As we look upon today's world, both politically and religiously, a well known quote of Ellen White comes into mind, especially in relation to how much longer this earth can go on before the second coming of Jesus. “The greatest want of the world is the want of men (and women)—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall.” Ed. 57.

We can observe today's political atmosphere and see that it is very difficult to find men of the caliber above mentioned in either of the two main political parties, or for that matter, in any political party. An outstanding example is the ongoing controversy over the proposed health care bill. This bill has been on the agenda for months and months, and over that period of time, we have had the opportunity to notice the extent to which men will go to get their way. Some of the representatives will only vote for it if their states receive special perks—they want to be treated differently than others—Nebraska and Louisiana are two examples. But even beyond that, there is talk of taking actions that are bypassing the normal manner of getting a bill through, and may even be knowingly unconstitutional. With these people, apparently, the end justifies the means—it is amazingly open and blatant—and judgment is turned away backward, and justice standeth afar off: for truth has fallen in the street, and equity cannot enter.” Isa. 59:14

And we understand that those who are putting the health bill together will not be subject to its provisions, but have a separate and much better coverage that will be paid for by the American people. This article is not for taking any stand politically in regard to the necessity of a health bill one way or another, but is only to point out the inequity that seems to go with power, and even more so in these last days.

But that is on the political front; what about the religious front? Can we find men in today's churches, including our own, that will meet the standards under the above quote? How about each of us? How would we stand under the above quote?

Ellen White, in her article in this issue, speaking of the way things were in her day, used the following text from David as given in Psalm 119:126-128: “It is time for thee, Lord, to work; for they have made void thy law. Therefore I love thy commandments above gold. Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.”

She then went on to say in beginning the sermon that this article came from: “If this prayer was appropriate in David's time, it is in a special sense appropriate now. If in his day sin and iniquity prevailed to such a degree that it was time for God to work, it certainly is time for him to work in our day; for the warring powers of darkness are prevailing to a remarkable extent.”

And if this was true over 120 years ago in Ellen White's day, how much more true is it today.

Recently Professor Walter Veith did a presentation called, “They Have Made Void Thy Law”. In that presentation, he goes through every one of the Ten Commandments showing how each Commandment has been made void in today's world.

All of these sources make it more and more clear how close we are to the final days of this earth’s history, and how important it is for each of us to get his act together through total surrender to our Lord Jesus Christ.

“God desires each of us to be in His kingdom, and like David we can be there, because God is faithful and just to cleanse us from all unrighteousness, if we confess our sins and turn fully to Him.”
cover story
06 The Government of God or the Lesson Book of the Universe
Mrs. E. G. White.

features
04 The Bible Museum Opened
A.L.O.E
12 A Double Witness
Clark Floyd
14 Contentment
Joe Olson
17 My Saviour’s Love
A. L. Hollenbeck
18 The Bible Looking Glass - Danger of Self Indulgence
John Barber
20 Tempted and Tried
F. R. Havergal

departments
02 Editorial
22 Christian Crossword
24 Health Gem
Blackberries? Who Knew!
28 News Watch
31 The People’s Page

ad features
23 Fem
30 Fruitilicious
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 coat of many colours**

A mournful relic this, torn and stained, defiled with dust, and blood, and tears! We seem to hear the wail of the miserable father, as with anguish he gazed upon the once goodly garment. “It is my son’s coat; an evil beast hath devoured him! Joseph is, without doubt, rent in pieces!” In the excess of his grief, Jacob rent his clothes, and put sackcloth upon his loins, and mourned for his son many days. In vain they who had inflicted the deep wound in a parent’s heart, hypocritically attempted to heal it. His traitor sons rose up to comfort him; but Israel refused to be comforted. And he said, “For I will go down into the grave with my son mourning.” Thus his father wept for him.

**The favoured son**

How bitterly the marred garment of many colours recalled to the mind of Jacob the joy and pride with which he had placed it on his favourite son—the son of his old age, whom he loved more than all his children! Joseph, beauteous in person, gifted in mind, virtuous in character, was well fitted to be the pride and delight of his parent. We marvel not that the son of the beloved Rachel—he who inherited his mother’s outward attractions, with the piety of his father—should have been to the heart of Jacob peculiarly dear. And yet, perhaps, the first thought which this part of Joseph’s history suggests to the mind is, how great an evil is partially shown by a parent! How it draws upon its object many dangers!—envy, enmity from without, with the yet greater peril arising from fostered vanity and pride within.

**The sweet poison of partiality**

Had Joseph remained with his doting father, wearing the distinctive garment with which partial affection had robed him, his noble character might have been utterly marred. Presumption, self-righteousness, and vanity, might, and probably would, have sorely tempted his soul. Joseph’s Heavenly Father loved him as tenderly as did his earthly father, but with a far wiser love. God gave the bitter antidote to the sweet poison bestowed by a parent’s hand. Oh, that those whose blind and cruel partiality is sowing the seed of discord in their families, and that of pride in the hearts of their best beloved, would earnestly consider the history of Jacob and Joseph! How terrible were the trials which the old patriarch’s partiality drew upon his boy! His weak affection tended to injure its object: God knew that, and divided—for how many long and bitter years divided—the father from the son!

**Envy, malice, bitter words**

Again, in yonder torn and bloody garments we see a terrible comment on the inspired declaration, “he that hateth his brother is a murderer”. How many thoughts of envy, how many glances of malice, how many bitter words, must there have been in the family of Jacob, before hatred in Joseph’s brethren ripened into the horrible crime which deprived a brother of his freedom, for much of his life, and nearly brought the gray hairs of
a father with sorrow to the grave! Was there not a time when, if it could have been foretold to the elder sons of Jacob that they would sell their own brother into slavery, and then, by an acted lie of the most cruel kind, try to conceal their guilt by almost breaking their parent's heart—could this have been foretold to them, would not each have exclaimed, in the language of Hazael, “Is thy servant a dog that he should do this thing?”

Be watchful of ill-will
Let us be watchful against the appearance of envy, even in its least startling form. If we see the crocodile’s egg, let us crush it; nor let the destroyer come forth and gain strength, so that it get the mastery over us. The slightest stirring of ill-will towards one more favoured than ourselves, should place us at once on the watch. The humility that is content with a lowly place—the love that rejoices in the exaltation of a brother—these are the guardians of the soul against envy; and, where these are wanting, can the Spirit of God be said to dwell?

God’s providence brings good out of evil

The beautiful garment given by paternal love, and worn perhaps with some pride, was torn indeed from the persecuted Joseph—first to be replaced by the scanty apparel of a slave, then afterwards by the garb of a criminal in prison; but it was from wearing the dress of humiliation that Joseph was raised to power and honour. It was not the garment made by his father that he put off, in order to assume robes of high office in the court of King Pharaoh. Had Joseph remained in his home at Hebron, unharmed by malice, untouched by persecution, he would never have been the ruler in Egypt, the benefactor of a nation, the friend of a king, the earthly preserver of all Israel’s race.

Blessings unnumbered

It has been said that “evil is good in the making;” so, even from the malice of Joseph’s brethren, the grief of his father, and his own anguish when “the iron entered his soul”, God brought forth blessings unnumbered to the man who feared and obeyed Him.

Joseph was a type of Christ

We cannot leave the stained vestment of the ancient patriarch without turning our thoughts to Him of whom it is written, that “He was clothed in a vesture dipped in blood: and His name is called The Word of God.” In Joseph we see a remarkable type of our blessed Redeemer, sent by His Father to visit man, as Joseph was sent to his brethren in Shechem.

“He came unto His own, and His own, received Him not.” For envy, the chief priests delivered Christ into the hands of the Gentiles; and the betrayer received money for Him whom the children of Israel did value, even as their fathers sold Joseph for twenty pieces of silver. But it is in his subsequent exaltation to a prince and deliverer—it is in his exercise of boundless liberality and free pardoning grace—that Joseph is especially a type of our Lord. “God sent me before you to preserve you a posterity in the earth, and to save your lives by a great deliverance,” said the patriarch to his penitent brethren, who owed preservation from famine to him.

The hour is approaching

And it was to those whom He deigned to call brethren that Christ addressed the gracious assurance, “I go to prepare a place for you.” To Him the sun, and the moon, and the stars pay homage; to Him all the world shall bow down; in His hands is the bread of life; and His word is still, “Look unto Me, and be ye saved, all ye ends of the earth.” Once sinners parted Christ’s garments amongst them, and upon His vesture did they cast lots; but the hour is approaching when they shall look upon Him whom they pierced, and behold His glory.

“Whose native vesture bright, Is the unapproached light, The sandal of whose foot the rapid hurricane!”

Volume 25, Number 4
THE GOVERNMENT OF GOD OR THE LESSON BOOK OF THE UNIVERSE

By Mrs. E. G. White.
Text: “It is time for thee, Lord, to work; for they have made void thy law. Therefore I love thy commandments above gold, yea, above fine gold. Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.” Ps. 119: 126-128.

**NO EXCUSE FOR SIN**

If this prayer was appropriate in David’s time, it is in a special sense appropriate now. If in his day sin and iniquity prevailed to such a degree that it was time for God to work, it certainly is time for him to work in our day; for the warring powers of darkness are prevailing to a remarkable extent. The entrance of sin into heaven cannot be explained. If it were explainable, it would show that there was some reason for sin. But as there was not the least excuse for it, its origin will ever remain shrouded in mystery.

**SATAN HAD GREAT HONOR IN HEAVEN**

Sin began with Satan when he was an exalted angel in heaven. He had great honor there among the angels. The first sign of his dissatisfaction was the manifestation of his desire to be equal with God, to be worshiped as God. He tried to falsify the word of God, and pervert his plan of government before the angels. He claimed that God was not just in laying rules and laws upon the inhabitants of heaven. He represented that God was not self-denying, and that Christ was not self-denying; why, then, should the angels be required to be self-denying?

**SATAN HAD STRONG INFLUENCE OVER THE HEAVENLY BEINGS**

Satan was greatly loved by the heavenly beings, and his influence over them was strong. Some course must be pursued to uproot him from their affections. God’s government included not only the inhabitants of heaven but of all the created worlds; and Satan thought that if he could carry the intelligences of heaven with him in rebellion, he could also carry with him the other worlds.

**SATAN WAS NOT EXPELLED FROM HEAVEN IMMEDIATELY**

God in his wisdom did not immediately thrust Satan out of heaven. This act would not have changed his principles, and would only have strengthened his rebellion, for it would have created sympathy for him as one unjustly dealt with; and he would have carried a much larger number with him. He must be displaced, and have time to more fully develop his principles.

**SATAN USES CROOKEDNESS AND DECEIT**

Satan was artful in presenting his side of the question. As soon as he found that one position was seen in its true character, he changed it for another. Not so with God. He could work with only one class of weapons,—truth and righteousness. Satan could use what God could not,—crookedness and deceit. These are the very weapons that he uses in our day to make the truth of none effect. When the truth is presented to the people, it seems to many to be consistent and right; and if the enemy and his followers did not come in and oppose it by every means in their power, where there are now ten who take hold of it, there would be thousands.

**GOD TOOK A STRAIGHTFORWARD COURSE IN DEALING WITH SATAN**

The only way in which God could deal with Satan was to take a straightforward course; and this is the course that his children must pursue in the great controversy which is still being carried on in the world between truth and error, light and darkness. Those who hold the truth in righteousness will be fair; they can afford to be fair. But those who oppose the truth lack Bible
evidence to sustain their position. Therefore they are not fair, but are constantly warring against the things that are for their good.

**Satan claims this world as his**

When Satan tempted and overcame Adam and Eve, he thought he had gained possession of this world; “because,” said he, “they have chosen me as their governor.” God had said to man, Thou shalt not eat of the forbidden tree. Satan had said, Thou mayest eat. They did eat, and in consequence were driven out of the garden. The sentence of death rested upon them, and the entire race was plunged in hopeless misery. This world is, as it were, but one link in a chain composed of a thousand links; but because of sin it was struck off from the continent of heaven, and Satan claimed it as his.

**The controversy is in this world that Satan claims as his**

If God were like us, we would expect to hear him say, “Let the world go; let Satan have it for his own.” But I am so thankful that God is not like man. He so loved the creatures of his care that he provided a way by which they might be brought back to their Eden home. But at what an immense cost was this provision made! It was no less than by giving up his own dear Son, who was equal to himself, to bear the penalty of the transgressor. The controversy was not to be taken into the other worlds of the universe; but it was to be carried on in the very world, on the very same field, that Satan claimed as his.

**God has always had a faithful few**

Ever since his fall, Satan has been at work to establish himself as ruler of this earth. He saw the sacrificial offerings which had been ordained to represent Christ as dying for the race; and he tried in every possible way to so pervert them that the people would lose sight of their true meaning. He was acquainted with the people whom Christ led out of Egyptian bondage, and who were the depositaries of God’s law; and he tried earnestly to overcome them by constantly plying them with his temptations. But God did not give them up to his control. He so far succeeded, however, that nearly the whole company who left Egypt fell in the wilderness. Not all, thank God! Not all. There were a few faithful ones to pass the work into the hands of others to carry forward.

**Satan pretters himself that he will defeat Christ**

From the Jewish age down to the present time, Satan’s warfare has been directed against the Son of God and his work; and he still flatters himself that he will obtain the victory. Christ came to our world in the form of humanity. All heaven were intensely interested in following him from the manger to Calvary, as he traversed, step by step, the blood-stained path to redeem man. Here were the very people whom he had led out of bondage, and to whom God had intrusted his law; but they received him not. He was the light of the world; but the darkness comprehended it not.

**The Jewish nation was deceived**

It was Satan’s studied purpose to bring the Jewish nation into such a state of darkness that they would not know Jesus when he came. Had they walked in the light, they would not have been thus deceived. Heaven marked the insult and mockery that he received from the very men who professed to be his children. They knew that it was at Satan’s instigation that spies were placed upon his track as he went from city to city. Christ declared that he came to break the yoke of bondage from every neck, and to let the oppressed go free. Here was a work of counter-agencies going on. Satan was constantly pressing darkness, suffering, and sorrow upon the race; Christ was counteracting it.

**Christ was tempted as we are, and overcame Satan by the word of God**
When Christ went into the wilderness of temptation after his baptism, it was to meet the wily foe in conflict. Satan did not at first appear to Christ in his true character, but as a bright, beautiful, attractive angel sent to him with a message direct from his Father in heaven. This was a temptation to Christ. His humanity made it a temptation to him. It was only by trusting in his Father that he could resist these temptations. He walked by faith as we must walk by faith. It would have been impossible for him to know how to succor those who are tempted had he not known what it was to be tempted. The temptations that he endured were as much more severe than those which come upon us as his character is more exalted than ours. He overcame Satan by the word of God, "It is written." So must we.

THOU SHALT NOT TEMPT THE LORD THY GOD

When Satan exercised his power by taking Christ and placing him on a pinnacle of the temple, he tempted him, saying: "If thou be the Son of God, cast thyself down; for it is written, He shall give his angels charge concerning thee; and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone." Christ answered him saying, "It is written again, Thou shalt not tempt the Lord thy God."

CHRIST WAS MINISTERED TO BY HEAVENLY ANGELS

Again Satan takes him up into an exceeding high mountain, and laying aside his disguised character, presents before him the kingdoms of the world in all their glory and attractiveness. "All these will I give thee," he says, "if thou wilt fall down and worship me." He declares that they are his to give; and he presents them as a tempting bribe to the Son of God. It is then that the indignation of Christ is stirred; and he says, "Get thee hence, Satan." The tempter then leaves Christ, faint and dying, upon the field of battle, and one of the heavenly angels who are watching the scene is immediately sent to minister unto him.

CHRIST'S DEATH HAS ANSWERED THE QUESTION

As the ministry of Christ commences, the battle between light and darkness waxes stronger. And as he cries out upon the cross in his expiring agony, "It is finished," a shout of triumph rings through every world and through heaven itself. The great contest that has been going on in this world for so long is ended, and Christ is conqueror. His death has now answered the question whether there was self-denial with the Father and the Son.

SATAN HAS REVEALED HIS TRUE CHARACTER

The angelic host who watched the scenes in the betrayal and crucifixion of Christ, knew that it was Satan who entered into Judas and led him to betray Christ into the hands of the murderous mob; they knew, too, that it was he who impelled the throng to cry out, "Crucify him; crucify him;" and "release unto us Barabbas." Satan has now revealed his true character as a liar and a murderer. It is seen that the very same spirit with which he ruled the children of men who were under his power, he would manifest if permitted to control the intelligences of heaven. The question is settled in all the worlds that there is no place for him in all their dominions.

CHRIST SUFFERED DEATH FOR MAN

They see their loved Commander hanging upon Calvary's cross as a malefactor. He is taken down and laid in Joseph's tomb. He comes forth a conqueror. Again, as at his death, a shout of victory echoes and re-echoes throughout the universe. Now that the issue is determined, all are free to express their indignation at Satan's rebellion; and with one voice, the loyal universe unite in extolling the divine administration.

The penalty of the transgression of God's law is death. Christ suffered death for man, and brought life and immortality to light by coming from the dead. When he died, the death knell of Satan was sounded. The work of Christ was to destroy him who had the power of death; therefore we are today prisoners of hope. How grateful we should be that, notwithstanding this earth is so small amid the created worlds, God notices even us. The
nations are before him as the drop in the bucket, and as the small dust in the balance; and yet the great, the stupendous work that has been done for us shows how much he loves us.

**Satan Continues Scheming**

As soon as Christ was raised from the dead, Satan’s lying propensities led him to start the lie that the body of Christ had been stolen. By this he thought he could conceal the fact that it was the Son of God who had died, and he could, after all, make a victory out of his terrible defeat. Failing in this, he tried another scheme. He had controlled the Jewish nation so that they had rejected and crucified the Son of God. He now pretends to exalt Christ before the Christian world by telling them that instead of keeping the seventh-day Sabbath they must keep the first day of the week in memory of Christ’s resurrection. Anything, he cares not what, to show that the law of God can be changed! If he can make the world believe that this law can be changed, he has gained his point.

**The Man of Sin is Satan’s Representative Who Attempted to Change God’s Sabbath**

There is one pointed out in prophecy as the man of sin. He is the representative of Satan. Taking the suggestions of Satan concerning the law of God, which is as unchangeable as his throne, this man of sin comes in and represents to the world that he has changed that law, and that the first day of the week instead of the seventh is now the Sabbath. Professing infallibility, he claims the right to change the law of God to suit his own purposes. By doing, he exalts himself above God, and leaves the world to infer that God is fallible. If it were indeed true that God had made a rule of government that needed to be changed, it would certainly show fallibility.

**Christ Came to Exalt the Law, and That His Law Need Not Be Changed**

But Christ declared that not one jot or tittle of the law should fail until heaven and earth should pass away. The very work that he came to do was to exalt the law, and show to the created worlds and to heaven that God is just, and that his law need not be changed. But here is Satan’s right-hand man ready to carry on the work that Satan commenced in heaven, that of trying to amend the law of God. And the Christian world has sanctioned his efforts by adopting this child of the papacy,—the Sunday institution. They have nourished it, and will continue to nourish it, until Protestantism shall give the hand of fellowship to the Roman power. Then there will be a law against the Sabbath of God’s creation, and then it is that God “will do a strange work in the earth.” He has borne long with the perversity of the race; he has tried to win them to himself. But the time will come when they shall have filled their measure of iniquity; and then it is that God will work.

**God Keeps a Record with the Nations**

This time is almost reached. God keeps a record with the nations: the figures are swelling against them in the books of heaven; and when it shall have become a law that the transgression of the first day of the week shall be met with punishment, then their cup will be full. We should consider that it was not merely to accomplish the redemption of man that Christ came to earth; it was not merely that the inhabitants of this little world might regard the law of God as it should be regarded; but it was to demonstrate to all the worlds that God’s law is unchangeable, and that the wages of sin is death.

**The Redeemed Throng Will Range from World to World**

There is a great deal more to this subject than we can take in at a glance. Oh that all might see the importance of carefully studying the Scriptures! Many seem to have the idea that this world and the heavenly mansions constitute the universe of God. Not so. The redeemed throng will range from world to world, and much of their time will be employed in searching out the mysteries of redemption. And throughout the whole stretch of eternity, this subject will be continually opening to their minds. The privileges of those who overcome by the blood of
the Lamb and the word of their testimony are beyond comprehension.

**BEGIN THE WARFARE AT ONCE BY GAINING VICTORIES OVER SELF**

We have each to battle with the fallen foe. I feel an intense interest that all should look upon this battle in the light of the Bible. Begin the warfare at once by gaining victories over self. Do not give place to the Devil. Do not sin against God, by indulging sinful thoughts or words. Do not let the enemy have control over your powers, but throw all the weight of your influence on the side of Christ.

**WE CANNOT AFFORD TO LOSE OUR SOULS. WE CANNOT AFFORD TO SIN AGAINST GOD**

When you look at the cross of Calvary, you cannot doubt God's love or his willingness to save. He has worlds upon worlds that give him divine honor, and heaven and all the universe would have been just as happy if he had left this world to perish; but so great was his love for the fallen race that he gave his own dear Son to die that they might be redeemed from eternal death. As we see the care, the love, that God has for us, let us respond to it; let us give to Jesus all the powers of our being, fighting manfully the battles of the Lord. We cannot afford to lose our souls; we cannot afford to sin against God. Life, eternal life in the kingdom of glory, is worth everything. But if we would obtain this precious boon, we must live a life of obedience to all of God's requirements; we must carry out the principles of the Christian religion in our daily life.

**AND THOU SHALT BE CALLED THE REPAIRER OF THE BREECH.**

**THE RESTORER OF PATHS TO DWELL IN.**

The law of God is made void in the land. For this reason every one who sees the light in regard to that law should put on the armor, and in the name of Jesus try to build the breach that has been made in that law by the man of sin. “And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day, and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.”

**GOD'S LAW IS CHANGELESS**

Oh that I might impress upon the minds of all the true mission of Christ in coming to our world! It was to redeem man, and at the same time to show the immutability of his Father's law. The very fact that it was necessary for him to give his life for the fallen race shows that the law of God will not release man from one tittle of its claims upon him. Satan's work has ever been to find fault with the law of God. But the very fact that Christ bore the penalty of the transgression of the law is a mighty argument to all created intelligences in heaven and in other worlds that that law is changeless; that God is righteous, merciful, and self-denying; and that his administration is one of justice and mercy.

RH, March 9, 1886

Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.
Throughout the Bible you can observe a principle that God has reiterated more than once and in several different ways in order to help us recognize the true validity of the Scriptures. It is established most clearly in 2nd Corinthians, chapter 13, verse 1. “In the mouth of two or three witnesses every word be established.”

**TWO OR THREE WITNESSES**

This principle can take different forms depending on the particular subject matter, but it is also established by its appearing in more than one place in Scripture. For example, in Deuteronomy 17:6, we read, “At the mouth of two witnesses, or three witnesses, shall he that is worthy of death be put to death; but at the mouth of one witness he shall not be put to death.” And in the preceding Book of Numbers, in chapter 35, verse 30, it states, “Whoso killeth any person, the murderer shall be put to death by the mouth of witnesses: but one witness shall not testify against any person to cause him to die.”

**THE PRINCIPLE IS CONFIRMED IN THE NEW TESTAMENT**

And in the New Testament, Paul confirms this principle in 1 Timothy 5:19, “Against an elder receive not an accusation, but before two or three witnesses.”

And even in our personal relationships with one another God has inserted this principle through the Gospel of Matthew, chapter 18, verses 15 and 16: “Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established.”

**GOD FOLLOWS THIS PRINCIPLE HIMSELF**

Have you noticed how God has followed this principle Himself in giving us the Scriptures? He didn’t just give us the Old Testament by itself, or the New Testament by itself, but He gave us both. He even calls them His two witnesses in Revelation chapter 11, verse 3, “I will give power unto my two witnesses.”

But even within the separate testaments He follows this principle to strengthen our understandings. He not only gave the 10 commandments in Exodus chapter 20, but He gave them again in Deuteronomy chapter 5. Deuteronomy, itself, means “The Second [or Repeated] Legislation,” in relation to the Book of Exodus, which is sometimes referred to as “The First Legislation.” (See 1 SDA BC 953)

In giving a way for the people before the cross to look forward to the cross, God again gave a double witness. He established the Feast Days, as well as the Sanctuary System.

In giving the prophetic utterances of the people of God going into Babylonian captivity, He mentioned twice the nature and length of that captivity. “And this whole land shall be a desolation, and an astonishment; and these nations shall serve the king of Babylon seventy years.” Jeremiah 25:11. “For thus saith the Lord, That after seventy years be accomplished at Babylon I will visit you, and perform my good word toward you, in causing you to return to this place.” Jeremiah 29:10.

**GOD GIVES SUFFICIENT WITNESS**

Even in giving the prophecies of Daniel in regard to the kingdoms of the World, God first gave the metal man of Daniel chapter 2, and then the beasts of Daniel 7 & 8. He spoke of the time of the Papacy before the deadly wound, the 1260 years, not just in two or three places, but in seven different places in the Bible. He gave the dual apocalyptic witness of Daniel in the Old Testament and Revelation in the New.

God gave the four Gospels, not just one or two. God wanted to establish His Word in order to have sufficient witness to convict an honest mind of the truths of the Bible. He has done everything He can to get us into His kingdom, not keep us out. In the mouth of two or three witnesses shall a thing be established.

**BUT THERE IS MORE!**

After the flood (2348 B.C.), there was a dispersion of the races from the Tower of Babel around the year 2218 B.C. according to the calculations of Usher.

The ancient Chinese trace the establishment of their civilization very close to the exodus time given for the dispersion of nations from the tower of Babel. They are one of the oldest civilizations in the world. “China boasts of 4500 years of unbroken civilization.” (The Discovery of Genesis by C.H. Kang and Ethel R. Nelson) They began to create a system of writing around the same time. This system of writing was based on things they were familiar with at that time. The ancient Chinese writing consisted of pictographs that used pictures to express thoughts. These pictures were joined together to express ideas, and were called ideographs. Their ancient ideographs along with the ancient writings of their sages have given a double witness to the story of Creation, and to the truth of the flood, and even more.

**CHINESE PICTOGRAPHS**

For example, their ideograph
and breathed (with His mouth) into his nostrils the breath of life; and man became a living being” (not a baby, but an adult, able to walk).

The original God of China, Shangdi, the “Heavenly Ruler”, was often simply referred to as Di. An ideograph for Di has three mouths, indicating three persons in the Godhead. This would confirm the Christian understanding of three persons in the Godhead, the Father, the Son, and the Holy Spirit.

THE EARLY CHINESE BELIEVED IN ONE GOD

The above are just a couple of examples, but many, many examples are given in two books, The Discovery of Genesis by C.H. Kang and Ethel R. Nelson, and The Beginning of Chinese Characters by Ethel R. Nelson, Richard Broadberry, and Samuel Wang. These indicate an early Chinese belief in one God and an understanding of the same facts found in the Bible and especially the Book of Genesis.

A third Book, God and the Ancient Chinese, by Samuel Wang and Ethel R. Nelson, gives a second or double witness to the fact that these early Chinese were monotheistic in a manner similar to Moses. This book, consisting of more than 290 pages, speaks of the writings of early Chinese Sages who were truly believers in one God. One of these Sages who would be recognized by name was Confucius. He was not a human secularist as some have indicated, but a believer in one true God.

In this short article, there is only so much that can be covered in regard to the ancient Chinese. Therefore I am going to give a short quote from the Book, God and the Ancient Chinese.

THE FOUR BOOKS

This is a testimony by Samuel Wang beginning at page vii in the Book:

“My father had only six months of education in school. His total learning was from the so-called Four Books, a collection of Confucius’ and Mencius’ teachings, which he had memorized. Ours is a large family—it always takes two tables to have everyone seated at family gatherings. At the time of a family reunion in my parents’ home, my father would always recite from these Four Books. He especially liked The Works of Mencius. This tradition has come down for years, with the same teachings being repeated time and time again—now even the third generation can repeat the stories and sayings. These occasions give special opportunity for the younger generation to be educated in the great traditions of these ancient writings, woven together with our parents’ deep love for them. The effect has been tremendous.

SAMUEL WANG’S FATHER HAD MEMORIZED ALL THE BOOKS

“But my father no longer had these books in his possession. His only set, which had been well kept in a fine wooden box, was carried away with everything else in the house in a flood before I was born. But we learned that even before he could understand them, he had been required to memorize all the books. That was the practice for teaching young Chinese students in his day. I can never forget the scene when my father saw the gift I brought for his very important 70th birthday. He jumped up from his chair to receive the Four Books in a modern edition, tears running down his wrinkled face. For a long time, he stood there speechless, holding the volume as he would the hands of a long lost friend.

THEY BECAME THE FIRST CHRISTIANS IN THEIR VILLAGE

“In 1994, I went home for another celebration of my father’s birthday. Since I had recently accepted Jesus Christ as my best Friend and Saviour, this time I presented my father another book—the Holy Bible. After reading it carefully, he said the teachings of Jesus were even greater and clearer than those of the Four Books. You may have correctly concluded already that both of my parents became the first Christians in their village. They have since turned their home into a house church.”

My friends, God is unveiling more of His double witness in these last days. He is not going to leave any excuse for those who choose not to turn to Him in total surrender of their lives. How is it with you?

Volume 25, Number 4
“But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content.” 1Timothy 6:6-8.

As more and more people are losing their jobs and losing their retirement funds, losing their insurance and even their homes, I thought maybe it was time to focus on how we can still be content through it all.

Paul learned to be content

Most of us have clothes. They might not fit well and they might not even be new, but we have them. Most of us have food, even if it is with food stamps. Paul tells Timothy that having food and raiment, or clothing, let’s be content.

Actually, for Paul, even having raiment was sometimes a challenge… “The cloke that I left at Troas with Carpus, when thou comest, bring with thee, and the books, but especially the parchments.” 2Timothy 4:13. Even the food Paul referred to was for years… prison food, which you can only imagine was quite scanty and probably poor quality.

Paul was not content because he had all he wanted; he learned contentment. “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.” Philippians 4:11. Many Bible translations say, “Whatsoever situation I am in…” Paul said he “learned” to be content, no matter what his situation. Learning it implies that at some earlier point, he did not know it. But over time and in different situations, he learned to be content.

Being content is not natural

Usually, you only “learn” contentment when things are not going so well. When things are fine, and you have all you want, there is no need to learn to be content with less. But when you are getting less than you are used to, when you do not have the freedoms you used to have… You have to learn to be content.

Remember the soldier’s question of John the Baptist? “And the soldiers likewise demanded of him, saying, And what shall we do? And he said unto them, Do violence to no man, neither accuse any falsely; and be content with your wages.” Luke 3:14. Roman soldiers often did not get their wages for months at a time. Sometimes even years. Sometimes not at all. John said, “Be content” with them. That is not natural for them. They had to learn to be content.

Learning what to be content with

And you have to learn not only to be content with less, but you have to learn what to be contented with. Some are contented for the wrong reasons. Remember Joseph’s brothers? Some of the brothers wanted to kill him, but then there was a suggestion to sell him… “Come, and let us sell him to the Ishmeelites, and let not our hand be upon him; for he is our brother and our flesh. And his brethren were content.” Genesis 37:27. Yes, sometimes we can be content for the wrong reasons. Remember Pontius Pilate and the screaming people? “And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged him, to be crucified.” Mark 15:15. The Jews wanted Jesus, the Son of God to die, so Pilate released the wicked Barabbas in the place of Jesus. And Jesus was condemned to be crucified… This was done to content the people.
We have a lack of contentment

Not only do you have to learn to be content, you have to learn what to be content with. Even on TV today, they are showing commercials of being content with less. “Have a picnic outside instead of going out to dinner!” “Get a sprinkler for the kids instead of going to the water park.” Yes, even the advertisers are trying to get into the contentment business today. Why? Because there is a lack of it.

Learn to be content with God

Paul, in writing to the Hebrews, said to be content with what you have, and he says why. “Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. Hebrews 13:5. Paul here states how you can be content, with whatever it is that you have… because God will never leave you or forsake you. Now THAT is something worth being contented for!

But even that, the idea of God being with you and never leaving you, has to be learned. We do not naturally keep in our minds that God is with us. We usually think of God being somewhere waaaaay out there in heaven, a long, long way from here. Often we feel so alone and lost, especially when we have less than what we are used to. During these tough times, it can seem hard to be content. But the reason for that is because of our focus. If our focus of contentment comes from having things, when we lose those things, we lose our contentment.

With God we will always have contentment

But God says you cannot lose Him! And if He is your focus, you will always have contentment. But remember, it takes effort! It has to be learned. And it is rarely learned when things are going well. To be content with whatever you have is often better learned when you are in dire straits. But God can take our lack of contentment and change it to a joy we cannot now imagine. We just have to give Him a chance.

You are the only one who can make yourself content

What do you really gain with the constant complaining anyway? You are the only one who can change how you feel. You can let what happens to you dictate how you feel, or you can decide how you will feel, no matter what the circumstances. That’s what Joseph was like. Remember his being sold to the Ishmeelites? Talk about losing everything! Not only did he lose everything, including his family, he was sold as a slave… by his own brothers! Yet he did not let his change of circumstances destroy his contentment.

The same was with Daniel and his friends. They were ripped from their homes and sent to a foreign land and made to serve a pagan king. Yet they knew that God was with them and were content to live or die, as long as they remained obedient to their God.

You can be content in spite of your circumstances

All through the Bible are examples of men and women who were content, in spite of their circumstances. But the devil does not want us to focus on those things. He wants us to focus on what we had yesterday, but not today. He wants us to regale over and over in our minds what life “used” to be like, before our present circumstances. He wants us to live in the past.

Learn to live in the present, and change your focus

God wants us to live in the present, with our eyes on the future. No matter what our circumstances, no matter what we go through, no matter how hard our life is now… remember that it is but a moment. “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;” 2 Corinthians 4:17.

Paul was not looking at his past circumstances, that he was once a revered Pharisee who was taught at the feet of Gamaliel. He did not consider that his loss of esteem from the rabbis of any import. He was not ashamed of working with his hands now in the lowly occupation of tent making. He was content. He learned to be content. He learned to change his focus. “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.” 2 Corinthians 4:18.

Our crises are just temporary

Did you lose your job? It’s temporary. Another one is coming. Did you lose your house? It’s just temporary. A mansion is being prepared for you. Have you lost family members? That’s temporary too. You are a part of the family of God which can never die. Are you sick and hurting? Also just temporary. God

"But when you are getting less than you are used to, when you do not have the freedoms you used to have… You have to learn to be content."
is going to change your sick, old, decrepit body into a glorious, beautiful, healthy one. Are you afraid of what is to come? There is no need to be, not when you realize God is right there with you. God is with you… even right now, He is with you. Focus on the unseen! He said He will never leave you nor forsake you. Look unto Jesus. Learn to look unto Jesus. And learning to look unto Jesus, you will learn to be content.

Bill and Caroline

Here is a story I have read about two people who were not contented, and how they learned to be content. This is a story about two family members who inherited a lot of money back in the 1800's. Their names were Bill and Caroline. Both were very rich, but Bill was richer than Caroline. Caroline had inherited 50 million dollars. Bill had inherited 100 million. That made Bill very happy, but caused Caroline no small lack of contentment. But she made up for it in being a social butterfly. Everyone loved Caroline and wanted to be at her lavish, very popular parties. Bill had more money, but he was a social outcast. Bill was very rich, twice as rich as Caroline, but he was not contented either. He wanted the prestige that Caroline had.

Living the large life, but not contented

They actually lived next door to each other, in New York City, with nothing but a garden separating their two gorgeous mansions. Two rich people, family members, living the large life, but not contented. And what made matters worse, Caroline's mansion was taller than Bill's. Caroline's house was four stories tall, and was built for a million and a half dollars, and another $750,000 in furnishings.

And remember those parties? He wanted to get Caroline and her parties away from him. Bill just couldn't stand it any longer. Finally, he decided on a plan to make himself happy. He will build a building taller than Caroline's 4-story house. He tore down his own mansion, and in its place, built a 13-story hotel. Now, his building was taller than Caroline's. 530 rooms. 350 private baths. 970 employees.

And sure enough, Caroline, discontented… moved. Caroline built a new, beautiful home further north on Fifth Avenue. But what Bill did not know, was what Caroline had in store for the mansion she left. She tore it down. And she built a hotel. A bigger hotel. More rooms, more baths, more employees. And taller… exactly four stories higher.

Now Caroline was content again. But Bill is not happy or content.

The Waldorf-Astoria Hotel

There is no telling how long, or to what lengths these two feuding family members might have gone to, but the story ends happily. They actually both ended up contented. A very wise hotel manager of Bill's hotel suggested a plan – a plan that the two millionaires agreed to. It was decided that they join the two hotels. Making the two hotels one, would cause them both to gain great prestige and a whole lot more money. Caroline would get more money, and Bill would get the prestige he always wanted. It became the largest hotel in the world at the time. And so today, because of Bill and Caroline's decision to not look back to the past, but on to the future, we have an edifice that bears the names of Bill and Caroline in New York City even now.

Bill Waldorf and Caroline Astor built together… The Waldorf-Astoria Hotel in midtown Manhattan. They made a choice to look not at what had been. They made a choice not to look at even the present. They looked to the future, and what it could be.

Getting over the past

We need to look past what has been. We might even need to look past what now is. And we most definitely need to look at the future and what it holds. Bill and Caroline, by looking to the future, were finally contented.

We have a much better reason to be contented as we look to the future. The Waldorf-Astoria rents its rooms for $300.00 to $800.00 per night. Their suites? Up to $8,000 per night. And their rooms cannot compare with what Jesus is preparing for us. "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you." John 14:2. If we will look forward, look to the future, we cannot help but be contented.

Focus on the coming of Jesus

Are things not going well today? Don’t focus on today. Focus on what is to come. Focus on the fact that Jesus, your Savior, is coming soon. “And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.” John 14:3. Focus on that… And you will be contented.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
My Saviour's Love

By A. L. Hollenbeck

When I take my precious Bible,  
And its sacred pages scan,  
I am filled with awe and wonder,  
As I read salvation's plan.

When I think of what my Saviour  
Suffered on the cruel cross,  
Oh! My soul is stirred within me  
And I see that self if dross.

Hear His words of love and comfort  
As he left his faithful few,  
To return to heavenly glory,  
And be lost to mortal view:

“Heavenly mansions for my people  
I am going to prepare;  
Only love the truth and live it,  
And their glory you shall share.”

How it thrills my very being,  
As I think of things to be;  
And I ask myself the question,  
Will this glory be for me?

If we hear the welcome plaudit,  
We must labor, watch, and pray;  
Soon the “well done” will be spoken,  
In the morn of endless day.

Soon will be with Christ, if faithful,  
Over on the other shore;  
And with angel bands in glory,  
We will praise him evermore.
“The fearful soul that tires and faints, 
And walks the ways of God no more; 
Is but esteem’d almost a saint, 
And makes his own destruction sure.”

Dr. Watts

---

**Danger of Self Indulgence**

By John Barber

*With cheerful step, at blush of early day, 
The traveler began his arduous way; 
He seeks at noon some pleasant, cool retreat, 
Where he may shelter from the noontide heat. 
But oh! Beneath a tuft of flowery green, 
A poisonous serpent slyly lurks unseen; 
With deadly aim he from his covert flies, 

The traveler, wounded, in the forest dies. 
Thus some begin to run the Christian race, 
And for awhile keep up a steady pace; 
Till soft indulgence near their path lays wait, 
And spreads deceitfully her pleasing bait; 
O’ercome by sloth, to sin they fall a prey, 
And never more pursue the good old way.*
His love of ease prevailed

The religious emblem in the above poem represents a traveler fatally bitten by a serpent. With a light heart and a firm step he started on his journey at early dawn. Everything looked lovely around him; he thought of nothing but success. He journeyed on very well until the hour of noon arrived, when he began to grow somewhat tired. He looked round for some cool, sequestered spot, where he might while away a few hours. At a little distance from the path, he discovered a pleasant, shady grove. For a moment he hesitated; but his love of ease prevailed. Now he forgets every thing except his present convenience; he enters the grove. He is delighted with its cool air and agreeable fragrance.

He now repents of his folly

Suddenly he is bitten to the quick. A serpent, concealed hitherto in the grass, fixes in his flesh its poisonous fang; the wound is mortal; his life's blood is poisoned; fires intolerable course through his veins. He now repents of his folly; he wishes he had borne the heat of the day. The venom reaches his heart; he thinks of home and friends; his spirits sink, his head swims, his eyes—they close in death. The leaves of autumn are strewn around him, and the place that knew him knows him now no more forever.

The forbidden path of self-indulgence

This is an emblem of the danger of self-indulgence. With alacrity and delight the convert sets out on his journey to the kingdom of heaven. He anticipates the pleasures he will meet on his arrival. He thinks not of the dangers of the road, nor of his own besetments. For awhile he makes rapid progress. By and by persecution and trouble come upon him; he grows weary. He looks around for some other way, that has in it less of danger and difficulty. Soon he discovers one more easy and pleasing to flesh and blood. For awhile he stands in doubt; his love of self-indulgence overcomes him. "He will not endure hardness as a good soldier of Jesus Christ." He enters the forbidden path. Now all seems pleasant and delightful. The pleasures of the road lull to sleep his spiritual senses. Sin, now like a serpent, assails him; he has now no strength to resist; he falls a victim to his folly; guilt and remorse now sting him to the quick. "Fool that I was, he exclaims, "O! That I had continued in the path of duty." It is too late. Wretched man, self-indulgence has proved his ruin.

The resulting blessing of self-denial

The disobedient prophet fell a victim to self-indulgence, when he turned aside to "eat bread and drink water," and a lion met him by the way and slew him. The five foolish virgins, also, who "slumbered and slept," when they ought to have been watching, fell by the same insidious foe. They awoke in outer darkness, and found the door of the kingdom of heaven fast closed against them forever.

"If any man will be my disciple," said the Saviour, "let him deny himself, take up his cross, and follow me." To them who by patient continuance in well-doing seek for glory, and honor, and immortality, eternal life. "He that endureth to the end, the same shall be saved."

"Deny thyself, and take the cross, Is the Redeemer's command! Nature must count her gold but dross, If she would gain this heavenly land."
"Tempted and tried!"
Oh! The terrible tide
May be raging and deep, may be wrathful and wide!
Yet its fury is vain,
For the Lord shall restrain;
And forever and ever Jehovah shall reign.

"Tempted and tried!"
There is one at my side,
And never in vain shall his children confide.
He shall save and defend,
For he loves to the end,
Adorable Master and glorious Friend.

"Tempted and tried!"
Whate’er may betide,
In his secret pavilion his children may hide
‘Neath the shadowing wing
Of eternity’s King
His children shall trust, and his servants shall sing.

"Tempted and tried!"
Yet the Lord shall abide
Thy faithful Redeemer, thy Keeper and Guide,
Thy Shield and thy Sword,
Thine exceeding Reward!
Then enough for the servant to be as his Lord!

"Tempted and tried!"
The Saviour who died
Hath called thee to suffer and reign by his side.
His cross thou shalt bear
And his crown thou shalt wear,
And forever and ever his glory shalt share.

--F. R. Havergal
ACROSS
4. Paul's companion on his first journey from Antioch to Cyprus
6. The father of Samson
7. A tax collector that became a follower of Jesus
10. The originators of the Dead Sea Scrolls
12. A Sabbath keeping minister arrested for preaching on the Sabbath in 1661
16. A Jewish historian
18. _____ was not completed at the cross
20. "The scepter shall not depart from Judah until _____ come."
21. Those "more noble than those in Thessalonica"
24. Israel's original given name
26. The Roman prosecuting attorney employed by the Sanhedrin
27. "_____ is a fruitful bough." (Tribe)
28. The second son of Joseph
30. One of the 12 apostles whose name is only found in Mark and Matthew

DOWN
1. He fell from the window during a sermon of Paul's
2. Joseph's first son
3. "_____ shall be a serpent by the way." (Tribe)
5. The Moabite ancestress of King David
8. The sanctuary to be cleansed is in _____
9. Another name for tax collector
11. Paul's companion in jail in Philippi
13. Who is the Gospel of Luke addressed to?
14. "In the beginning was the _____"
15. A young German who accepted the Sabbath while cutting wood in Iowa
17. Cousin of the Virgin Mary
19. Another name for Dorcas
22. The school founded in Australia by SDAs.
23. The wife of Cleophas
25. Ellen White's mother's name]
Christian Crossword

Answers from Christian Crossword published in the March 2010 issue of Our Firm Foundation

ACROSS

1. Sister of Mary and Lazarus [MARTHA]
2. J
3. L
4. F
5. MIRIAM
6. JACOB
7. SALOME
8. L
9. C
10. NAAMAN
11. S
12. RHODA
13. FESTUS
14. MANOAH
15. U
16. J
17. DRUSILLA
18. O
19. R
20. MAGDALENE
21. I
22. ZIPPORAH
23. U
24. E
25. TEmAR
26. TeraH

DOWN

1. Ancient capital of Egypt [MEMPHIS]
2. Became king of Judah at the age of eight [JOSIAH]
3. Moab was the son of [LOT]
4. Married the daughter of Herod Agrippa I [FELIX]
5. James the son of [ALPHAeus] is one of the 12 apostles
6. The Synagogue leader who asked Jesus to heal his daughter [JAIRUS]
7. Ancient Biblical measurement [CUBIT]
8. Mother-in-law of Ruth [NAOMI]
9. The last of the New Testament epistles [JUDE]
10. Son of Jacob by Rachel [JOSEPH]
11. Paul’s first convert in Europe [LYDIA]
12. Jacob’s first choice for a wife [RACHEL]
13. The third son of Jacob and Leah [LEVI]
14. Great grandmother of King David [RUTH]
It is estimated that 75-80% of all women experience some PMS symptoms during their lifetime. The incidence of PMS seems to increase with age, so although you may not have symptoms as a teenager, you may still suffer from PMS as an adult.

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Blackberries! Who Knew?

Continuing the series on super-foods, the top 3 health-boosting fruits, the number two fruit is Blackberries. Last time you learned about the powers of blueberries. In the next few moments I will show you the impressive resume of blackberries. Not only do blackberries pack a powerful nutritional punch, they are also low in calories, carbohydrates, and fat, making blackberries one of the most beneficial fruits to include in a balanced diet. One cup of blackberries provides 47%, that's nearly 50%, of your recommended daily allowance of manganese. Why is that important? I'll tell you. Manganese is an essential trace nutrient in all forms of life. The human body contains about 10 mg of manganese. Manganese helps the body form connective tissue, bones, blood-clotting factors, and sex hormones. It also plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function. As you can see, this trace mineral is very essential to us. And blackberries have a lot of it. But we are just getting started!

OXYGEN RADICAL ABSORBANCE CAPACITY

If you read the first article, which was on blueberries, then the terms Oxygen Radical Absorbance Capacity or (ORAC) and Antioxidants are familiar to you. If you didn’t (please read the article!), then let me explain. ORAC is a method of measuring antioxidant capacities. The higher the number, the better. As a point of reference, one cup of blueberries scored 9019 on the ORAC scale and one cup of blackberries scored 7701. A Gala apple scored 3903 on the same scale. Are these berries something, or are they something?

ANTIOXIDANTS

Vitamin C acts as an antioxidant in blackberries, and one cup of blackberries contains 50% of the daily-recommendation of vitamin C. The body uses vitamin C for protection from immune system deficiencies, and vitamin C may lower the risk of developing heart disease, certain types of cancer, and macular degeneration. Vitamin C aids wound healing, and studies show vitamin C may actually lessen the appearance of wrinkles. Now be honest, how many of us would not like that? Like all berries, blackberries contain ellagic acid, an antioxidant that has been shown to protect the skin from ultraviolet damage. New research is finding that ellagic acid may not only protect the skin from damage, but also repair skin damaged by the sun. How cool is that? Not only are blackberries very tasty, but something that good being good for you is a definite plus. And not only will they help protect the skin but will actually repair damaged skin. Also, according to the American Cancer Society, laboratory research has shown that ellagic acid may have anti-cancer properties!
Anthocyanins, another antioxidant, are what give blackberries their dark color and have been shown to reduce inflammation. As an antioxidant, anthocyanins help fight free radicals in the body that destroy cells and lead to diseases such as cancer and heart disease.

Phytoestrogens are naturally occurring plant estrogens that may help relieve the common symptoms of PMS, including bloating, food cravings, and may even provide relief for menopausal symptoms such as hot flashes. Phytoestrogens may also contribute to brain and immune functioning and heart health. Can you stand it? Are you excited yet? We’re just getting started. Before long, you’ll be convinced that you need blackberries in your life!

FIBER

Just one cup of blackberries contains 8 grams of fiber, meeting 31% of the daily-recommended amount of fiber. Fiber promotes healthy digestion and can lower the risk of developing certain diseases such as heart disease and diabetes. Research has also found that fiber aids weight loss and makes weight management easier. This should be welcome news to many of us. With heart disease and diabetes being such big health issues, it should be an easy decision to add blackberries to your daily or weekly routine. Remember the old adage, “An ounce of prevention is worth a pound of cure”? By making blackberries a regular part of your diet, you may very well be doing your heart and your liver/pancreas a huge favor.

Only 3.5 net grams of carbohydrates are in one half cup of blackberries. (to get the net carbohydrate amount you subtract the grams of fiber from the grams of carbohydrates) That’s awesome, considering that a serving of carbohydrates is 15 grams, which in most cases is a single slice of white bread. A donut has about 65 grams of carbohydrates and a cup of sugar has about 200 grams. For those of you counting carbs, you can’t go wrong with blackberries. Did I mention that the same one half cup of blackberries has only 31 calories? Anyone watching their weight should be jumping up and down right about now. Talk about a low carb, low calorie, great tasting snack, now you have one… blackberries.

Vitamins and minerals - Blackberries are a good source of vitamin K, offering up to 36% of the daily-recommended amount. Vitamin K is used by the body for the normal clotting of blood and to aid the absorption of calcium. Blackberries are an excellent way to prevent dehydration. Each of the little berries is full of water. Blackberries also contain Tannin. Tannin is a mineral and is useful in keeping body tissues nice and tight. The tannin found in blackberries is also an excellent way to treat scrapes and scratches that are oozing a small amount of blood.

Now hold on to your hats. Up to now we have discussed things dealing with the nutrition of blackberries. Hopefully you are convinced that blackberries are a “super-food” and that they have earned a place on your shopping list. We are about to get into some heavy-duty, life-treating, serious health situations. What if I told you that with all you’ve learned so far about blackberries, there is more? What if I told you that blackberries could help wage the war against cancer? That’s right, cancer!

CANCER FIGHTER

The humble blackberry may just be the best cancer-fighting food source in the world, according to two new studies on the subject. The studies - one, a collaborative effort between Norwegian and U.S. researchers, and the other done by the U.S. Agricultural Research Service and published in the American Journal of Clinical Nutrition - ranked blackberries at the top of a long list of antioxidant-rich foods, including walnuts, strawberries, blueberries, artichokes, cranberries, coffee, raspberries, pecan and ground cloves. Blackberries may also play a role in treating cervical and breast cancer. This is due to the phytoestrogens contained in blackberries. Phytoestrogens literally means, “Plant estrogens”.

Studies now indicate that berries may
contain some of the highest levels of phytoestrogens. These compounds act as a natural form of estrogen. During studies at the University of Helsinki in Finland, scientists measured eight different berries for their phytoestrogen level, and concluded that blackberries had the highest level of phytoestrogens, followed by strawberries. (Northland Berry News Fall, 2001)(8)

BARRETT’S ESOPHAGUS

The blackberry fruit is known to contain polyphenol antioxidants. A polyphenol antioxidant is a type of antioxidant characterized by the presence of several phenol-functional groups. In human health these compounds, numbering over 4000 distinct species, are thought to be instrumental in combating oxidative stress, cardiovascular disease, and cancer. New research shows that blackberries (also may be known as black raspberries) reduce the risk of esophageal cancer. Ohio State University researchers found blackberries may protect against esophageal cancer by reducing the oxidative stress that results from Barrett’s esophagus, a precancerous condition usually caused by gastroesophageal reflux disease. The team gave 32 to 45 grams of black raspberries daily for six months to 20 patients with Barrett’s esophagus. They analyzed changes in blood, urine and tissue before, during, and after the treatment, and found lower levels of some of the chemical markers of oxidative stress in both urine and tissue samples.

TUMORS

The U.S. Department of Agriculture’s chief scientific research facility and the National Institute for Occupational Study collaborated on a study of cyanidin-3-glucoside, a compound found in blackberries. The compound inhibited tumors from growing and spreading when used in animal test models. For the study, the researchers tested mice that had skin tumors. In one group, they found a significant reduction in the number and size of skin tumors among the mice that had been supplemented with the compound, when compared to those that had not been supplemented. In another experimental model with immune-system-suppressed mice, the researchers studied lung cancer cells because of their relatively high tendency to spread to other organs. They found that the health benefits of the blackberries compound not only significantly reduced the amount of cancer cell growth in the mice, but also inhibited the spread of the cancer cells to other organs. Did you get that? The blackberry compound not only reduced the amount of cancer cell growth, but also inhibited (hindered, stopped, prevented, pick your word) the spread of cancer cell growth. Polyphenol antioxidants are found in a wide array of fruits such as apples, blackberries, blueberries, cherries, cranberries, grapes, and raspberries. They are also found in vegetables such as, broccoli, cabbage, and parsley. This is why whole food supplements that contain a combination of plant compounds acting together may provide more benefits than individual components alone. Whole food supplements may be an option for people who would like to take advantage of the health benefits of blackberries.(9)

ESOPHAGEAL AND COLON CANCER

Christine Sardo, who manages clinical trials on berry consumption and cancer prevention for Ohio State University’s College of Medicine states, “We are promoting the concept of ‘fruitraceuticals’ as opposed to pharmaceuticals for cancer, and emphasizing prevention vs. treatment.” She said this to about 300 health practitioners at the Nutrition and Health Conference in New York City. The annual conference, sponsored by Columbia University’s College of Physicians and Surgeons and the University of Arizona’s School of Medicine, brings together the world’s leading nutrition scientists to discuss their latest findings. Sardo’s revelation was among the conference highlights. She detailed a study published in the March 1, 2006, issue of Cancer Research, in which OSU (Ohio State University) Public Health Professor Gary Stoner and
four co-authors fed rats the cancer-causing chemical N-nitrosomethylbenzylamine three times a week for five weeks. After 20 additional weeks, rats that ate a diet consisting of ten percent black raspberries showed reductions in oral, esophageal and colon cancers of about 50 percent compared to rats that did not eat berries. “The berries prevented the entire spectrum of tumors from being initiated and promoted,” Sardo said. The idea of berries as anticarcinogens began in the late 1980s, when Stoner discovered that ellagic acid, found in many fruits and vegetables inhibited the genesis (start or beginning) of tumors. He then found that berries contained high amounts of ellagic acid, and that black raspberries in particular had more of this compound than all of the other berries he surveyed. (10)

COLON CANCER

According to Russell Mumper, vice chair and associate professor of pharmaceutical sciences at UK, by taking whole blackberries, removing the water, freeze-drying what remains, and then using ethanol and hydrochloric acid to target and pull out the anthocyanins—it stopped the growth of colon cancer cells. Mumper and other scientists believe that the anthocyanins deter cancer growth by both acting as antioxidants to scavenge harmful free radicals and by inducing programmed tumor cell death. (11) Want more?

LEUKEMIA CELLS AND LYMPHOMA

Researchers at the University of Pittsburgh evaluated the effect of a compound extracted from blackberries called cyanidin-3-rutinoside (C-3-R) on cultured human leukemia cells. The C-3-R was tested on several cell lines of human leukemia, and the test was repeated using cell cultures of lymphoma, another immune-based cancer. The scientists found that when applied at low doses, C-3-R killed half the cancer cells within 18 hours of treatment. When applied at higher doses, the blackberry extract killed all cancer cells present within 18 hours. Yes, that’s right… all!

According to cancer expert and researcher Gary Stoner, 1.5 to 2 cups of fresh berries may be the ideal dose for staving off certain types of cancer. (12)

FRUITILICIOUS

Now that you’re excited about what this luscious little wonder from God can do, I know you are planning to pick some up on your next trip to the market. But if you find that your local market is out of them or that they are just out of your price range, don’t despair. Hope For Health to the rescue! We have a product that I believe you’ll love. It’s called Fruitilicious. Even the name sounds exciting and inviting, doesn’t it? This product is your answer if you want convenience and quality, all at an affordable price. Fruitilicious is jam-packed with what’s good for you. Looking for blackberries? They’re in there. Want blueberries? They’re in there too, and so are black raspberries, cranberries, gogi berries, and strawberries, and those are just the berries. I’m telling you, this product is loaded with healthy ingredients, and it’s convenient to use. It comes in a powder and you just mix it with water or juice, shake it up, and drink. You’ll get more nutrition from a daily serving of Fruitilicious, than most people eat in a day. Want to order some? Just give us a call. (309-343-5853) Want to know more about it? Just give us a call. You can also visit our website (www.hopeforhealthusa.com) or go to our health product catalog, page 32. Either way, I think you will be pleased.

Blackberries. Who knew?

References:
11. http://www.research.uey.edu/odyssey/summer06/blackberries.html
1. Peculiar Truth, February 24, 2010—"The Republic of the Marshall Islands is considering the passage of Bill No. 66, which, if passed, will be known as 'The Sunday Observance Act, 2010.'

The Act says, 'No person shall engage in trading, practice their profession, or conduct commercial undertaking on Sunday.' Individual violators face a fine up to $200, or up to three months in jail; corporations face fines up to $1000.” The Marshall Islands are a U.S. protectorate.

End time perspective: “History will be repeated. False religion will be exalted. The first day of the week, a common working day, possessing no sanctity whatever, will be set up as was the image at Babylon. All nations and tongues and peoples will be commanded to worship this spurious sabbath. This is Satan’s plan to make of no account the day instituted by God, and given to the world as a memorial of creation.

“The decree enforcing the worship of this day is to go forth to all the world. In a limited degree, it has already gone forth. In several places the civil power is speaking with the voice of a dragon, just as the heathen king spoke to the Hebrew captives. 7BC 976


One of the strongest Earthquakes ever recorded ripped through central Chile on Feb 27, tearing up roads and bridges, reducing homes and hospitals to rubble. Many residents on the country’s shoreline survived the quake only to drown shortly after, when a Tsunami sucked boats and houses into the sea…. Officially, the quake measured 8.8 on the Richter scale—powerful enough, NASA announced, to shift the earth’s axis and shorten the planet’s day. But in the face of such awesome power, the death toll remained relatively low: 799 as of March 3. By contrast, more than 200,000 Haitians died as a result of a Jan 12 quake that was very much weaker than the one in Chile.

End time perspective #1: “There shall be famine, and pestilences, and earthquakes, in diverse places. All these are the beginning of sorrows.” Matthew 24:7&8.

End time perspective #2: “It is on the law of God that the last great struggle of the controversy between Christ and His angels and Satan and his angels will come, and it will be decisive for all the world. . . . Men in responsible positions will not only ignore and despise the Sabbath themselves, but from the sacred desk will urge upon the people the observance of the first day of the week, pleading tradition and custom in behalf of this man-made institution. 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.”—Southern Watchman, June 28, 1904.

Editor’s Note: Again we see earthquakes becoming more frequent—They will eventually be used to encourage Sunday laws; so again we use these for the newswatch.

3. The Times, March 11, 2010, Chief exorcist Father Gabriele Amorth says Devil is in the Vatican by Richard Owen.

Sex abuse scandals in the Roman Catholic Church are proof that “the Devil is at work inside the Vatican”, according to the Holy See’s chief exorcist. Father Gabriele Amorth, 85, who has been the Vatican’s chief exorcist for 25 years and says he has dealt with 70,000 cases of demonic possession, said that the consequences of satanic infiltration included power struggles at the Vatican as well as “cardinals who do not believe in Jesus, and bishops who are linked to the Demon”. He added: “When one speaks of ‘the smoke of Satan’ [a phrase coined by Pope Paul VI in 1972] in the holy rooms, it is all true – including these latest stories of violence and paedophilia.” He claimed that another example of satanic behaviour was the Vatican “cover-up” over the deaths in 1998 of Alois Estermann, the then commander of the Swiss Guard, his wife and Corporal Cedric Tornay, a Swiss Guard, who were all found shot dead. “They covered up everything immediately,” he said. “Here one sees the rot”.

End time Perspective: but there came a time when paganism in the roman empire fell before the advancing form of christianity. Then, “paganism had
given place to the papacy. The dragon had given to the beast ‘his power, and his seat, and great authority.’” That is, satan then began to work through the papacy, just as he had formerly worked through paganism. But the papacy is not represented by the dragon, because it is necessary to introduce another symbol in order to show the change in the form of the opposition to god. Previous to the rise of the papacy, all opposition to the law of god had been in the form of paganism, — god had been openly defied; but from that time the opposition was carried on under the guise of professed allegiance to him. The papacy, however, was no less the instrument of satan than was pagan rome; for all the power, the seat, and the great authority of the papacy, were given it by the dragon. And so, although the pope professes to be the vicegerent of christ, he is, in reality, the vicegerent of satan — he is antichrist.

4. **Press Releases – meeting 3/24/10 Content: Mobilisation for the protection of Sunday at European level**

A Conference to relaunch the debate on Sunday protection at European level will be held on 24 March in the European Parliament in Brussels. It is organised by the MEPs Thomas Mann (EPP, Germany) and Patrizia Toia (S&D, Italy) together with the Konrad-Adenauer Foundation. Several European trade unions, civil society organisations and Churches support the conference. László Andor, the new EU Commissioner for Employment and Social Affairs will take the floor, as well as numerous experts and MEPs.

The European Commission will soon be presenting a new draft of the „Working Time Directive“. In its initial 1993 version the Directive stipulated that Sunday should be « in principle » the weekly day of rest for European workers. This reference had been withdrawn in 1996 by the European Court of Justice, on the grounds that the European legislator had not given sufficient reasons as to a link between a work-free Sunday and the protection of workers’ health.

Meanwhile, recent studies[1] have demonstrated the existence of a strong link between workers’ health and a work-free Sunday. Furthermore, a common weekly rest day for the whole of society allows families to spend time with each other, and all citizens to engage in cultural, spiritual and social activities. Sunday moreover strengthens the social cohesion of our societies, which has been undermined by the current economic crisis. It therefore represents a precious achievement, which should be recognised as a pillar of the European Social Model.

**End-time Perspective:** To a large degree the religious world is following in the path of the Jews. The Pharisees taught for doctrine the commandments of men, making the word of God void by their traditions, and this the teachers of today are doing by upholding the first day of the week, — a day that bears not the divine credentials. They clothe their false Sabbath with a garb of sanctity, and many would compel its observance by imprisonment and fine. Under the enemy’s training, their zeal will grow until, like the Jews, they will think they are doing God a service by heaping reproach on those who have the moral courage to keep his commandments. RH, March 8, 1898

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THOSE FIRST DANGEROUS STEPS

Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. Heb. 3:12.

When the Redeemer of the world walked among men, many who identified themselves with Him as His disciples afterward forsook Him and became His bitterest enemies. The Saviour tested their faith and developed the real characters of the most ardent believers by applying spiritual truths to their hearts. . . .

They must be Christlike, meek and lowly of heart, self-denying, self-sacrificing; they must walk in the narrow path trodden by the Man of Calvary if they would share in the gift of life and the glory of heaven. But the test was too great. They walked no more with Him. They could not hear the saying nor comprehend the nature of the truth He taught. . . . The work of apostasy begins in some secret rebellion of the heart against the requirements of God’s law. Unholy desires, unlawful ambitions, are cherished and indulged, and unbelief and darkness separate the soul from God. If we do not overcome these evils, they will overcome us. Men who have long been advancing in the path of truth will be tested with trial and temptation. Those who listen to the suggestions of Satan and swerve from their integrity begin the downward path, and some masterful temptation hastens them on in the way of apostasy, till their descent is marked and rapid. . . .

We need to be constantly on our guard, to watch and pray lest we enter into temptation. The indulgence of spiritual pride, of unholy desires, of evil thoughts, of anything that separates us from an intimate and sacred association with Jesus imperils our souls. . . . If the thought of apostasy is grievous to you, and you do not desire to become the enemies of the truth, the accusers of the brethren, then “abhor that which is evil; cleave to that which is good” (Rom. 12:9), and believe in Him who is “able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy” (Jude 24). TMK 254

THE DECEITFULNESS OF SIN

But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin. Heb. 3:13.

“The wages of sin is death” (Rom. 6:23). Sin, however small it may be esteemed, can be persisted in only at the cost of eternal life. . . .

Adam and Eve persuaded themselves that in so small a matter as eating of the forbidden fruit there could not result such terrible consequences as God had declared. But this small matter was sin, the transgression of God’s immutable and holy law, and it opened the floodgates of death and untold woe upon our world. Age after age there has gone up from our earth a continual cry of mourning, and the whole creation groaneth and travaileth together in pain as a consequence of man’s disobedience. Heaven itself has felt the effects of his rebellion against God. Calvary stands as a memorial of the amazing sacrifice required as a propitiation for the transgression of the divine law. Let us not esteem sin as a trivial thing. Are not the hands and feet and side of the Son of the infinite God to bear an eternal testimony before the universe of its untold malignity and curse?

O that a right impression might be made upon the minds of young and old in regard to the exceeding sinfulness of sin! . . .

God is not deceived by appearances of piety. He makes no mistake in His estimation of character. Men may be deceived by those who are corrupt in heart, but God pierces all disguises and reads the inner life. The moral worth of every soul weighed in the balance of the heavenly sanctuary. Shall not these solemn thoughts have an influence upon us, that we may cease to do evil and learn to do well? There is nothing gained by a life of sin but hopeless despair. . . .

Let faith lay hold on the promises of God. Jesus is mighty to save His people from their sins. Light from Heaven has illumined our pathway. Sin has been revealed to us by the Word and the Spirit of truth, that we may not be found transgressors of the divine precepts, and there is no opportunity to plead the excuse of ignorance. The command is “Depart from iniquity” (2 Tim. 2:19). TMK 255
“There can be no growth or fruitfulness in the life that is centered in self. If you have accepted Christ as a personal Saviour, you are to forget yourself, and try to help others. Talk of the love of Christ, tell of His goodness. Do every duty that presents itself. Carry the burden of souls upon your heart, and by every means in your power seek to save the lost. As you receive the Spirit of Christ – the Spirit of unselfish love and labor for others – you will grow and bring forth fruit. The graces of the Spirit will ripen in your character. Your faith will increase, your convictions deepen, your love be made perfect. More and more you will reflect the likeness of Christ in all that is pure, noble, and lovely.”

- Excerpt from Christ’s Object Lessons, Page 68, available in hardcover or paperback at The Hope International Bookstore