all circumstances of life, I know not. Neither does the mariner understand the power by which the compass operates so beneficially under all circumstances—of storm and calm, light and darkness, heat and cold. It is ever a sure guide. He believes in it; he follows it. Were the sailor no more to weigh anchor and spread the flowing sail, until he understands the mysteries of the compass, verily, he would have to learn another trade for ships would have to rot in harbor, commerce would cease, and intercourse between nations come to an end. And what is worthy of remark, the common sailor-boy understands just as much of the practical use of the compass as the captain; cease then to persuade me further. The Bible is my compass, my sure guide; I will follow it.”

**Safety in following the Word**

Other false directors of different names, but all of them having the same end in view, viz.: to make him distrust his guide, and turn him out of the way, offer him their services; some press the matter one way, and some another. His reply to all is, “Wherewithal shall a young man cleanse his way, but by taking heed thereto according to the word.”

Thus he believes in it practically, follows its directions implicitly, and it guides him safely by every slough of despond, over every mountain of difficulty, through every strait of distress, and every storm of tribulation, and conducts him, at last, in triumph to the home of the blessed.

**No Bible, no moral chart**

“Take from the world the Bible and you have taken the moral chart by which alone its population can be guided. Ignorant of the nature of God, and only guessing at their own future immortality, the tens of thousands would be as mariners, tossed on a wide ocean, without a pole star and without a compass. The blue lights of the storm-fiend would burn ever in the shrouds; and when the tornado of death rushed across the waters, there would be heard nothing but the shrieks of the terrified, and the groan of the despairing. It were to mantle the earth with more than Egyptian darkness; it were to dry up the fountains of human happiness; it were to take the tides from our waters and leave them stagnant, and the stars from our heavens and leave them in sackcloth, and the verdure from our valleys and leave them in barrenness; it were to make the present all recklessness, and the future all hopelessness; the maniac’s revelry, and then the fiend’s imprisonment; if you could annihilate the precious volume which tells us of God and of Christ, and unveils immortality, and instructs in duty, and woos to glory. Such is the Bible. Prize ye it, and study it more and more. Prize it for it guides to the New Jerusalem. Prize it for it gives light to the simple.

Editor’s note: There are similar sources in the world to guide away from the writings of Ellen White. “The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. ‘Where there is no vision, the people perish.’ Prov. 29:18. Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God’s remnant people in the true testimony.” FLB 296.
As Pants the Hart

By Mrs. M. J. Bahler

As Pants the hart for cooling stream
'Mid desert's burning sand,
So pants my soul for God's sweet love
And for His guiding hand.

And as when once the thristing hart
The cooling stream doth taste,
Its longings bring it oft again
In eager, panting haste,

So would my thristing spirit oft
Seek for the strength divine;
To-day's sweet help is for to-day;
To-morrow's is not yet mine.

As when the morrow's rising sun
Streams o'er the desert wide,
The bounding hart in eager haste
Seeks quick the cooling tide,

So when the morrow's pressing toil
Before my hands shall lie,
Then I again will ask for strength,
For sure is His supply.
THE OVERWHELMING
PROOF OF PROPHECY

By Clark Floyd

God is good. He so loves each of us and so desires our presence in His kingdom that He has given us overwhelming proof of His existence and the veracity of His Scriptures in the Scriptures themselves through prophecy. He has given us history in advance in both Daniel and Revelation. The prophecy that I will explore in this article is the reign of the papacy for 1260 years.

Assurance from the Lord

In John 13:19, Jesus states, “Now I tell you before it come that when it come to pass, ye may believe that I am he.” He gives a second witness in John 14:29, in very similar words, “And now I have told you before it come to pass, that when it is come to pass, ye might believe.”

In Amos 3:7, we find the words, “Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets.” And in Proverbs 29:18, “Where there is no vision, the people perish.”

Let no man deceive you

As the people in Paul’s day began to think the second coming of Jesus was near, Paul counseled them, “That ye be not soon shaken in mind or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand. Let no man deceive you by any means: for that day shall not come except there come a falling away first, and that man of sin be revealed, the son of perdition; who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, showing himself that he is God.” 2 Thess. 2:2-4.

The power of the little horn

And in Daniel chapter 7, after being given the vision of four great world kingdoms, Babylon, Medo-Pedsia, Greece, and Rome, we are advised of ten horns on the last beast from which a little horn comes up among the ten. “In this horn were eyes like the eyes of man, and a mouth speaking great things.” Dan. 7:8. In verse 20, we see the same little horn make “war with the saints, and prevailed against them.” This, of course, refers to the persecution of God’s true people by the Catholic Church through the Dark Ages.

And in verse 25, it states that this power “shall speak great words (blasphemy) against the Most High, and shall wear out the saints of the most high (persecution), and think to change times and laws (the change of the day of worship from the seventh day to the 1st day).” And the power shall remain in authority “until a time and times and the dividing of time.”

A time is one year; times is two years, and the dividing of time is one half of a year. This gives us 3½ prophetic years or 1260 prophetic days—each year being 360 days. 1260 prophetic days is 1260 literal years (see Ezekiel 4:5 and Numbers 14:34).

How long shall it be to the end of these wonders?

The Roman power came into full ecclesiastical and political authority in 538 A.D. and this authority was totally broken—a deadly wound was suffered in 1798, 1260 years later when Berthier, a general of Napoleon took the Pope into captivity.

This time is repeated for the second time in Daniel 12:7, in response to a question asked in Daniel 12:6. “How long shall it be to the end of these wonders? And I heard the man clothed in linen which was upon the waters of the river, when he held up his right hand and his left hand unto heaven, and sware by him that liveth for ever that it shall be for a time, times, and a half; and when he shall have accomplished to scatter the power of the holy people, all these things shall be finished.” Notice here that we have a time (one year/360 days), times (two years/720 days), and an half (180 days) for a total of 1260 prophetic days or 1260 literal years.

The court refers to this earth

This time is mentioned again in Revelation 11:2, “But the court which is without the temple leave out, and measure it not, for it is given unto the Gentiles: and the holy city shall they tread under foot forty and two months.” (30 days in a Biblical month times 42 months = 1260 prophetic days of 1260 literal years).

“...That the court refers to this earth is proved thus: The court is the place where the victims were slain whose blood is be ministered in the sanctuary. The antitypical victim must die in the antitypical court, and He died on Calvary in Judea.” Smith, D. R. 532.

“In Ephesians 2:11 & 12, we have the inspired definition of the word ‘gentiles’ or ‘heathen’—‘those who are aliens from the commonwealth of Israel.’ In Rev. 11:2 the word gentiles or heathen refers to the Papal church in its persecution of the Israel of God during the dark ages.” Were, KTCFS, 33.

The faithful witnesses prophesied in sackcloth

In Revelation 11:3, we see our time period mentioned for the fourth time: “And I will give power unto my two witnesses, and they shall prophesy a thousand two hundred
and threescore days, clothed in sackcloth."

"The two witnesses represent the Old and New Testament Scriptures. Both are important testimonies to the origin and perpetuity of the law of God. Both are witnesses also to the plan of salvation." 4 SP 188.

"When the Bible was proscribed by religious and secular authority; when its testimony was perverted, and every effort that men and demons could invent to turn the minds of the people from it; when those who dared proclaim its sacred truths were hunted, betrayed, tortured, buried in dungeon cells, martyred for their faith, or compelled to flee to mountain places, thousands of faithful witnesses prophesied in sackcloth. Yet they continued their testimony throughout the entire period of 1260 years. In the darkest times there were faithful men who loved God's word and were jealous of His honor. To those loyal servants were given wisdom, power, and authority to declare His truth during the whole of the time." GC 267 & 268.

The church in the wilderness

Again in Revelation 12:6, we read, "And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and threescore days." This is the fifth mention of this time period.

"The church in the wilderness," and not the proud hierarchy enthroned in the world's great capital, was the true church of Christ, the guardian of the treasures of truth which God has committed to His people to be given to the world." GC 64.

Wings of a great eagle

Then in Revelation 12:14, we have the sixth mention of this time period, "And to the woman were given two wings of a great eagle, that she might fly into the wilderness, into her place, where she is nourished for a time, and times, and half a time, from the face of the serpent."

Here the papacy is again connected with Satan through the serpent. "And he laid hold on the dragon, that old serpent, which is the Devil and Satan, and bound him a thousand years." Rev. 20:2, for the church in the wilderness is protected "from the face of the serpent".

Power for forty and two months

And finally for the seventh time, we can read in Revelation 13:5, "And there was given unto him a mouth speaking great things and blasphemies; and power was given unto him to continue forty and two months."

"The persecution of the church did not continue throughout the entire period of the 1260 years. God in mercy to His people cut short the time of their fiery trial. In foretelling the 'great tribulation' to befall the church, the Saviour said: 'Except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened.' Matthew 24:22. Through the influence of the Reformation the persecution was brought to an end prior to 1798." GC 266.

The deadly wound of the papacy

But the deadly wound of the papacy was not suffered until 1798 when the Pope was taken into captivity by Napoleon's general, Berthier. This was exactly 3½ prophetic years, or 42 prophetic months, or 1260 prophetic days, or 1260 literal years after the papacy had come into full ecclesiastical and political authority in 538 A.D.

Seven is the number of perfect completeness

It is interesting that this period of time was mentioned seven times in Scripture. In the Book, Number In Scripture by E. W. Bullinger, published in 1895, at pages 167 and 168, it states: "Turning to the number seven, we must first consider the meaning of the word. In the Hebrew, seven is shevah. It is from the root, savah, to be full or satisfied, have enough of. Hence the meaning of the word "seven" is dominated by this root, for on the seventh day God rested from the work of Creation. It was full and complete, and good and perfect. Nothing could be added to it or taken from it without marring it….It is seven, therefore that stamps with perfection and completeness that in connection with which it is used."

God has multiplied the evidence

God wanted us, His people, to have a perfect, full and complete understanding, with no chance of error, of the role the papacy would play in history, and in our future as the wound continues to heal.

In His great love for us, and in His desire to see our faith grow, He has told us before it came to pass, so that when it did come to pass, we would believe, or have a greater faith. It is His love message saying, He wants us to be with Him in Heaven; thus He has multiplied the evidence.

We truly have the overwhelming proof of prophecy.

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.
By Bruce Westphal

O Earth, even in your stunted form
There is much here to love.

O God, I see so much more,
In the fallen branch,
The gutter,
The times of remorse.

Teach me more than
The simple,
The complex,
The convenient and the suspenseful.

Help me to see my true image,
Not the one my imagination forms.

It will be such a glorious day
When You come with Your cloud of angels
And take us to Heaven
Where we will learn more about you,
Your government,
And your love.

I understand we must be real before You get here,
Otherwise we cannot go,
That is....real about ourselves,
Our goals,
Our part in the great plan of redemption,
Our love,
Our testimony.

It comes down to a simple choice.
If we love You, we will keep Your commandments,
Not traditions, not opinions, not polls.

But the law written by your own finger
On tables of stone;

And ultimately written on our hearts
Where it reveals Your character
In all of its glory.

O great God of the universe,
Lift us up.....
Christian Crossword

ACROSS
3. The gospel prophet of the Old Testament
4. Queen of Israel, daughter of a pagan king
9. One of two tribes removed from the names of the 144,000
13. Where woman at the well was from
16. Which Bible book has this verse: “in him will I trust”
17. Number of widow’s mites
19. King that had John the Baptist’s head removed
22. One whose land was illegally taken by King Ahab
23. Which Bible book has this verse: “And the Lord God will circumcise thine heart”
25. Number of times 1260 years Papal captivity mentioned in the Bible
26. The other of the two of #20
27. The man that had the “cornfield” vision
28. Occupation of Gentile in number 29
29. Which Bible book has this verse: “that when it come to pass you might believe”

DOWN
1. Nickname of Ellen White’s oldest son
2. He would not take a letter until the postage was paid. The postage was in the letter.
5. Prophet whose donkey spoke to him
6. The other of the two tribes
7. Christ opened the Scriptures to 2 men on the road to Babylon
10. The number of tribes of Israel listed in the Old Testament
11. One of two preachers that preached the “1888 message”
12. Which Bible book has this verse: “They shall mount up with wings as eagles”
15. Name of Gentile Peter preached to after his blanket vision
16. Which Bible book has this verse: “Trust in the Lord with all thine heart”
18. Number of Ellen White’s children dying before adulthood
20. Which Bible book has this verse: “I have appointed thee each day for a year”
21. Which Bible book has this verse: “Surely the Lord God will do nothing, but he revealeth his secret”
24. Last name of Ellen White’s sister whose son was a songwriter
Answers from Christian Crossword published in the January 2010 issue of Our Firm Foundation

**ACROSS**
1. Ellen White was born in [GORHAM]
2. In 1850 EGW moved from Oswego, NY to [MAINE]
3. Any lack of conformity to the law of God [SIN]
4. Prophet from Tekoa [AMOS]
5. A person seen in heaven in Ellen White’s vision [FITCH]
6. He came under the wall of Babylon [CYRUS]
7. Satan posed as a [SERPENT]
8. Wicked king of Israel with a wicked wife [AHAB]
9. Ellen White’s description of heaven convinced him she was a prophet [BATES]
10. Garden [EDEN]
11. Ellen White’s song writing nephew [BELDEN]
12. Kingdoms in Scripture are often described as [BEASTS]
13. A priest that returned from Babylon to Jerusalem [EZRA]
14. First Sabbath-keeping Adventist minister in North America [WHEELER]
15. J.N. Andrews sent in 1874 as foreign missionary to [SWITZERLAND]
16. Ellen White’s mother’s name [EUNICE]
17. Ellen White’s father’s name [AMRAM]
18. Ellen White’s mother’s name [EUNICE]
19. Ellen White’s father’s name [ROBERT]
20. Garden [EDEN]
21. First introduced our pioneers to the Sabbath [OAKES]
22. The encouraging pastor in Ellen Harmon’s early years [STOCKMAN]
23.Began colporteur work in Indies in 1889 [ARNOLD]
24. Exclamation of Christ on the cross [ELI]
25. Boat [ARK]
26. James White’s illness in 1865 [STROKE]

**DOWN**
1. Prophet from Tekoa [AMOS]
2. In 1850 EGW moved from Oswego, NY to [MAINE]
3. Any lack of conformity to the law of God [SIN]
4. Wicked king of Israel with a wicked wife [AHAB]
5. A person seen in heaven in Ellen White’s vision [FITCH]
6. He came under the wall of Babylon [CYRUS]
7. Satan posed as a [SERPENT]
8. First Introduced our pioneers to the Sabbath [OAKES]
9. Ellen White’s description of heaven convinced him she was a prophet [BATES]
10. Garden [EDEN]
11. Ellen White’s song writing nephew [BELDEN]
12. Father of Miriam [AMRAM]
13. Missionary ship built in 1890 for South Pacific [PITCAIRN]
14. Kingdoms in Scripture are often described as [BEASTS]
15. The church of Ellen White’s parents [METHODIST]
16. Father of Jezebel [ETHBAAL]
17. God’s people overcome by the blood of the [LAMB]
18. Boat [ARK]
19. Isaiah’s father [AMOZ]
20. Boat [ARK]
Dear Reader,

Have you ever wondered why the original diet intended for man was fruit? After you hear all the amazing healing benefits of fruit, I hope you’ll understand much better.

The last couple months I’ve been talking about antioxidants and how important they are. One of the ways I’ve suggested to get more antioxidants is by eating more fruit, berries in particular. As a rule, most of you know that you need to get more fresh fruits in your diet. You hear it so often it doesn’t even faze you anymore. You say, (pick one):

1. I don’t know how to pick good fruit.
2. I don’t have time to wash it and cut it up.
3. It’s too expensive!
4. I buy it, but it goes bad before we have time to eat it.
5. I don’t know how to make it appealing so my family will eat it.
6. I know I need to, but can’t just take some pill and get the same effects?

The list goes on and on. And many of these are valid reasons! Who wants to buy strawberries at $4.00 a quart only to open them up two days later to find a quart of moldy mush? That can get expensive and very discouraging!

So, how do you start incorporating more fruit into your diet? First of all, you and your family need to be excited about fruit. If you feel like you “haaaaave” to eat this horribly boring stuff and have no idea why, other than this very vague idea that it’s “good for you”, then you probably won’t do it. You’ll find every excuse out there and you’ll talk yourself out of it. My hope is that after reading this article series, you’ll get completely jazzed about these incredibly healing “miracle” foods – and you’ll wonder why you never heard this stuff before! In addition, since I really, really want you to add more of these amazing fruits to your diet, I’ll give you some tips to help cut out some of the excuses above. So let’s get to the good stuff!

Getting Jazzed About Blueberries!

Due to space limitations, and how tremendous each fruit is, I will be highlighting only one super-food each month. This month we’ll be talking about a tiny, tasty, colorful “powerhouse” of nutrition. You may have already guessed it: blueberries!

Almost everyone has heard that blueberries are good for you, but do you know why? First of all, blueberries are packed with antioxidants — in fact, they are one of the best food sources known! Why is this important?

Antioxidants in our food can help save us from virtually every disease. Most of our health problems are due to free radicals, which have been proven to have fierce destructive powers. So far scientists have linked free radicals to at least sixty different chronic diseases, as well as to aging itself. But if you supply your cells with enough antioxidants, they can strike down, intercept, and extinguish rampaging free radicals and even repair some of their damage, helping to prevent, and even reverse, some major diseases such as: cancer, arthritis, heart disease, diabetes, and more! (For more on antioxidants, read the December 2009 and January 2010 health articles in Our Firm Foundation).

Blueberries: Very High Antioxidant Activity

Based on data from the USDA Human Nutrition Research Center on Aging (Boston, MA), blueberries are among the fruits with the highest antioxidant activity. Using a test called ORAC (Oxygen Radical Absorbance Capacity), researchers have shown that a serving of fresh blueberries provides more antioxidant activity than many other fresh fruits and vegetables. One of the reasons for this is because of their large anthocyanin concentration. Anthocyanins are nutrients found in the dye that is released from the blueberries’ skin, and may very well be the most valuable nutrient the fruit has to offer. This powerful free radical-fighter is also abundantly present in other colorful red and blue crops such as black currants, blackberries, grapes, cranberries, cherries, raspberries, and strawberries.
Memory, Cognitive Function, and Anthocyanins

Have you ever walked into a room and forgotten why? Have you had a word on the tip of your tongue but you just can’t seem to spit it out? While many older adults worry about these being a sign of Alzheimer’s setting in, many twenty and thirty-something’s blow these off as just “common” lapses in memory. But research following the gradual decline of memory says that the process actually begins at the ripe old age of 20!

And other recent research suggests that sections of the brain that strengthen memory are becoming flimsy and weak in a generation dependent on computers. With an increasing reliance on computers for research and guidance, as well as Palm pilots and navigation devices, instead of exercising these parts of the brain, young adults just search the Web or punch some words into a gadget, say researchers.

Researchers from Hokkaido University in Japan looked at 150 20- to 35-year-olds in Japan and found that more than one in 10 was suffering from severe memory problems. “They’re losing the ability to remember new things, to pull out old data or to distinguish between important and unimportant information. It’s a type of brain dysfunction,” said Toshiyuki Sawaguchi, the university’s professor of neurobiology. “Young people today are becoming stupid.” By the time people are in their mid-60s, the continuous decreases in cognitive abilities start to become noticeable.

Sound scary? What can we do about it? Obviously spending more time reading and problem solving, and relying less on gadgets doing the thinking for us will help, but is that all? What about our diet? Can the foods we eat make a difference?

Improved Memory

**Study #1:** Jim Joseph, director of the neuroscience laboratory in the USDA Human Nutrition Research Center, fed blueberry extractions to one group of mice – simply the equivalent of a human eating one cup of blueberries a day. Then he ran them through a series of motor skills tests. He found that the blueberry-fed mice performed better than their control group counterparts in motor behavioral learning and memory, and he noticed an increase in exploratory behavior. When he examined their brains, he found a marked decrease in oxidative stress (free radical damage) in two regions of the brain. He also found that the blueberry-fed mice had retained more of the important signal-transmitting neurons than did the regular chow-fed mice (control group). He determined that anthocyanin appears to be the compound responsible for this neuron protection. So if giving the mice only blueberries had these tremendous effects, imagine if they studied the effects of an anthocyanin-rich diet including all of the fruits listed above: black currants, blackberries, raspberries, cherries, etc! Can you imagine how sharp the brains would be?!

Improved Motor Skills

**Study #2:** Another study at the USDA HNRC put one group of young rats on a blueberry-rich diet and another on regular chow. Then the scientist exposed both groups to 48 hours of concentrated oxygen, stirring up in two days the amount of free radical damage that normally takes 20 rat months, or 75 human years to accumulate. Brain cells in the control group became less responsive to neurotransmitters associated with short-term memory. However, the brains of the blueberry-fed rats did not change. It was found that the fruit prevented the kind of short-term memory loss that accompanies aging. Can you imagine having the same memory of a young, healthy person when you’re 75? I sure hope I do!

But that was just mice. How does this apply to humans? Joseph is currently testing the effects of blueberries on humans. Preliminary results have already shown that people who ate one cup of blueberries a day performed 5–6% better on motor skills tests than those who didn’t (the control group). Now what would you say if I told you I had a chewable medicine that tasted good, was inexpensive (compared to drug prices), had no side effects; needed no prescription to get it, and could improve your motor skills by at least 5–6% and could help keep your memory perfectly in tact? You know what you’d say! “Where can I get this miracle pill?” The good news is – you can get it at any grocery store! Stop by your produce section and pick up some fresh berries. If you’re afraid they won’t keep, get the frozen berries! They are still packed with nutrition and can help improve your memory. But that’s not all!

Blueberries and Urinary Tract Infections

Do you suffer from frequent urinary tract infections (UTIs)? Have you ever experienced the burning, stinging pain and worry about getting one again?
If you eat blueberries, you may not have to worry anymore! Blueberries contain the same compounds found in cranberries that help prevent or eliminate urinary tract infections. Researchers at Rutgers University in New Jersey have identified compounds in blueberries called proanthocyanidins that promote urinary tract health and reduce the risk of infection.

You see, in order for bacteria to infect, they must first adhere to the mucosal lining of the urethra and bladder. The proanthocyanidins actually prevent the bacteria from adhering to the cells that line the walls of the urinary tract. Components found in both cranberry and blueberry juice reduce the ability of E. coli, the bacteria that is the most common cause of urinary tract infections, to adhere.

Blueberries and Heart Health

Heart disease (cardiovascular disease) has been the leading cause of death in the United States for quite some time now. Cholesterol and blood pressure medications top the list of blockbuster pharmaceuticals. But is this necessary? What if there was a more natural alternative?

While wine, particularly red wine, has been touted as cardio-protective (since red grapes are a good source of antioxidants resveratrol and anthocyanins that help to lower cholesterol), a recent study published in the Journal of Agriculture and Food Chemistry found that blueberries actually deliver more anthocyanins than wine, and they contain resveratrol too! But it gets better! Not only do blueberries contain both anthocyanins and resveratrol, but now a U.S. Department of Agriculture scientist has found another compound in blueberries that appears to be effective in lowering the bad forms of cholesterol.

The compound, known as pterostilbene, appears to have many of the same cholesterol-fighting properties found in the antioxidant resveratrol (which led to wide reports that red wine was heart-healthy). Agnes Rimando, a research chemist with the USDA's Agricultural Research Service, found that the pterostilbene in certain types of blueberries had a much more notable effect than resveratrol. Pterostilbene works in much the same manner as the popular anti-cholesterol drug ciprofibrate, sold commercially as Modalim, but without the side effects. To give you an idea of what those entail, here are just some of the side effects of Modalim:

- Headache
- Balance problems involving the inner ear (vertigo)
- Nausea and vomiting
- Diarrhea
- Indigestion (dyspepsia)
- Abdominal pain
- Alteration in results of liver function tests
- Skin reactions such as rash or itching
- Pain in the muscles (myalgia)
- Inflammation of the muscles (myositis)
- Dizziness
- Drowsiness
- Hair loss (alopecia)
- Impotence
- Rhabdomyolysis (Muscle damage that leads to kidney damage, possibly failure).

Keep in mind; these are just some of the side effects reported by the drug's manufacturer. Why take a chance on a drug like this when blueberries can do the same thing, side-effect-free? Plus, drugs like this one are designed to treat only one specific problem: high cholesterol. That's the great thing about God's medicine. Blueberries not only help with high cholesterol, but they improve overall heart health, improve mental function and memory, reduce risk of cancer, and so much more.

"Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food." ~ Hippocrates

Blueberries and Cancer

In addition to their powerful anthocyanin antioxidants that help improve memory and reduce cholesterol, blueberries contain another antioxidant compound called ellagic acid, which blocks metabolic pathways that can lead to cancer. They are also high in the soluble fiber pectin, which has been shown to prevent bile acid from being transformed into a potentially cancer-causing form.

Blueberries: Protection from Colon Cancer

"Colorectal cancer ranks fourth worldwide in cancer occurrence and deaths." (3) “In the general population, the risk of developing colorectal cancer is approximately 19 percent.” (4) Don't like those odds! Luckily we have help!

Laboratory studies published in the Journal of Agricultural and Food Chemistry show that anthocyanin, phenolic, flavonol, and tannin compounds in blueberries can inhibit colon cancer cell proliferation (growth or spread) and cause apoptosis, which is programmed cell “death” - meaning they cause the cancer
cells to spontaneously die.

In this study, different compounds of dried blueberry were extracted: anthocyanins, flavonols, tannins, and phenols. Using normal concentrations of the compounds – meaning the amount found in the animal's body after consuming blueberries – the anthocyanin extract increased DNA fragmentation (a sign that cancer cell death had been triggered) by 2-7 times. The flavonol, tannin, and phenolic compounds cut cell proliferation (or cancer cell growth) by compounds cut cell proliferation (or cancer cell growth) by half! Bottom line: eating blueberries may very well reduce colon cancer risk.

Blueberries: Protection from Ovarian Cancer

Ovarian cancer has been called the “silent killer” since it often is not found until it has spread to other areas of the body. Even now, only about 20 percent of ovarian cancers are found before tumor growth has spread beyond the ovaries. This can be very scary for women! But yet again, God has made a plan for our health!

Among their rich supply of phytonutrients, blueberries include a flavonoid called kaempferol. Research calculating flavonoid intake in 66,940 women enrolled in the Nurses Health Study between 1984 and 2002 revealed that women whose diets provided the most kaempferol had a 40% reduction in risk of ovarian cancer, compared to women eating the least kaempferol-rich foods. In addition to blueberries, foods richest in kaempferol include onions, curly kale, leeks, spinach, and broccoli.

Blueberries vs. Vaccines

Drug companies are constantly creating new “vaccines” for prevention of different diseases. Alzheimer’s disease, genital herpes, urinary tract infections, grass allergies, traveler’s diarrhea: you name it, the drug companies are working on it. But, just so you know, each vaccine comes with it’s own set of potential “side effects”, some of which are completely life-altering, like autism, to some that are downright deadly. Do you feel safe exposing your children to these?

What if I told you now that we had found a chewable vaccine that that tasted good, was inexpensive, had no side effects, was completely safe for everyone – children, pregnant women, adults, elderly – everyone, needed no doctor or prescription to get it, and could improve your motor skills, improve your memory, reduce your risk of urinary tract infections, and significantly reduce your risk of heart disease and cancer (the two major killers in the U.S.)? What would you say? I hope you’d say, where can I get some?!

People get so concerned when there is a vaccine shortage, yet do they worry when they are not getting enough of their own “preventative medicine” through their diet: fruits, grains, nuts, and vegetables in their purest form? As for the excuses:

1. I don’t know how to pick good fruit. – Talk to the manager of the produce section of the store. They are usually very happy to help, and can help you pick the best fruit. Otherwise, buy frozen! While fresh fruit is higher in nutrients, frozen has shown to be nearly as beneficial. This way you don’t have to worry about picking it, and you can buy in bulk without it going bad.

2. I don’t have time to wash it and cut it up. – Blueberries are pretty easy for this one, just rinse and eat! Throw a handful in your cereal, fruit salad, or fruit smoothie.

3. It’s too expensive! – The best thing to do would be to plant your own blueberry bush and enjoy blueberries for years to come! You can freeze them for the winter months and enjoy fresh in the summer. Otherwise, try buying from a local farmer’s market. If these aren’t available, you can purchase large bags of blueberries from the frozen section of most grocery stores. These are usually quite economical.

4. I buy fruit, but it goes bad before we have time to eat it. – This is where frozen fruits can be a super help. Use them when you want, and you know that they will store well and keep for a long time. I like to keep frozen blueberries on hand at all times, that way I know they’re there if I need them, and I don’t worry about them going bad. If you have some fresh berries you’re worried you won’t use in time, just stick them in the freezer. They keep really well.

5. I don’t know how to make it appealing so my family will eat it. – Blueberries are an easy addition to many dishes. Just toss some fresh blueberries on any sweet dish – cereal, pudding, whipped cream, oatmeal, fruit salad, shortcake, etc! If you don’t like the taste or still don’t know what to do, make a fruit smoothie. Using water or juice as the base, add one banana and your choice of fruit (fresh or frozen): strawberries, pineapple, mango, blackberries, raspberries, cherries, and of course, a good portion of blueberries! Remember, mix it up, each fruit has it’s own valuable nutrients. Maybe have a different flavor for each day of the week!

6. I know I need to, but can’t I
Just take some pill and get the same effects? – Don’t worry, we understand. There are some people that have tried and tried and just can’t seem to get a particular fruit (like blueberries) in their diet. They can’t stand the taste, don’t have the money, don’t have time, etc. We have already thought of that person! That is why we created our own potent fruit blend – Fruitilicious. We picked the most nutritious fruits we could find and made a nutritionally packed blend, designed to be taken each day to help give your body the fruit nutrition it needs! Even if you think you’re getting enough fruit each day, you can always add a scoop of Fruitilicious just to make sure. Added to water, juice, or a smoothie, it’s a delicious way to get more valuable “natural medicine” in your diet. Kids love it! I personally add it to my fruit smoothie each day, and I love it! I’m confident I’m getting the nutrition I need.

Whether or not we understand all the benefits of blueberries, we can know that God created them, along with other fresh fruits, vegetables, grains, and nuts to have incredible healing powers. Which is why He wants us to eat them. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2. Why do we ignore God’s directions, and make a beeline for the doctor’s office? By simply adding some of these healing foods to your diet each day, you can experience better health, improved energy, and you’ll even save money from fewer trips to the doctor! I hope you will start incorporating blueberries along with other fresh fruits in your diet. If you do, you’ll experience better health than you knew was possible!

Stay tuned next month for Phenomenal Healing Fruit #2. As always, if you have any health concerns or questions about this topic, please give our health department a call at 309-343-5853. We would be happy to help you on your journey to better health and a more fulfilling life.

1. Counsels for the Church (1991), page 228, paragraph 1
2. Counsels on Diet and Foods (1938), page 309, paragraph 5
3. (Shibuya K et al 2002)
4. (Markowitz AJ et al 1997)

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

Would you like to get more fruit in your diet? Tired of wasting money on fruit that goes bad before you get a chance to eat it? If so, try Fruitilicious! Our amazing nutrient-rich Fruitilicious is PACKED with fruits, berries, and a plethora of nutrients!

Fruitilicious is delicious AND nutritious. With only 16 calories per scoop, you can enjoy all the benefits of the power-packed nutrient blend without worrying about your waistline!

**Fruitilicious**

Discover some of the benefits of the 32 extraordinary ingredients in Fruitilicious:

- Acerola
- Blackberries
- Black Currants
- Blood Oranges
- Black Raspberries
- Blueberries
- Cherries
- Cranberries
- Goji Berries
- Mangos
- Apple Pectin
- Peaches
- Pears
- Papayas
- Japanese Knotweed
- Red Plums
- Oat Bran
- Rice Bran
- Lycopene
- Lecithin
- ORAC Blend
- Strawberries
- Nectarines
- Pomegranates
- Watermelon
- Bilberries
- Lutein
- Grapeseed Extract
- Astaxanthin
- Carrot Powder
- Flax Seeds

**WHY IS FRUITILICIOUS PACKED WITH SO MANY BERRIES?**

Of all the fruits and vegetables that you can eat, as far as nutrients go, berries beat them all. Berries, more than any other food, are associated with a remarkably long list of health benefits. This is why we included as many berries as we could squeeze in the bottle, including: blackberries, black currants, black raspberries, blueberries, cherries, goji berries, pomegranates (yes, they’re considered a berry), strawberries, and bilberries! How often do you get all of THOSE in your diet?!! The pigments that give berries their beautiful blue and red hues are also good for your health! Berries contain a giant portion of phytochemicals and flavonoids that have proven to help prevent many diseases, including heart disease, cancer, diabetes, arthritis, and more!

10 oz. Powder

$23.99 HXHH-FRUI

Suggested Adult Dosage:

- 1 scoop in 8 oz. of water or juice once or twice a day. Can also be used as a meal replacement.

Suggested Child Dosage: (8yrs and up):

- 1/4 to 1/2 scoop in water or juice once or twice a day.

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*
News Watch

1. The Christian Science Monitor, Jan. 13, 2010 headlines and article

Haiti earthquake: Obama pledges $100 million. Send tents, says aid official. After the Haiti earthquake, which US Secretary of State Hillary Clinton estimates affected 3 million people, President Obama pledged $100 million in US assistance. Aid groups say food, medicine and “tents and more tents” are needed. Getting the port up and running and roads open are also top priority.

End time perspective #1: “The time is at hand when there will be sorrow in the world that no human balm can heal. The Spirit of God is being withdrawn. Disasters by sea and by land follow one another in quick succession. How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of disorganized, unregulated forces of nature, wholly beyond the control of man; but in them all, God’s purpose may be read. They are among the agencies by which He seeks to arouse men and women to a sense of their danger.”—Prophets and Kings, p. 277.

Editor’s note: We have covered earthquakes before, but the nature and magnitude of the earthquake in Haiti again tells us how close we must be to the end. This earthquake had a magnitude of 7.

End time perspective #2: Things to come: “They will point to calamities on land and sea--to the storms of wind, the floods, the earthquakes, the destruction by fire--as judgments indicating God’s displeasure because Sunday is not sacredly observed. These calamities will increase more and more, one disaster will follow close upon the heels of another; and those who make void the law of God will point to the few who are keeping the Sabbath of the fourth commandment as the ones who are bringing wrath upon the world. This falsehood is Satan’s device that he may ensnare the unwary.” ChS 155.


“If an index is needed for how much closer organized labor is to President Obama than to his predecessor, it might be the number of times Mr. Sweeney, the A.F.L.-C.I.O.’s president, has visited the White House since Inauguration Day — at least once a week for receptions, bill signings and a meeting on fiscal responsibility. Mr. Obama has delighted labor by issuing four pro-labor executive orders that reversed Bush policies. He has also appointed a union-friendly chairwoman to the National Labor Relations Board and named a labor secretary whose parents were both union members. But those changes worry corporate America, especially as Mr. Obama has signaled he will push for legislation that would expand labor’s thinned ranks by making it far easier to unionize workers.”

End time perspective #2: Things to
unions and confederacies of the world are a snare. Keep out of them, brethren. Have nothing to do with them. Because of these unions and confederacies, it will soon be very difficult for our institutions to carry on their work in the cities. My warning is: Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities into the country, where they can obtain a small piece of land, and make a home for themselves and their children...." 2SM 142.

End time perspective #2: “The trades unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began. . . . A few men will combine to grasp all the means to be obtained in certain lines of business. Trades unions will be formed, and those who refuse to join these unions will be marked men...” LDE 116 & 117.

End time perspective #3: “Satan is busily at work in our crowded cities. His work is to be seen in the confusion, the strife and discord between labor and capital, and the hypocrisy that has come into the churches. . . . The lust of the flesh, the pride of the eyes, the display of selfishness, the misuse of power, the cruelty and the force used to cause men to unite with confederacies and unions--binding themselves up in bundles for the burning of the great fires of the last days--all these are the working of satanic agencies.”--Ev 26 (1903).


“MARIETTA, Ga. – The rampage started when a camouflage-clad gunman parked his pickup at the Atlanta-area truck rental company, authorities said, and started firing his handgun into a crowd of ex-colleagues. By the time the attack at the Penske Truck Rental facility was over, three people were dead and two more were in critical condition. Jessie James Warren, a 60-year-old former technician who last worked at the facility six months ago, was arrested and charged with the carnage. There is no known motive, but police have described him as a ‘disgruntled ex-employee.' Penske officials, meanwhile, said Warren likely chose his targets at random.”

End time perspective #1: Editor’s note: Again we have an area that has been covered before, but the frequency of such killings seems to be increasing: “These cities are filled with wickedness of every kind,--with strikes and murders and suicides. Satan is in them, controlling men in their work of destruction. Under his influence they kill for the sake of killing, and this they will do more and more...” CL 17.

End time perspective #2: “Thefts and murders are committed on every hand. Men possessed of demons are taking the lives of men and women and little children. All these things testify that the coming of Christ is near at hand... “ HP 342.
Pure luxury. Each bar of soap is made by hand and enriched with a nourishing blend of jojoba, shea butter, vegetable glycerin, botanical extracts, and essential oils. Our bar soap’s ultra emollient lather pampers the skin while it cleans. And like all of our products, are made with the finest all-natural, cruelty-free ingredients. Available in 15 scents (And Shea Butter Chamomile for babies).

6 oz. Mega Bar.........................................................$6.99

(ALL SKU #’s Begin with HXHN. See individual products for last 4 letters.)
HE DEPENDED COMPLETELY ON DIVINE POWER

“Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise.” John 5:19.

“Jesus is the perfect pattern, and it is the duty and privilege of every child and youth to copy the pattern. Let children bear in mind that the child Jesus had taken upon Himself human nature, and was in the likeness of sinful flesh, and was tempted of Satan as all children are tempted. He was able to resist the temptation of Satan through His dependence upon the divine power of His heavenly Father, as He was subject to His will, and obedient to all His commands. He kept His Father's statutes, precepts, and laws. He was continually seeking counsel of God, and was obedient to His will.”

WE ARE NOT TO GLORY IN OURSELVES

“But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord.” Jer. 9:24.

“All boasting of merit in ourselves is out of place.

“The command is not, Let him that glorieth glory in himself, but in God. . . . There is, then, no ground for men to take glory to themselves. For every blessing which they enjoy, for every good quality which they possess, they are indebted to the grace of Christ. None should exalt themselves as possessing wisdom or righteousness. .

“Those who have the deepest experience in the things of God, are the farthest removed from pride or self-exaltation. They have the humblest thought of self, and the most exalted conceptions of the glory and excellence of Christ. . . . When we have our eyes fixed upon heaven, and have clear views of the character of Christ, we shall exalt the Lord God in our hearts.

“As one becomes acquainted with the history of the Redeemer, he discovers in himself serious defects; his unlikeness to Christ is so great that he sees the necessity for radical changes in his life. Still he studies with a desire to become like his great Exemplar. He catches the looks, the spirit, of his beloved Master. By beholding . . . he becomes changed into the same image.”

TO STUDY THE SCRIPTURES

“For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope. Rom. 15:4.”

“This Holy Book has withstood the assaults of Satan, who has united with evil men to make everything of divine character shrouded in clouds and darkness. But the Lord has preserved this Holy Book by His own miraculous power in its present shape,—a chart or guidebook to the human family to show them the way to heaven. . . . This Word . . . is the guidebook to the inhabitants of a fallen world, bequeathed to them, that by studying and obeying the directions, not one soul would lose its way.

“There never was a time when it was so important that followers of Christ should study the Bible as now. Deceptive influences are upon all sides, and it is essential that you counsel with Jesus, your best friend. . . . David declares, “Thy word have I hid in my heart, that I might not sin against thee.” How many are betrayed into sin, because they have not, through prayerful study of the Word of God, realized the sinfulness of sin, and found out how they may steadfastly resist it. When temptation comes upon them, they seem to be off guard, and ignorant of the devices of the enemy. We are living in perilous times, and as we draw near the close of earth's history, there will be no safety for those who do not become familiar with the Word of God. . . . Everything that can be shaken, will be shaken. . . . The children of God have reached the most critical part of their pilgrimage; for the nets and pitfalls of the enemy are on every side. And yet with the guidance of the Lord, with that which is plainly revealed in His Word, we may walk securely and not stumble. . . . A voice from heaven is addressing us in its pages.

“Obedience to God's Word is our only safeguard against the evils that are sweeping the world to destruction.” SD190.

GOD DOES NOT LIMIT OUR ADVANCEMENT

“That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.” Col. 1:10, 11.

“God fixes no limit to the advancement of those who are ‘filled with the knowledge of his will in all wisdom and spiritual understanding.’ Through prayer, through watchfulness, through growth in understanding, we are 'strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.’ . . .

“God's plan for us is so broad, so full, so complete, that we have every reason to expect whole-heartedness and cooperation from Him in carrying it out. There is no reason for hesitancy on our part. . . . We need to draw fresh supplies daily from the great storehouse of God's Word. This will give no time for novel reading, or for anything else that does not edify and strengthen for every good work. . . . The riches of heaven are at the command of God's children.

“Every day the tempter will be on your track with some persuasive, plausible excuse for your self-servings, your self-pleasings. . . . The one whose heart is wholly given to God, the one who by faith receives Jesus Christ as a personal Saviour, will reveal a steady growth in spirituality, in vigor of piety, in fixedness of purpose, in fidelity at any cost to the principles of our faith. . . .

“God will honor and uphold every true-hearted, earnest soul who is seeking to walk before Him in the perfection of the grace of Christ. The Lord Jesus will never leave nor forsake one humble, trembling soul. . . . Can we with keen, sanctified perception appreciate the strength of the promises of God, and appropriate them to our individual selves, not because we are worthy, but because Christ is worthy? Not because we are righteous, but by living faith we claim the righteousness of Christ in our behalf?” SD 325.
“Family religion is a wonderful power. The conduct of the husband toward the wife and of the wife toward the husband may be such that it will make the home life a preparation for entrance to the family above.”

“Hearts that are filled with the love of Christ can never get very far apart. Religion is love, and a Christian home is one where love reigns and finds expression in words and acts of thoughtful kindness and gentle courtesy.”

Excerpts from: The Adventist Home by Ellen G. White

Available at the Hope International Bookstore for $13.99 — A lovely gift for weddings, showers, or anniversaries!