Recently I was walking my dogs in the mountains where we live. I have not had any fear of predators in the area where we walk even though there is lots of brush this time of year and many hiding places.

As I was going along, my bigger dogs were out in front of me going down the trail below me. My little dog, Sparkie, a dachshund mix was behind me. He loved to walk with us, but with his short legs he was usually trailing behind.

Although we love all our dogs, Sparkie was our favorite and quickly became the favorite of any body that visited our mountain home. He loved to hop onto a lap, settle down, and be scratched under the chin. He always slept in our bed with my wife and me. I could sense his presence next to the bed to be picked up onto the bed with us. He was truly family.

As I was walking, I heard two strange barks from Sparkie and then quiet. I immediately sensed something was wrong—that Sparkie was in trouble. I turned around and walked back up the path looking for my little dog.

He was nowhere to be found. Because of the heavy brush, it was very difficult to find anything as small as Sparkie. I returned again and again frantically looking for Sparkie—no success. I was up and down that area of the mountain four times.

My wife had gone to town. When she returned, she suggested that we look one more time. Of course I had prayed as I was looking, and we prayed again as we set out. We were accompanied by Corey, another one of our dogs. We kept saying “Corey, find Sparkie.” We again were not having any success.

We were in the process of returning from the search in the brush of one side of the mountain trail, back to the trail, when Corey began making unusual sounds on the other side of and up from the trail.

My wife suggested I look up where Corey was. I did so, and under some heavy brush, I saw Sparkie. He was sitting up seemingly in a trance—most likely in shock. I reached under the brush and pulled him out. He had a hole in his side. I carried him to my wife. She carried him on up the mountain, while I rushed home to get my cell phone, and call the veterinarian.

We rushed the more than 25 miles to Asheville and the all night emergency veterinary hospital. We had hope that Sparkie could be saved. We left him there as they told us it would be some time before surgery could occur—they needed to give Sparkie fluids and strengthen him. It was over 12 hours since the injury. We headed home and went to bed.

Around two o’clock in the morning, the phone rang. It was the veterinarian. Sparkie’s heart had stopped. There was nothing more they could do. Our little Sparkie was dead. A predator had snuffed out his life.

In and out of the church are many predators. Sometimes they are very apparent, but other times they may be “hiding in the brush”. They may not even realize that they are predators. They come with doctrines that conflict with our foundational beliefs. They directly or indirectly speak against our Prophet. They tell us that we will continue to sin until Jesus comes. They seek to push the wrong nature of Christ. They want us to not evangelize people from other religions—“Let us just understand other people better and not see them as someone to convert to Seventh-day Adventism. Let’s be ecumenical.”

Will eternal lives be snuffed out by these predators?

The day will come when we all will be accountable. Were we quiet in a religious crisis? Did we stand back and not speak up for truth when we had the opportunity? Were we afraid of being called “critical”—one of Satan’s greatest devices to keep us quiet?

Epilogue: We brought Sparkie home in a cardboard coffin and allowed him to lie “in state” a couple of days and then buried him in our front yard. A friend gave us a beautiful red rose bush that I planted near his grave. My wife cried for many days. We both shall think often of the wonderful little friend—family—that Sparkie was. We will and do miss Sparkie.

“Let us just understand other people better and not see them as someone to convert to Seventh-day Adventism. Let’s be ecumenical.”
Our Mission:
It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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Cover Story

06 The Title to Abraham’s Farm
Clark Floyd

Features

04 The Bible Museum Opened
R.A. Underwood

08 When The Books Are Opened
A.L.O.E

11 How to Meet a Controverted Point of Doctrine
Mrs. E.G. White

16 Communion With God
Eliza H. Morton

17 The Three Bloodlines of Noah – Where Are You From?
Joe Olson

Departments

02 Editorial

22 Christian Crossword

24 Health Gem
Protein and the Vegetarian Diet - Part 2

28 News Watch

30 Ellen White Quotes

Ad Features

21 Saw Palmetto

23 Soothe

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Come with me my Christian reader, and let us examine together One of those ancient objects rescued from oblivion by the inspired writers

cain’s offering

More of the fruits of the earth are here, though no longer the fruit of Eden. These, too, are rich and beautiful, and a special interest attaches to them, for they are the offering made to God by the first man who was ever born into a sinful world.

Have we ever realized the feelings with which Adam and his wife must have watched the dawn of intellect in their first-born son, or the mingled grief, shame, and hope, with which they would tell him the history of the Fall, and the mysterious promise linked with the sentence passed upon them by the righteous Judge? Did young Cain share the hope, which appears at one time to have been his mother’s, that he should be the one to whom it would be given to set his foot upon the Serpent’s head, and crush the Enemy of his race? We know not whether such thought as this ever passed through the mind of the boy, but he never seems to have entered, like his younger brother, into the solemn meaning of sacrifice for sin.

Are our own offerings in danger of being rejected by the Lord?

Cain was not one to neglect all forms of religion; he had his thank-offering for the God of Nature. It is possible that when he looked around him on swelling fruits and ripening grain, and found the earth beneath the labour of his hands yield thirty, sixty, or a hundredfold, a feeling of adoration and of gratitude may have stirred within his soul. “Cain brought of the fruit of the ground an offering unto the Lord.”

But the offering was not accepted. And wherefore was it not? Let us search a little more deeply into this matter, and see, if God can help us to understand, wherefore that sacrifice of Cain was rejected, and if there be any danger that ours may be even as his.

Many do less than Cain when we are stingy with our offerings

It is clear that the case of Cain differs from that of the man utterly indifferent to religion; the man who cares not to make any offering at all. There are those, bearing the name of Christians, whose purses (readily enough opened at any call of pleasure or pride) are kept systematically shut when God's service or His people's need require their contributions. It may well be a startling thought for such that they do less than Cain.

Cain’s was not an offering of acceptable faith

But what was it that marred the offering of Adam’s first-born son? Why were those mellow fragrant fruits less acceptable to God than the bleeding lamb presented by Cain’s younger brother? We have the answer in the words of inspiration. “By faith Abel offered unto
God a more excellent sacrifice than Cain.” And what was this acceptable faith? We cannot think that it consisted in a mere belief in the existence of God as the Creator and Preserver of mankind, that vague belief which now satisfies so many who deem it a proof of higher intellect and more liberal thought to reject the peculiar doctrines of Christianity. Doubtless Cain held such belief, yet his offering was not the offering of faith.

Abel came before God in God’s appointed way, as a transgressor, seeking grace through the medium of a sacrifice. We know not how far he understood the meaning of the rite; whether it was revealed unto him, more or less distinctly, that the promised seed of the woman was also to be the Lamb of God that taketh away the sins of the world; but whether the light granted to Abel was dim or bright, he walked by it in faith. The fruits gathered by the hand of Cain showed no recognition of guilt—no consciousness of needing mercy—no hope of grace to be received through a heaven-sent deliverer. And the offering was not accepted.

**Would our offerings be found to be like those of Cain?**

If the touchstone contained in the words by faith were applied to a multitude now placed upon the altar of God, would not many—would not most of them be found to be offerings like those of Cain? Pause, dear reader, and think over your own. Have you helped to raise churches, or to ornament them, to provide for orphans, to assist needy widows, is your name on a subscription list—your gold often seen on the collection-plate? Do you give the fruits of your intellect to religious work, the best of your time to charitable labours? Are you counted an active and useful member of the church to which you belong? All this may be, and yet it is not impossible that you are presenting the offerings of Cain. Are you standing in your own righteousness, labouring in your own strength, not deeming yourself a sinner needing forgiveness, but a saint entitled to reward? Search well your motives; look closely at your own heart. We shall not be judged according to the verdict of the world, that sees the action but scans not the motive, but by Him who reads the secret thought and intent. Herod raised a magnificent temple to the Lord God of Israel, and his liberality may have been lauded to the skies, yet, surely, his was the offering of Cain. Let us be fully persuaded that no sacrifice of ours can be acceptable but as made for Christ, and offered through Christ, that we need the blood of sprinkling both on ourselves and on our works, if we would not find that sacrifice-these works, however great, however highly extolled—rejected at last!

**Let us not tread in the steps of the first murderer**

And there is another way in which we may cause our gifts to be accounted worthless by the Lord, even when we believe them to be offered in faith—when the proud spirit of malice, jealousy, hatred, which was especially the spirit of Cain, is suffered to pollute even that which we bring unto God. Theological hatred has become proverbial for bitterness: so fierce are the disputes upon subjects of religion that the nature of that faith that worketh by love seems to be often entirely forgotten. If we would not tread in the steps of the first murderer, let us follow the command of our Lord. “If thou bring thy gift to the altar, and there remembered that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

Of the deepest importance is it to all who come not empty-handed before their Creator and Judge, to examine whether faith hallows or self-righteousness mars what they bring, whether theirs be the accepted sacrifice of Abel or the rejected offering of Cain.
“Many of us fail to improve our privileges. We make a few feeble efforts to do right, and then go back to our old life of sin. If we ever enter the kingdom of God, we must enter with perfect characters, not having spot, or wrinkle, or any such thing. Satan works with increased activity as we near the close of time. He lays his snares, unperceived by us, that he may take possession of our minds. In every way he tries to eclipse the glory of God from the soul. It rests with us to decide whether he shall control our hearts and minds, or whether we shall have a place in the new earth, a title to Abraham’s farm.” MYP 105.

Satan has two highly successful methods of attack
Satan has many ways of attack in these last days, but there are two ways he has had great success with professed Christians—he either convinces them that they can gain heaven by their own works, or that they can continue sinning until the Lord comes, and they will be saved. We find both of these ideas in our own church as well as in the world. Many people have a difficulty in understanding how faith and works are two paddles that need to be pulled together to direct the boat safely in to port.

A question for each of us
In Matthew 19 beginning with verse 15, we encounter the interesting story of the Rich Young Ruler who came to Jesus with a question that should be a question for each of our minds, “Good Master, what good thing shall I do, that I may have eternal life?” This could have been the perfect place for Jesus to have said, “Do! There is nothing you can do; I will do it all for you.” But notice Jesus’ answer, “… if thou wilt enter into life, keep the commandments.” Matt 19:17. Is Jesus pushing the young ruler towards legalism or is He opening the way to show the young man what is in his heart? Jesus is definitely speaking of the Ten Commandments here, for in verses 18 and 19, Jesus names the commandments from the second part of the Decalogue.

Obedience or legalism?
Apparently the young man had an outward compliance with the commandments “from his youth up”, for this is his reply in verse 20, but he still finds an emptiness—“what lack I yet?” This young man had a legalistic approach to the commandments, as did many of the Jews of his day, including the disciples of Jesus.

Notice how Paul thought before his conversion experience—“Though I might also have confidence in the flesh. If any other man thinketh that he hath whereof he might trust in the flesh, I more: Circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, an Hebrew of the Hebrews; as touching the law, a Pharisee; concerning zeal, persecuting the church; touching the righteousness which is in the law, blameless. But what things were gain to me, those I counted loss for Christ.” Phil. 3:4-7. All these things Paul surrendered when he turned fully to Jesus.

We must love Jesus in full surrender
We might say today, “I keep the Sabbath. I pay a faithful tithe. I am a vegetarian or a vegan. But the most important thing we can do is to love
Jesus with all our heart and soul with a full surrender of our lives to Him.

In verse 21, we have Jesus' answer to the Rich Young Ruler. "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven, and come and follow me."

“But when the young man heard that saying, he went away sorrowful: for he had great possessions.” Matt. 19:22.

Jesus looks at the inward position of the heart

Jesus went directly to the plague spot in this young man's heart—the riches of this world were put ahead of the glory of the world to come. The Rich Young Ruler was looking at the outward showing of the keeping of the law. Jesus was looking at the inward position of the heart. Do we choose the world or Jesus?

Jesus knew that not only with this young man, but with the majority of the Jews, including his disciples, there was the idea that in keeping the commandments there was a certain merit that would help them earn their way to heaven.

Jesus put the love factor back into the law

When Jesus began His ministry, He gave the Sermon on the Mount, and near the end of that sermon, He stated: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled." Matt. 5:17.

In Romans 13:10, we read, “Love worketh no ill to his neighbor: therefore love is the fulfilling of the law.”

Part of Jesus' ministry was to put the love factor back into the law; the Christian who is allowing Jesus to control his heart and life through total submission will automatically keep the commandments, because the commandments are the outwarding of love toward God and man. They are the destruction of putting self before others.

Do we need to keep the commandments? Yes—but they need to arise from love working in us through the power of Jesus.

The question is not whether or not we should keep the commandments

Notice a second time that Jesus is asked the same question that was asked by the Rich Young Ruler—a second witness, so to speak.

“And behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life? He, Jesus, said unto him, what is written in the law? How readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself. And he, Jesus, said unto him, Thou hast answered right: This do, and thou shalt live.” Luke 10:25-28.

Again the question is not whether or not we should keep the commandments—it is deeper than that. Are we keeping them because they are the natural outflow of love to God and others, or because we think we will merit heaven through our efforts?

Christ brought moral power to man

“Christ came to the earth, taking humanity and standing as man's representative, to show in the controversy with Satan that man, as God created him, connected with the Father and the Son, could obey every divine requirement.” 7BC 926.

“Christ left his heavenly home, and came to this world, to show that only by being connected with divinity can man keep the law of God. In itself humanity is tainted and corrupted; but Christ brought moral power to man, and those who live in communion with him overcome as he overcame. We are not left in this world as orphans; Christ has united fallen man to the infinite God. He has opened a way for our prayers to ascend to God, and the fragrance of his righteousness ascends with the prayer of every repentant sinner.” ST, December 10, 1896.

Will you be able to claim your inheritance?

God is looking for a people to inherit the title to Abraham's farm. Will you, dear brother and sister, be that people?

“Righteousness within is testified to by righteousness without. He who is righteous within is not hard-hearted and unsympathetic, but day by day he grows into the image of Christ, going on from strength to strength. He who is being sanctified by the truth will be self-controlled, and will follow in the footsteps of Christ until grace is lost in glory. The righteousness by which we are justified is imputed; the righteousness by which we are sanctified is imparted. The first is our title to heaven; the second is our fitness for heaven.” MYP 35.

Editor's Note: Do you want to love Jesus more than you do? Start claiming the promise of God in Deuteronomy 30:6 on a daily basis.

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.
WHEN THE BOOKS ARE OPENED

By R.A. Underwood
January 1, 1914

How different will appear the present estimation of man when the unerring record, kept by the angels of God, is made known in the judgment! What a surprise it will be to many!

Often prejudice or other influences so affect the mind that it is almost impossible to write a biography or even give a report of the work of men and state the exact truth. Two individuals will give quite a different report of the same thing, and yet they may desire to tell the truth. But when viewed from still another standpoint, the facts appear in altogether a different light. Sometimes this is so when reports are made of the results of ministerial labor in a tent or city effort. Sometimes one person is given credit for accomplishing a large work, when in reality others have done more in bringing about the results than the one who receives the credit, yet no mention is made of their labor.

A DIFFERENT REPORT

I remember one of our older ministers once conducted a tent effort which resulted in the organization of a church of thirty-five or forty members. He was about to make a full report of his work in the Review when it occurred to him that it would be well to find out how many of the company had really embraced the truth as the result of his effort. So he asked each person who had joined the church to state just what had led to his acceptance of the message. As he called on one after another he was greatly surprised, and as the result of his investigation made a report quite different from that which he had in mind at first.

BUILDING UPON THE WORKS OF OTHERS

Only four or five of the forty persons had first heard the truth from his lips. Several had been convinced as a result of reading the Signs of the Times or the Review. Others had purchased “Bible Readings for the Home Circle” or “Thoughts on Daniel and the Revelation,” from a canvasser, and thus learned the truth. Still others had received help from a Bible worker in another State. In most cases this minister had simply been watering the seed sown by others, and he said: “This investigation was an eye opener to me. I had been building upon the work of others, and in reality a small part of the results of the tent effort was due to my own labors.”
GOD WILL GIVE A SURE REWARD

Frequently, this is the case; and in the day of sure rewards, when every man receives his due according to his work (Eccl. 12:14), God will give the faithful Bible worker, the canvasser, the brother or sister who has sent out the books and papers on their mission of love, a sure reward, regardless of who has had the credit in this life.

ONLY THE ANGELS ARE ABLE TO MAKE A FULL REPORT

At the present time the minister has an organized church doing missionary work, paying their tithes and offerings; Bible workers to assist; a corps of canvassers on the firing line; and, aided by the prayers of the believers and the ministration of angels, he is only one of many in accomplishing the results that may come from nearly all our efforts. Only the angels are able to make a full report that will give credit to whom credit belongs. Hence, where all these agencies are at work, we should be a little modest in claiming too much as the result of one person’s effort. One has planted, another has watered, but it is God who gives the increase.

Editor’s comment: We may never see the results of placing pamphlets in doors or on gas pumps, or in our witnessing to those we come in contact with, but the angels in heaven are aware. Dear brothers and sisters, are you involved in some form of outreach?
How to Meet a Controverted Point of Doctrine
By Mrs. E.G. White

We want to understand the time in which we live. We do not half understand it. We do not half take it in. My heart trembles in me when I think of what a foe we have to meet, and how poorly we are prepared to meet him. The trials of the children of Israel, and their attitude just before the first coming of Christ, have been presented before me again and again to illustrate the position of the people of God in their experience before the second coming of Christ. How the enemy sought every occasion to take control of the minds of the Jews, and today he is seeking to blind the minds of God’s servants, that they may not be able to discern the precious truth.

Christ came to the world to meet Satan’s false accusations

When Christ came to our world, Satan was on the ground, and disputed every inch of advance in his path from the manger to Calvary. Satan had accused God of requiring self-denial of the angels, when he knew nothing of what it meant himself, and when he would not himself make any self-sacrifice for others. This was the accusation that Satan made against God in heaven; and after the evil one was expelled from heaven, he continually charged the Lord with exacting service which he would not render himself. Christ came to the world to meet these false accusations, and to reveal the Father. We cannot conceive of the humiliation he endured in taking our nature upon himself. Not that in itself it was a disgrace to belong to the human race, but he was the Majesty of heaven, the King of glory, and he humbled himself to become a babe and suffer the wants and woes of mortals. He humbled himself not to the highest position, to be a man of riches and power, but though he was rich, yet for our sake he became poor, that we through his poverty might be made rich. He took step after step in humiliation. He was driven from city to city; for men would not receive the Light of the world. They were perfectly satisfied with their position.

God’s word was hidden by the traditions of men

Christ had given precious gems of truth, but men had bound them up in the rubbish of superstition and error. He had imparted to them the words of life, but they did not live by every word that proceeds out of the mouth of God. He saw that the world could not find the word of God, for it was hidden by the traditions of men. He came to place before the world the relative importance of heaven and earth, and put truth in its own place. Jesus alone could reveal the truth which it was necessary men should know in order that they might obtain salvation. He only could place it in the frame-work of truth, and it was his work to free it from error and to set it before men in its heavenly light.

Satan was roused to oppose him, for had he not put forth every effort since the fall to make light appear darkness, and darkness light? As Christ sought to place truth before the people in its proper relation to their salvation, Satan worked through the Jewish leaders, and inspired them with enmity against the Redeemer of the world. They determined to do all in their power to prevent him from making an impression upon the people.

Christ could not be accepted by the Jews in His purity because of their impurity

O, how Christ longed, how his heart burned, to open to the priests the greater treasures of the truth! But their minds had been cast in such a mold that it was next to an impossibility to reveal to them the truths relating to his kingdom. The Scriptures had not been read aright. The Jews had been looking for the advent of the Messiah, but they had thought he must come in all the glory that will attend his second appearing. Because he did not come with all the majesty of a king, they utterly refused him. But it was not simply because he did not come in splendor that they refused him. It was because he was the embodiment of purity, and they were impure. He walked the earth a man of spotless integrity. Such a character in the midst of degradation and evil was out of harmony with their desires, and he was abused and despised. His spotless life flashed light upon the hearts of men, and discovered iniquity to them in its odious character.

Humanity must copy the perfect Pattern

The Son of God was assaulted at every step by the powers of darkness. After his baptism he was driven of the Spirit into the wilderness, and suffered temptation for forty days. Letters have
been coming to me, affirming that Christ could not have had the same nature as man, for if he had, he would have fallen under similar temptations. If he did not have man’s nature, he could not be our example. If he was not a partaker of our nature, he could not have been tempted as man has been. If it were not possible for him to yield to temptation, he could not be our helper. It was a solemn reality that Christ came to fight the battles as man, in man’s behalf. His temptation and victory tell us that humanity must copy the Pattern; man must become a partaker of the divine nature.

Christ withstood Satan’s temptations through the same power that man may command

In Christ, divinity and humanity were combined. Divinity was not degraded to humanity; divinity held its place, but humanity by being united to divinity, withstood the fiercest test of temptation in the wilderness. The prince of this world came to Christ after his long fast, when he was an hungered, and suggested to him to command the stones to become bread. But the plan of God, devised for the salvation of man, provided that Christ should know hunger, and poverty, and every phase of man’s experience. He withstood the temptation, through the power that man may command. He laid hold on the throne of God, and there is not a man or woman who may not have access to the same help through faith in God. Man may become a partaker of the divine nature; not a soul lives who may not summon the aid of Heaven in temptation and trial. Christ came to reveal the Source of his power that man might never rely on his unaided human capabilities.

Men may have a power that will place them where they may overcome as Christ overcame

Those who would overcome must put to the tax every power of their being. They must agonize on their knees before God for divine power. Christ came to be our example, and to make known to us that we may be partakers of the divine nature. How?—By having escaped the corruptions that are in the world through lust. Satan did not gain the victory over Christ. He did not put his foot upon the soul of the Redeemer. He did not touch the head though he bruised the heel. Christ, by his own example, made it evident that man may stand in integrity. Men may have a power to resist evil—a power that neither earth, nor death, nor hell can master; a power that will place them where they may overcome as Christ overcame. Divinity and humanity may be combined in them.

Christ was the source, the fountain of all truth

It was the work of Christ to present the truth in the frame-work of the gospel, and to reveal the precepts and principles that he had given to fallen man. Every idea he presented was his own. He needed not to borrow thoughts from any, for he was the originator of all truth. He could present the ideas of prophets and philosophers, and preserve his originality; for all wisdom was his; he was the source, the fountain, of all truth. He was in advance of all, and by his teaching he became the spiritual leader for all ages.

The mold of the world’s teachers was not to be upon Christ

It was Christ that spoke through Melchisedec, the priest of the most high God. Melchisedec was not Christ, but he was the voice of God in the world, the representative of the Father. And all through the generations of the past, Christ has spoken; Christ has led his people, and has been the light of the world. When God chose Abraham as a representative of his truth, he took him out of his country, and away from his kindred, and set him apart. He desired to mold him after his own model. He desired to teach him according to his own plan. The mold of the world’s teachers was not to be upon him. He was to be taught how to command his children and his household after him, to keep the way of the Lord, to do justice and judgment. This is the work that God would have us do. He would have us understand how to govern our families, how to control our children, how to command our households to keep the way of the Lord.

The Lord did not send John to the school of the prophets and rabbis; he was called to do a special work

John was called to do a special work; he was to prepare the way of the Lord, to make straight his paths. The Lord did not send him to the school of the prophets and rabbis. He took him away from the assemblies of men...
to the desert that he might learn of nature and nature’s God. God did not desire him to have the mold of the priests and rulers. He was called to do a special work. The Lord gave him his message. Did he go to the priests and rulers and ask if he might proclaim this message?—No, God put him away from them that he might not be influenced by their spirit and teaching. He was the voice of one crying in the wilderness, “Prepare ye the way of the Lord, make straight in the desert a highway for our God. Every valley shall be exalted, and every mountain and hill shall be made low; and the crooked shall be made straight and the rough places plain: and the glory of the Lord shall be revealed, and all flesh shall see it together: for the mouth of the Lord hath spoken it.”

This is the very message that must be given to our people; we are near the end of time, and the message is, Clear the King’s highway; gather out the stones; raise up a standard for the people. The people must be awakened. It is no time now to cry peace and safety. We are exhorted to “cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.”

He who is connected with Heaven will do the works of Christ

The light of the glory of God shone upon our Representative, and this fact says to us that the glory of God may shine upon us. With his human arm, Jesus encircled the race, and with his divine arm he grasped the throne of the Infinite, connecting man with God, and earth with heaven.

The light of the glory of God must fall upon us. We need the holy unction from on high. However intelligent, however learned a man may be, he is not qualified to teach unless he has a firm hold on the God of Israel. He who is connected with Heaven will do the works of Christ. By faith in God he will have power to move upon humanity. He will seek for the lost sheep of the house of Israel. If divine power does not combine with human effort, I would not give a straw for all that the greatest man could do. The Holy Spirit is wanting in our work.

What we need is the baptism of the Holy Spirit

Nothing frightens me more than to see the spirit of variance manifested by our brethren. We are on dangerous ground when we cannot meet together like Christians, and courteously examine controverted points. I feel like fleeing from the place lest I receive the mold of those who cannot candidly investigate the doctrines of the Bible. Those who cannot impartially examine the evidences of a position that differs from theirs, are not fit to teach in any department of God’s cause. What we need is the baptism of the Holy Spirit. Without this, we are no more fitted to go forth to the world than were the disciples after the crucifixion of their Lord. Jesus knew their destitution, and told them to tarry in Jerusalem until they should be endowed with power from on high. Every teacher must be a learner, that his eyes may be anointed to see the evidences of the advancing truth of God. The beams of the Sun of Righteousness must shine into his own heart if he would impart light to others.

Unless the teacher is a learner in the school of Christ, he is not fitted to teach others

No one is able to explain the Scriptures without the aid of the Holy Spirit. But when you take up the word of God with a humble, teachable heart, the angels of God will be by your side to impress you with evidences of the truth. When the Spirit of God rests upon you, there will be no feeling of envy or jealousy in examining another’s position; there will be no spirit of accusation and criticism, such as Satan inspired in the hearts of the Jewish leaders against Christ. As Christ said to Nicodemus, so I say to you, “Ye must be born again.” “Except a man be born again, he cannot see the kingdom of God.” You must have the divine mold before you can discern the sacred claims of the truth. Unless the teacher is a learner in the school of Christ, he is not fitted to teach others.

Every difference among us should be melted away

We should come into a position where every difference will be melted away. If I think I have light, I shall do my duty in presenting it. Suppose I consulted others concerning the message the Lord would have me give to the people, the door might be closed so that the light might not reach the ones to whom God had sent it. When Jesus rode into Jerusalem, “the whole multitude of disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen; saying, Blessed be the King that cometh in the name of the Lord. Peace in
14

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heaven, and glory in the highest. And some of the Pharisees from among the multitude said unto him, Master, rebuke thy disciples. And he answered and said unto them, I tell you that, if these should hold their peace, the stones would immediately cry out.

Prophecy must be fulfilled

The Jews tried to stop the proclamation of the message that had been predicted in the word of God; but prophecy must be fulfilled. The Lord says, “Behold, I send you Elijah the prophet, before the coming of the great and dreadful day of the Lord.” Somebody is to come in the spirit and power of Elijah, and when he appears, men may say, “You are too earnest, you do not interpret the Scriptures in the proper way. Let me tell you how to teach your message.”

Brethren, we must not put our dependence in man

There are many who cannot distinguish between the work of God and that of man. I shall tell the truth as God gives it to me, and I say now, If you continue to find fault, to have a spirit of variance, you will never know the truth. Jesus said to his disciples, “I have yet many things to say unto you, but ye cannot bear them now.” They were not in a condition to appreciate sacred and eternal things; but Jesus promised to send the Comforter, who would teach them all things, and bring all things to their remembrance, whatsoever he had said unto them. Brethren, we must not put our dependence in man. “Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?” You must hang your helpless souls upon Jesus. It does not become us to drink from the fountain of the valley, when there is a fountain in the mountain. Let us leave the lower streams; let us come to the higher springs. If there is a point of truth that you do not understand, upon which you do not agree, investigate, compare scripture with scripture, sink the shaft of truth down deep into the mine of God’s word. You must lay yourselves and your opinions on the altar of God, put away your preconceived ideas, and let the Spirit of Heaven guide you into all truth.

God will hold us responsible for the opportunities given to know the truth

My brother said at one time that he would not hear anything concerning the doctrine we hold, for fear he should be convinced. He would not come to the meetings, or listen to the discourses; but he afterward declared that he saw he was as guilty as if he had heard them. God had given him an opportunity to know the truth, and he would hold him responsible for this opportunity. There are many among us who are prejudiced against the doctrines that are now being discussed. They will not come to hear, they will not calmly investigate, but they put forth their objections in the dark. They are perfectly satisfied with their position. “Thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich, and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eye-salve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent.”

All self-sufficiency, egotism, and pride of opinion must be put away

This scripture applies to those who live under the sound of the message, but who will not come to hear it. How do you know but that the Lord is giving fresh evidences of his truth, placing it in a new setting, that the way of the Lord may be prepared? What plans have you been laying that new light may be infused through the ranks of God’s people? What evidence have you that God has not sent light to his children? All self-sufficiency, egotism, and pride of opinion must be put away. We must come to the feet of Jesus, and learn of him who is meek and lowly of heart. Jesus did not teach his disciples as the rabbis taught theirs. Many of the Jews came and listened as Christ revealed the mysteries of salvation, but they came not to learn; they came to criticise, to catch him in some inconsistency, that they might have something with which to prejudice the people. They were content with their knowledge, but the children of God must know the voice of the true Shepherd. Is not this a time when it would be highly proper to fast and pray before God? We are in danger of variance, in danger of taking sides on a controverted point; and should we not seek God in earnestness, with humiliation of soul, that we may know what is truth?

Nathanael was full of prejudice
Nathanael heard John as he pointed to the Saviour, and said, “Behold the Lamb of God, which taketh away the sin of the world!” Nathanael looked at Jesus, but he was disappointed in the appearance of the world’s Redeemer. Could he who bore the marks of toil and poverty, be the Messiah? Jesus was a worker; he had toiled with humble working-men, and Nathanael went away. But he did not form his opinion decidedly as to what the character of Jesus was. He knelt down under a fig-tree, inquiring of God if indeed this man was the Messiah. While he was there, Philip came and said, “We have found him, of whom Moses in the law, and the prophets did write, Jesus of Nazareth, the son of Joseph.” But the word “Nazareth” again aroused his unbelief, and he said, “Can there any good thing come out of Nazareth?” He was full of prejudice, but Philip did not seek to combat his prejudice; he simply said, “Come and see.” When Nathanael came into the presence of Jesus, Jesus said, “Behold an Israelite indeed, in whom is no guile!” Nathanael was amazed. He said, “Whence knowest thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig-tree, I saw thee.”

We must know that what we know is truth
We do not go deep enough in our search for truth. Every soul who believes present truth will be brought where he will be required to give a reason of the hope that is in him. The people of God will be called upon to stand before kings, princes, rulers, and great men of the earth, and they must know that they do know what is truth. They must be converted men and women. God can teach you more in one moment by his Holy Spirit than you could learn from the great men of the earth. The universe is looking upon the controversy that is going on upon the earth. At an infinite cost, thou shalt see greater things than these. And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man.”

Are you to go to man to find out his opinion and shape your conclusions from his?
Would it not be well for us to go under the fig-tree to plead with God as to what is truth? Would not the eye of God be upon us as it was upon Nathanael? Nathanael believed on the Lord, and exclaimed, “Rabbi, thou art the Son of God; thou art the King of Israel. Jesus answered and said unto him, Because I said unto thee, I saw thee under the fig-tree, believest thou?

God has provided for every man an opportunity to know that which will make him wise unto salvation. How eagerly do angels look to see who will avail himself of this opportunity!

God wants our minds to expand, and desires to put His grace upon us
When a message is presented to God’s people, they should not rise up in opposition to it; they should go to the Bible, comparing it with the law and the testimony, and if it does not bear this test, it is not true. God wants our minds to expand. He desires to put his grace upon us. We may have a feast of good things every day; for God can open the whole treasure of heaven to us. We are to be one with Christ as he is one with the Father, and the Father will love us as he loves his Son. We may have the same help that Christ had, we may have strength for every emergency; for God will be our front guard and our rereward. He will shut us in on every side, and when we are brought before rulers, before the authorities of the earth, we need not meditate beforehand of what we shall say. God will teach us in the day of our need. Now may God help us to come to the feet of Jesus and learn of him, before we seek to become teachers of others.

(From the morning talk at Battle Creek, Michigan, Jan. 29, 1890)

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.
Prayer is the opening of the heart,  
A letting in of God,  
A feeling of a weakness great,  
A turning to the Lord.

No goodness ours, but all our thought  
To do the Master’s will,  
To feel the emptiness of life,  
To hear the “Peace, be still.”

And when the soul is outward poured  
And self is cast aside,  
Then Jesus comes with listening ear  
And arms extended wide.

’Tis sweet to plead with One who notes  
Our every thought and word,  
With One who understands and feels,  
And bids us know we’re heard.

There’s need of earnest, fervent prayer,  
For love is waxing cold;  
Let’s cast our burdens on the Lord—  
In faith we may be bold.

With shining faces we may stand  
In sunlight from above,  
And feel the Spirit as it comes  
In waves of tender love.

When strengthened with God’s strength divine  
New zeal and life and power  
Will fill our hearts and touch our lives  
And help us every hour;

Then give us, Lord, for thine own sake,  
A thirsting after thee,  
That we may grow in grace and all  
Thy light and glory see.
The Three Bloodlines of Noah
- Where Are You From?

By Joe Olson

“And the LORD said unto Noah, Come thou and thy entire house into the ark; for thee have I seen righteous before me in this generation.” Gen. 7:1. Noah, his wife, his three sons and their wives were the only ones to survive the worldwide flood. “And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth: and Noah only remained alive, and they that were with him in the ark.” Gen. 7:23.

God commanded Noah and his sons to repopulate the earth

After the flood, God once again commanded that the earth be repopulated. “And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth.” Gen. 9:1.

Noah lived another 350 years after the flood, but there is no indication that he and his wife had any more children. As a matter of fact, the scripture seems to indicate that it was Noah's sons that did the repopulating of the earth... “And the sons of Noah, that went forth of the ark, were Shem, and Ham, and Japheth: and Ham is the father of Canaan. These are the three sons of Noah: and of them was the whole earth overspread.” Gen. 9:18-19.

The Bible says, “of them” meaning the sons of Noah, or by them, was the earth overspread, or populated again.

In other words… every one who is alive today came from either the bloodline of Shem, Japheth or Ham.

Which line do you come from?

What are your hereditary tendencies?

Everyone knows or has heard of hereditary tendencies. Everyone has seen in action or effect, the results of heredity. That’s why in every medical evaluation, they ask what the health of your family is like. If your parents had diabetes, you had a greater chance of being diabetic. If they had hypertension, you were at greater risk. If they were obese... the same thing.

Heredity has played a part in our lives from our first parents on down the line. Everything started with Adam and Eve and spread out from there. After the flood, everything restarted with Noah's three sons, and spread out. So everyone alive today came from either Ham, Shem of Japheth.

Which son did you come from?

Ham’s evil tendency

Unfortunately, just as things went wrong fairly quickly with one of Adam's sons, the same happened with one of Noah’s sons. We pick up the story soon after the flood, in Genesis chapter nine. “And Noah began to be an husbandman, and he planted a vineyard: And he drank of the wine, and was drunken; and he was uncovered within his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brethren without.” Gen. 9:20-22.

The original Hebrew helps explain a little more about why this was wrong of Ham. The word, “saw” is the Hebrew word, “raw-ah” and does mean to see, but to see with pleasure or joyfully, to gaze upon as in longer than just a second, and to approve of what you are looking at. In other words, we are talking about an improper viewing of the nakedness of his father, not just a momentary glance and quickly looking away.

Then we go on and look at the Hebrew word for “told” which is, “naw-gad’” which means to, “announce or expose or praise”. In other words, the implication is that Ham was telling his brothers to come and check it out like he did, like it will be fun.

Shem and Japheth were more honorable than their brother

But the scripture indicates that Ham’s other brothers were nothing like him. “And Shem and Japheth took a garment, and laid it upon both their shoulders, and went backward, and covered the nakedness of their father; and their faces were backward, and they saw not their father's nakedness.” Gen. 9:23. There was nothing interesting or enjoyable or desirable to Shem or Japheth about their father's nakedness. They just wanted to cover him up.

And when Noah woke up from his drunkenness, he found out what had happened with Ham. “And Noah awoke from his wine and found out what his younger son had done.” Gen. 9:24. A better translation of this verse might be, “Noah awoke from his wine and found out what his younger son had done.”

The results of Ham’s chosen course

And in the next verse we find what resulted from Ham’s deviant course… “And he said, Cursed be Canaan; a servant of servants shall he be unto his brethren.” Gen. 9:25. Because of Ham’s sin, his posterity was cursed. However, this was not a punishment but a pronouncement. In other words,
God, through Noah, was not saying they HAVE to be like this now… He was saying this is what they WILL be like now.

God knew the effects of heredity. God realized that this wicked trait of character would be passed down through the generations and so He declared what would happen to Ham’s posterity. “The prophecy of Noah was no arbitrary denunciation of wrath or declaration of favor. It did not fix the character and destiny of his sons. But it showed what would be the result of the course of life they had severally chosen and the character they had developed. It was an expression of God’s purpose toward them and their posterity in view of their own character and conduct. As a rule, children inherit the dispositions and tendencies of their parents, and imitate their example; so that the sins of the parents are practiced by the children from generation to generation. Thus the vileness and irreverence of Ham were reproduced in his posterity, bringing a curse upon them for many generations. “One sinner destroyeth much good.” Ecclesiastes 9:18, PP 118. Through Ham, many people would follow the path of vileness and irreverence.

Which son do you come from?

Are you a tower builder?

“There are tower builders in our time. Infidels construct their theories from the supposed deductions of sciences, and reject the revealed word of God. They presume to pass sentence upon God’s moral government; they despise His law and boast of the sufficiency of human reason. Then, “because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.” Ecc. 8:11.” PP 123.

Whenever we take what “supposed” science says over what God has revealed in His word, we show what son we are from. When we put more faith in what man says than what God says, we reveal what bloodline is ours.

“The results of Shem’s choice

In addition to God being Shem’s God, and Shem receiving the blessings associated with being a child of God, the Bible says that Ham’s descendants would be the servants of Shem. Those that obey God get the blessings of serving Him. Those who do not, not only forfeit the blessings reserved for the obedient, but end up as servants to the
Many people equate blessings with money or power or prestige. But what greater blessing can there be than eternal life? And not just eternal life, but eternal life as kings and priests! “And from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and washed us from our sins in his own blood, And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.” Rev. 1:5-6.

To some outward manifestations, it may appear that we are not kings and priests and rulers yet, but God sees things as they will be and pronounces them as if they are now. By faith, we can see it afar, as the song goes. Shem’s posterity are the children of the heavenly king.

Which son are you from?

**Japheth chose to obey God**

Finally, we have Japheth. He too was blessed. “God shall enlarge Japheth, and he shall dwell in the tents of Shem; and Canaan shall be his servant.” Gen. 9:27.

Shem was blessed. Canaan, Ham’s son was cursed. Japheth was enlarged. Among the three sons, Japheth would seem to have the largest posterity. Japheth too was to be served by the descendants of Ham. Japheth’s posterity was to dwell in Shem’s tents. In other words, they would share together. “And Japheth shall dwell in the tents of Shem.” In the blessings of the gospel the descendants of Japheth were especially to share.” PP 117.

Japheth’s family were blessed by God to be part of those who would share the gospel. They would not be those who would reject out of hand the messages from God’s servants. They would not be like Ham’s family. They would not despise God’s word. They, like the family of Shem, would listen to and help give the gospel. They might not be the ones on the front lines like Shem and Abraham and Isaac and Jacob, but they help by supporting them. And they get to share in the blessings of helping to do the gospel work. This was a great honor afforded them.

Which son are you from?

Our characters are not fixed

Are you from Shem, and love to share the gospel? Do you look upon sharing God’s word as your God-given birthright and does it burn within your heart? Do you look for opportunities to share Jesus and His sacrifice with everyone you can?

Which son do you come from?

Are you from Ham, and have no desire to serve God or to do his will or to share the truth in His word? Or, are you from Japheth and want to help spread the gospel by lifting up those on the front lines and supporting the gospel work with your prayers, encouragement and money?

“Noah, speaking by divine inspiration, foretold the history of the three great races to spring from these fathers of mankind.” PP 117.

Which race is your race?

Let me read again from Patriarchs and Prophets 118: “The prophecy of Noah was no arbitrary denunciation of wrath or declaration of favor. It did not fix the character and destiny of his sons. But it showed what would be the result of the course of life they had severally chosen and the character they had developed.”

If you are reading to this message, and feel that you are a descendant of the son of Noah that went the wrong way, I have great news! Your character is not fixed! You have a choice! You are not doomed to a predetermined destiny! YOU get to determine your own destiny.

God shows us the results of our choices

And the wonderful thing about this story is that we get to see how each choice of each individual plays out. We do not have to sit and wonder how it all ends. We do not need to worry about whether or not this choice or that choice will be the right one. God tells us right off which one is right. If we will listen to Him, we have nothing to fear. He has already laid the whole thing out for us. Do you realize how wonderful this is? Do you recognize what a blessing this is? When you have to pick between door number one, door number two or door number three, how fantastic is it to know what is behind each door?

This is why the Bible is so wonderfully precious to us. God has shown us how each choice plays out and what ends up happening. It just does not get any better than that!

What son do you come from?

Don’t be discouraged! You get to pick! God wants us to read this story. God wants us to see what happened
with each son’s choice. And God wants us to decide for ourselves. Do you want to be blessed or cursed? Do you want to be up front, or help support, or tear down? Do you want to be a king, or a servant? Do you want to live eternally, or die eternally?

**Determine to be heaven-bound**

If you have been blessed with coming from the bloodlines of Shem or Japheth, then chose to stay the course and follow that heredity and be welcomed into the abodes of bliss. Determine that you are heaven bound, and continue toward those hereditary leanings of doing God's will. Improve upon those hereditary blessings and pass them down to your own posterity. The better choices you make, the better choices your children will make. But God does give you the freedom to choose to throw away those blessings and turn from Him. He wants only those who want to serve Him.

But remember, the choices you make will have a grave impact on all those who come after you. Often we do not think about that. There is no, “Do as I say, not as I do.” There is a very good chance that your children and grandchildren and great grandchildren will very well do what you do.

Ham made his choice, and as we have seen, it has affected untold millions and billions of people. Look how few want to share the love of Jesus Christ or help support those that do.

**Joshua knew that everyone had a choice**

What about you? What are your choices and where are they leading you? What effect do they, and will they, have?

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

You can serve the false and worthless gods that your fathers before you might have served. Or, you can pick your own worthless gods to serve. And yet another choice, the choice Joshua and his family made, is to serve the Lord.

**What are you choosing for your posterity?**

If your hereditary bent was to serve God… praise God! If your hereditary bent is to deny Him and go in the path of wickedness like Ham did, you are not doomed, but you need to turn to God right now. Every day you wait is a day that your heredity will be passed on in the wrong direction. Is that what you want for your posterity? Is that what you want your legacy to be?

Jesus died for us all that we might make the right choice. Determine right now, by God's grace and power, to follow in the path of righteousness. This is what the Bible and Jesus' life and death are all about. Don't let the devil tempt you to wait or to look at so-called scientific reasoning. It has already been laid out for you so plainly that a blind man could see it. Don't wait for tomorrow or a more convenient time.

**Others are looking to see what you will do**

Remember Paul and Felix? Paul was talking to Felix like I'm writing to you right now. “And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.” Acts 24:25. That never ended up happening.

One of the devil's plans is for you to give your heart to Jesus… but just a little later. He knows that more often than not, “later” never comes. I cannot convey how important your choice is and how important it is that you make it now.

Can it possibly cost you too much to serve God? What if it is everything? Your job; your power; your prestige; your retirement; even your family… Jesus said: “For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?” Mark 8:36-37.

And remember, it is not just YOUR soul that might be at stake here… Please, never forget the story of Noah's sons. The choice you make will most definitely have an impact upon others. Your spouse; your children; your parents; your friends; your co-workers… All are looking to see… what you will do. Jesus, who gave everything to save you is looking, and waiting as well.

Choose you this day.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
Saw Palmetto appears to have efficacy [effectiveness] similar to that of medications like finasteride (Proscar), but it is better tolerated and less expensive. There are no known drug interactions with Saw Palmetto, and reported side effects are minor and rare. - American Family Physician 2003;67:1281-3.

Saw Palmetto is widely used in other countries; for example, it is used in 50 percent of treatments for BPH [Benign Prostatic Hyperplasia] in Italy and in 90 percent of such treatments in Germany. - European Urology 1992;21:309-14.

A major benefit of Saw Palmetto is that its effects are generally seen only shortly after beginning treatment. Some people report noticing a reduction in symptoms in as little as 30 days. This is an advantage over most of the currently available drugs which can take as long as 6 to 12 months for effects to be seen.

In one study, patients subjectively said that Saw Palmetto helped improve BPH symptoms - 83 percent said it was effective after 45 days and 88 percent said it was effective after 90 days.

Unlike the prescription drug Proscar (finasteride), Saw Palmetto has proven similarly effective, but without side effects such as: decreased libido, ejaculatory problems, and loss of erection.

Saw Palmetto For Hair Loss

As you probably know, Saw Palmetto is great for helping prevent prostate cancer and improving general prostate health, but what you probably don’t know is that its also great for preventing hair loss!

Both men and women can suffer from hair loss (alopecia). Saw Palmetto is beneficial for any adult who suffers from this condition.

Hair loss develops when the level of dihydrotestosterone (DHT) in the scalp is too high. DHT binds itself to the hair follicles, decreasing the amount of nutrients they can extract from blood. The follicles gradually shrink and the hair growing from them becomes thinner. If nothing is done to treat this condition, the hair disappears completely.

To prevent and treat hair loss, the level of DHT in the body must be decreased. There are prescription drugs designed to inhibit DHT (such as Propecia), which block conversion of free testosterone into dihydrotestosterone. Being synthetic substances, prescription drugs for treating hair loss often have serious side effects, such as gynecomastia (abnormal breast enlargement in males) and even erectile dysfunction.

Saw Palmetto, on the other hand is a herbal DHT inhibitor. While it has a similar mechanism of action to Propecia, it does NOT cause side effects such as those associated with Propecia and other prescription drugs.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.
Christian Crossword

ACROSS
1. The last of Jacob’s twelve sons.
2. There were _____ people aboard the ark.
3. One of the sons of Noah.
4. The token of the covenant between God and Abraham.
5. One of the sons of Moses.
6. Another of Aaron’s sons.
7. When there was a famine, Abraham went to _____.
8. God gave to Moses the divine plan for the _____.
9. Noah’s ark rested on the mountains of _____.
10. The _____ shall not depart from Judah until Shiloh come
14. The brother of Rachel.
15. The _____ when told she would have a son.
16. Sarah _____ when told she would have a son.
17. Abraham circumcised _____ when he was eight days old.
18. Noah first sent forth a _____.
21. Sarai’s handmaid was an _____.
22. A son of Abraham.
23. Moses came from the tribe of _____.
24. One of Joseph’s two sons.
25. A daughter of Leah, which she bare unto Jacob.
27. He was called the minister of Moses.
28. I will not destroy _____ for ten’s sake.
29. _____ was a fruitful bough whose branches ran over the wall.
30. The wife of Moses.

DOWN
2. There were _____ people aboard the ark.
3. One of the sons of Noah.
4. The token of the covenant between God and Abraham.
6. Another of Aaron’s sons.
9. Noah’s ark rested on the mountains of _____.
11. Sarai’s handmaid’s name.
13. Abraham’s father died in _____.
15. One of Rachel’s handmaids.
19. One of Aaron’s sons.
20. Pharaoh dreamed of seven well-favoured _____.
22. A son of Abraham.
24. One of Joseph’s two sons.

Answers from Christian Crossword published in the June 2010 issue of Our Firm Foundation
Today, Valerian is the most common non-prescription sedative used in Europe.

58% of adults say they suffer from symptoms of insomnia.

Soothe has been shown to be beneficial for:

- Insomnia
- Headaches
- Depression
- Sleep Disorders
- Menstrual cramps
- Muscle Spasms
- Epileptic Seizures
- Anxiety/Stress
- Hyperactivity/excitability
- Bronchial Spasms
- Attention Deficit Disorder
- Nervousness/Nervous Stomach
- Stomach/Intestinal Cramps
- Relaxing Central Nervous System

Does Soothe (Valerian Root) Really Work?

Double blind studies have shown that Valerian root can decrease the amount of time it takes for people with insomnia to fall asleep. Valerian root is also used to treat anxiety disorders and counteract stress. It has a sedative effect that helps to relax the central nervous system and provide a feeling of calmness.

Soothe VS Traditional Sleeping Pills

In contrast to prescription sleeping pills and anti-anxiety medications, Valerian root has few side effects. Particularly significant is the fact that Valerian root does not cause the feeling of grogginess associated with the use of prescription sleep aids. Further, the herb is NOT addictive.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.
Where did people get the idea that we needed so much protein?

How much protein do we actually need?

Last month we started talking about protein. We discussed what it actually does in the body and how much people truly need to be healthy (which is much less than is being recommended). We found that protein’s primary function is growth (being almost negligible in adults) as well as repair and replacement of worn-out cells. We found that we actually only needed about 30-50 grams of protein a day or 5% of the total calories (around half of what is currently being promoted).

So the next thing that people always ask is, if we know we don’t need that much protein to be healthy, then why is the government still recommending so much? Good question! In fact, no other area of nutritional need has been surrounded by so much controversy as the daily protein requirement. In fact, nutritionists and scientists have made protein recommendations that have varied as widely as 600%.

So, to truly understand the “realistic” protein needs we talked about last month, we first need to understand how some of the current protein standards were derived.

Background of Current Protein Recommendations: How it all started

In the late nineteenth century, a chemist named Baron Justus von Liebig was the first person to separate foods into proteins (nitrogenous substances) and carbohydrates/fats (non-nitrogenous substances). When he observed that the muscles are made up largely of protein, Liebig assumed that protein must be their primary fuel. Thus he proclaimed, “Muscle strength depends on the amount of protein eaten.” But this assumption wasn’t correct. In fact, it is actually the non-nitrogenous foods, like the carbohydrates and fat, that supply the best fuel for muscular activity. The protein is used for creating new cells, or growth – which is why our protein needs decline as we’re older and we’re no longer “growing”.

Von Liebig and NPK

Now, if this name sounds familiar, it’s because we’ve talked about him before! Von Liebig was the one who helped invent the nitrogen-based fertilizers. He was responsible for the theory that Nitrogen, Phosphorous, and Potassium levels are the basis for determining healthy plant growth. Meaning, the only nutrients plants need to grow and thrive are these three. He was partially right. They will “grow”. However, they will not “thrive”. They will be severely deficient in nutrients.

You see, this theory from the 1800s doesn’t take into account the dozens of other nutrients and elements that are essential to plant growth such as sulfur, hydrogen, oxygen, carbon, magnesium, etc. Nor does it talk about the importance of beneficial soil organisms that help your plants to flourish and to fight off pests and diseases. So essentially, he not only helped create a fertilizer that would be damaging to the plants, but he unwittingly helped construct a worldwide health crisis. And what’s so scary about it is, people can actually be eating the right healthy foods, yet be starving of
Fact or theory?

I take the time to go over the history just to point out how “theories” in science and medicine once thought correct and true are often proven wrong or injurious. Just because they believe something to be true at one time does not mean it is true. That’s why it’s a theory! Over the years, each time more information is available, science and medicine continue to change their positions. Smoking is good, wait, smoking is bad. Eggs are good, eggs are bad, eggs are good, no, eggs are bad. Pork is good, oops, no, pork is bad. And even though it changes so often, each time they discover something new, they tout it as absolute fact!

Setting a flawed standard

So this same man, Justus von Liebig, was one of the first scientists to set a recommendation for protein intake. He determined the body’s protein requirements by measuring the actual amounts of protein consumed by a group of men who ate more than average and worked harder than usual. He reasoned that by measuring the protein intake of men who ate more than average and worked harder than usual, he could arrive at a safe recommended allowance of protein for all people. Author Mike Benton says “Such a technique for establishing a standard is somewhat akin to clocking race car drivers in order to establish a safe speed for school zones.” Why in the world would you choose that group of people to set the standard for all people?

Based on this experiment, Liebig determined that about 120 grams of protein daily would satisfy the needs of a moderately active adult. How much would you have to eat to obtain 120 grams of protein each day? Just to give you a good picture of what they were recommending, listen to this… In order to eat 120 grams of protein a day, a person would need to consume about 20 large eggs, or 40 slices of bacon, or 20 chicken wings, or one pound of beef, or 7.5 cups of kidney beans, or 6 cups of cashews, or 1.25 pounds of almonds each day! Is that even possible? I mean, maybe one time if you’re really over-indulging (even then, it’s pretty outrageous). But, every day? Consistently? There is no way that people, generally speaking, were getting this much protein each and every day. Yet, there was no big “protein deficiency” outbreak. Scores of people were not dying as a result of this.

Sometime later, using this same method, one of von Liebig’s protégés, Dr. Carl Voit, noted that the daily diet of laborers and soldiers contained, on average, 118 grams of protein. He reasoned that since these men were big, strong, and muscular, they must be eating the “ideal” amount of protein. One hundred eighteen (118) grams of protein per day became Voit’s standard requirement for protein, a standard that quickly gained international acceptance. So, he was recommending only two grams less than average. You can’t get too much of a good thing... or can you?

In the China Study, Dr. Campbell says: During later experiments, “Dr. Voit found that man actually only needed about 48.5 grams per day, but nonetheless he recommended a whopping 118 grams per day because of the cultural bias of the time. Protein equaled meat, and everyone aspired to have meat on his or her table, just as we aspire to have bigger houses and faster cars. Voit figured you can’t get too much of a good thing.” (1) Yet as early as 1887 (only 6 years after the Voit dog studies), more scientist were starting to question this idea. Wouldn’t you? If you were told that you had to eat that much protein, which is nearly impossible to attain, would you start re-thinking it? Additional experiments in Germany were showing that only 40 grams of protein was perfectly sufficient for health. Yet, the recommendations for school zones as well as easier to establish a safe speed.
stayed the same: nearly three times that amount.

**Liebig’s and Voit’s standards were based on cultural bias**

Around this time, across the Atlantic at Yale University, Dr. Russell Chittenden was also starting to question Voit’s assumption. He began wondering, even though the big, strong soldiers and laborers were eating an exorbitant amount of meat/protein, does that really mean the average person needs that much? He speculated whether 118 grams was what the body actually required — or simply what these hardworking men happened to be eating. To find out, he studied soldiers and athletes under a variety of conditions.

After years of careful research he found that, like with the German experiments, only 40 to 60 grams of protein (or less than half the amount recommended by Voit) was more than adequate, even for hardworking men. But by this time, the old standards of Liebig and Voit, and the false belief that a high-protein diet was conducive to health were so firmly fixed in the minds of the medical establishment, that little attention was paid to Chittenden’s findings.

Dr. Campbell goes on to say, “A cultural bias had become firmly entrenched. If you were civilized, you ate plenty of protein. If you were rich, you ate meat, and if you were poor, you ate staple plant foods, like potatoes and bread. The lower classes were considered by some to be lazy and inept as a result of not eating enough meat, or protein. Elitism and arrogance dominated much of the burgeoning field of nutrition in the nineteenth century. The entire concept that bigger is better, more civilized, and perhaps even more spiritual permeated every thought about protein.” (2)

Incorrectly determined “requirements” from the beginning

You see, it wasn’t that the new information wasn’t correct; it was just that the current view was so firmly established. In fact, it has been so strongly ingrained in our minds that even today most people still believe that a high-protein diet is the healthiest way to eat. Or I should say a “normal” diet for most Americans (which IS in itself a high-protein diet).

So, from the very beginning of the discovery of protein, we can see that the set “requirements” were incorrectly determined and excessively high. Yet for years the recommendation stayed around 118-125 grams per day. But this was SO excessive that these false beliefs could only last so long. The truth eventually would have to come out. After many more experiments proved that a daily protein intake of 30 to 40 grams was entirely sufficient (meaning there was absolutely no way to hide the fact that this recommended amount was ridiculously overestimated), the medical establishment finally revised its recommendations.

**How about a compromise?**

Now, what would you assume they would change it to (if 30-40 were deemed “entirely sufficient”)? Note, they were not saying that 30-40 was barely scraping by. They found that the amount was “entirely sufficient”. This is a phrase usually used when you have more than enough. You’ve even got some wiggle room. Not “barely sufficient” or “nearly sufficient”, but “entirely sufficient”. Well, you say, if 30-40 is all you need to be healthy… I’m sure they changed it to 30-40, right? Wrong.

When they discovered this, the government/medical establishment said, “Ok, there is obviously no denying it any longer. We’ll fix this. We’ll compromise. The new recommendation is 60 - 70 grams of protein per day” (nearly half the original amount). You heard that right, 30-40 was deemed entirely sufficient, yet they said, we’ll reduce it to... 60-70.

**Why? Just because!**

Why?
“Because”.

Have you ever asked a child why he or she did something and they knew they had no reason or excuse? What do they say? “Because.” And you promptly follow with, “Because why?” Now, what do they ALWAYS say after this? Those famous 3 words that all parents have heard: “I don’t know!”

This is essentially what the government said about the extra protein...
recommendation. Why in the world would you recommend double, when half was “entirely sufficient”? “Just because”. No reason, simply because they can.

Have you ever been cooking and had a recipe call for 1 cup of flour? If one cup works and one cup is perfect, and one makes the recipe delicious… would you double it “just because”? Of course you wouldn’t. It would be pointless. In fact, it may even ruin the recipe!

We all know that you have to have moderation. Too much of even good things can sometimes be bad. So if 30-40 grams is all you need, wouldn’t any more than that just be unnecessary… possibly even harmful?

Now, we won’t argue, that at 60-70 grams, it’s definitely an improvement from the first recommendation of 118 grams, but this figure is still easily 50% too high, even by conservative nutritional standards. And that pretty much brings us to the present day, where with the support of the meat, dairy and egg industries, the recommended protein allowances still remain around 70 grams per day on average.

**How much protein does the average diet provide?**

According to “Current protein intake in America: analysis of the National Health and Nutrition Examination Survey, 2003–2004”, Protein intake averaged:

- 56 ± 14 g/day in young children. – They are getting what the WHO, *(World Health Organization)* recommends for a 200-250 pound man!
- 91 ± 22 g/day in adults aged 19–30 years.
- 66 ± 17 g/day in the elderly.
- 66 ± 17 g/day in the elderly.

Whoa! This is way too much. The elderly are easily getting double their needs, the young adults are getting double or triple their needs, and the children are getting more than a large man needs! This seems ridiculous! But is this really a problem? What happens if you get “too much” protein? Is anyone in the world living healthfully on a low protein diet? Also, what about athletes, laborers, and pregnant women? Don’t their protein needs increase? All this and more to be explained in upcoming articles! Stay tuned!

**References:**

www.rawfoodexplained.com

2. Ibid. P. 29
1. Fox News, April 27, 2010—Has Noah's Ark Been Found on Turkish Mountaintop?

“A group of Chinese and Turkish evangelical explorers say wooden remains they have discovered on Mount Ararat in eastern Turkey are the remains of Noah’s Ark. The group claims that carbon dating proves the relics are 4,800 years old, meaning they date to around the same time the ark was said to be afloat. Mt. Ararat has long been suspected as the final resting place of the craft by evangelicals and literalists hoping to validate biblical stories. Yeung Wing-Cheung, from the Noah’s Ark Ministries International research team that made the discovery, said: ‘It’s not 100 percent that it is Noah’s Ark, but we think it is 99.9 percent that this is it.’ There have been several reported discoveries of the remains of Noah’s Ark over the years, most notably a find by archaeologist Ron Wyatt in 1987. At the time, the Turkish government officially declared a national park around his find, a boat-shaped object stretched across the mountains of Ararat.”

End Time Perspective: “God is looking upon the world today as he looked upon it in Noah’s time. He is sending his messages to people today as he sent them in the days of Noah. There is in this age of the world a repetition of the wickedness of the world before the flood. Many helped Noah build the ark who did not believe the startling message, who did not cleanse themselves from all wrong principles, who did not overcome the temptation to do and say things which were entirely contrary to the mind and will of God.” [PH068 19.1]

Editor’s Note: Whether this is really Noah’s Ark we probably will not know for some time, but I believe God can use findings like this to wake up a world. However, just as in Noah’s day many will not listen or pay attention even if this find is truly shown to be Noah’s Ark.


“Schoolchildren in Nevada are getting fatter, but there might not be enough money to prevent it. During a hearing Wednesday, doctors with the Nevada State Health Division said the latest statistics show 20 percent of Nevada schoolchildren are obese, more than the 17 percent national rate. But Dr. Tracey Green, the state health officer, told the Legislative Committee on Health Care that just 40 percent of the state’s schools have submitted plans to the Department of Education on how they are complying with the statewide wellness policy.”

End Time Perspective: “Christ has here (in speaking of Sodom and the conditions in Noah’s day) left us a most important lesson. He would lay before us the danger of making our eating and drinking paramount. He presents the result of unrestrained indulgence of appetite. The moral powers are enfeebled, so that sin does not appear sinful. Crime is lightly regarded, and passion controls the mind, until good principles and impulses are rooted out, and God is blasphemed. All this is the result of eating and drinking to excess. This is the very condition of things which Christ declares will exist at His second coming.” CD 146

3. CNN, May 28, 2010—Day 39: Latest Gulf Oil Spill Updates

“Gulf oil spill – President Obama is scheduled to visit Louisiana on Friday for the second time since an oil rig explosion sent a historic amount of oil gushing into the Gulf of Mexico. He is set to arrive around 11 a.m. ET and make remarks around 1:30 p.m. ET. BP on Thursday attempted to cap the spill using the “top kill” method. But it was unclear how effective the procedure had been. On Friday, BP’s top official, who previously had said the Gulf oil spill’s environmental impact would be modest, upgraded his assessment to an “environmental catastrophe.”

End Time Perspective: “As the wheellike complications were under the guidance of the hand beneath the...”
wings of the cherubim, so the complicated play of human events is under divine control. Amidst the strife and tumult of nations, He that sitteth above the cherubim still guides the affairs of the earth.” Ed 178


“Almost nine years after terrorists murdered 2,751 people on Sept. 11, 2001, the U.S. is still facing a major threat as hundreds of illegal aliens from countries known to support and sponsor terrorism sneak across the U.S.-Mexico border. A 2006 congressional report on border threats, titled “A Line in the Sand: Confronting the Threat at the Southwest Border” and prepared by the House Committee on Homeland Security Subcommittee on Investigations, indicated that 1.2 million illegal aliens were apprehended in 2005 alone, and 165,000 of those were from countries other than Mexico. Approximately 650 were from “special interest countries,” or nations the Border Patrol defines as “designated by the intelligence community as countries that could export individuals that could bring harm to our country in the way of terrorism.”

End time Perspective: “Transgression has almost reached its limit. Confusion fills the world, and a great terror is soon to come upon human beings. The end is very near. We who know the truth should be preparing for what is soon to break upon the world as an overwhelming surprise.” 8T 28

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Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe.
“Light does not come to a man who makes no effort to obtain it.” 5T 107

“‘Should parents,’ you ask, ‘select a companion without regard to the mind or feelings of son or daughter?’ I put the question to you as it should be: Should a son or daughter select a companion without first consulting the parents, when such a step must materially affect the happiness of parents if they have any affection for their children?” AH 75

“The influence of every man’s thoughts and actions surrounds him like an invisible atmosphere, which is unconsciously breathed in by all who come in contact with him. This atmosphere is frequently charged with poisonous influences, and when these are inhaled, moral-degeneracy is the sure result.” 5T 111

“Those who will put on the whole armor of God and devote some time every day to meditation and prayer and to the study of the Scriptures will be connected with heaven and will have a saving, transforming influence upon those around them.” CM 82

“Just what took place in Pharaoh’s heart will take place in every soul that neglects to cherish the light and walk promptly in its rays. God destroys no one. The sinner destroys himself by his own impenitence.” 5T 120

“The more we endeavor to explain the truth to others, with a love for souls, the plainer will it become to ourselves. It ever opens with new beauty and force to the understanding of the expounder.” CSW 13

“A good character must be built up brick by brick, every day growing in proportion to the effort put forth.” 5T 129

“So devoted was our Redeemer to the work of saving souls that He even longed for His baptism of blood.” 5T 132

“The enemy is buying souls today very cheap.” 5T 133

“One is selling his soul for the world’s applause, another for money; one to gratify base passions, another for worldly amusement. Such bargains are made daily. Satan is bidding for the purchase of Christ’s blood and buying them cheap, notwithstanding the infinite price which has been paid to ransom them.” 5T 133

“Let ministers and people remember that gospel truth ruins if it does not save.” 5T 134

“Now is the time for God’s people to show themselves true to principle. When the religion of Christ is most held in contempt, when his law is most despised, then should our zeal be the warmest and our courage the most unflinching. To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few,—this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason.” RH January 11, 1887

“He who holds the truth in unrighteousness, who declares his belief in it, and yet wounds it every day by his inconsistent life, is surrendering himself to the service of Satan and leading souls to ruin.” 5T 142
“Choose poverty, reproach, separation from friends, or any suffering, rather than to defile the soul with sin. Death before dishonor or the transgression of God’s law, should be the motto of every Christian.” CH 626

“Voluntary offerings and the tithe constitute the revenue of the gospel. Of the means entrusted to man, God claims a certain portion,—the tithe. He leaves all free to say whether or not they will give more than this. They are to give as they purpose in their hearts. But when the heart is stirred by the influence of the Spirit of God, and a vow is made to give a certain amount, the one who vows has no longer any right to the consecrated portion.” RH February 2, 1911

“Well, says one, the calls keep coming to give to the cause; I am weary of giving. Are you? Then let me ask: Are you weary of receiving from God’s beneficent hand? Not until He ceases to bless you will you cease to be under bonds to return to Him the portion He claims.” CCh 273

“God reserves to Himself a portion of all that we receive. When this is returned to Him, the remaining portion is blessed, but when it is withheld, the whole is sooner or later cursed. God’s claim is first; every other is secondary.” 5T 150

“Then let each member present a thank offering to God once a week or once a month, as is most convenient. This offering will express our gratitude for the gifts of health, of food, and of comfortable clothing.” WM 272

“Do not wait for them to call your attention to their needs. Act as did Job. The thing that he knew not he searched out. Go on an inspecting tour and learn what is needed and how it can be best supplied.” WM 183

“Could our brethren remember that God can bless twenty acres of land and make them as productive as one hundred, they would not continue to bury themselves in lands, but would let their means flow into God’s treasury.” 5T 151
“Language is too feeble for us to attempt to portray the love of God.”
– IHP 15

“Hast thou not known? Hast thou not heard, that the everlasting Go ... fainteth not? ... there is no searching of his understanding.” – Isaiah 40:28