The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath
The Three Angels’ Messages • The Non-Immortality of the Soul • The Sanctuary

WHO WAS

John?
The Prodigal Son – RESENTMENT

HEALTH GEM
Protein and the Vegetarian Diet - Part 4

IMPERATIVE NECESSITY
of Searching for Truth

SIGNS OF CHRIST’S COMING
The Perpetuity of the Sabbath

Rest

the bible museum opened

pharoah’s chariot
or elijah’s chariot
One of the interesting stories in the Old Testament is the one found in 1 Kings 13, concerning the prophet of God that was sent to warn King Jeroboam against the idolatrous practices he was bringing into Israel.

“And, behold, there came a man of God out of Judah by the word of the Lord unto Bethel: and Jeroboam stood by the altar to burn incense.” 1 Kings 13:1.

Not only did this man of God predict the immediate destruction of the false altar, but he also predicted the coming of good King Josiah by name 300 years in advance. To walk into the situation that this man of God entered required much trust in the Lord.

Jeroboam reacted as might be expected—“he put forth his hand from the altar saying, Lay hold on him. And his hand, which he put forth against him, dried up, so that he could not pull it in again to him.” 1 Kings 13:4.

“The altar also was rent, and the ashes poured out from the altar, according to the sign which the man of God had given by the Word of the Lord.” 1 Kings 13:5.

“And the king answered and said unto the man of God, Entreat now the face of the Lord thy God, and pray for me, that my hand may be restored me again. And the man of God besought the Lord, and the king’s hand was restored him again, and became as it was before.” 1 Kings 13:6.

The king then asked the man of God to come to the king’s house to eat and drink and receive a reward. But the man of God seemed to clearly understand the instructions of the Lord—“Eat no bread, nor drink water, nor turn again by the same way that thou comest.” 1 Kings 13:9.

“The resolute refusal to receive the king’s proffered reward placed the prophet (the man of God) on vantage ground and made a deep impression upon both king and the people.” 2 SDABC 795.

Now enters another “prophet, but a false prophet, a man who was a tool of Satan, not of God. Having failed to secure his purpose in one way, Satan now worked in another way, determined to thwart the purposes of the Lord by bringing the messenger into disrepute.” 2 SDABC 795.

This false prophet asks the man of God to come home with him to eat bread and drink water, but the man of God first refuses to do so. But the false prophet then tells the man of God that an angel “spake unto me by the word of the Lord, saying, Bring him back with thee into thine house, that he may eat bread and drink water. But he lied unto him.” 1 Kings 13:18.

The man of God accepted this invitation. The result was that the Lord’s protection was removed from the man of God “and when he was gone a lion met him by the way and slew him.” 1 Kings 13:24.

Ellen White comments: “The man of God had been fearless in delivering his message of rebuke. He had not hesitated to denounce the king’s false system of worship. And he had refused Jeroboam’s invitation, even though promised a reward. But he allowed himself to be over-persuaded by the one who claimed to have a message from heaven.

“When the Lord gives a man a command such as He gave this messenger, He Himself must countermand the order. Upon those who turn from the voice of God to listen to counter orders, the threatened evil will come. Because this messenger obeyed false orders, God permitted him to be destroyed.” 2 SDABC 1033.

“The penalty that overtook the unfaithful messenger was a still further evidence of the truth of the prophecy uttered over the altar. If after disobeying the word of the Lord, the prophet had been permitted to go in safety, the king would have used this fact in an attempt to vindicate his own disobedience.” PK 107.

What a statement this story should make to each of our hearts. I know of a couple of situations—one in the Philippines, and the other in England where Seventh-day Adventist church members were impressed by the Lord to hand out certain Spirit of Prophecy books, Steps to Christ and the Great Controversy—and they were told that they couldn’t do this without conference permission. In both instances, the people involved listened to the Lord and handed out the materials. Their efforts have been exceedingly blessed.

“Whether it be right in the sight of God to hearken unto you more than unto God, judge ye.” Acts 4:19.
Contents  September 2010 • Volume 25, Number 9

cover story
04  The Bible Museum
Opened - Pharaoh’s Chariot Or Elijah’s Chariot  A.L.O.E

features
06  Imperative Necessity of Searching for Truth
    Mrs. E. G. White
10  Signs Of Christ’s Coming
12  The Perpetuity of the Sabbath
    Prof. L. A. Reed
13  Rest
14  Who Was John?
    Clark Floyd
17  The Prodigal Son – Resentment
    Joe Olson

departments
02  Editorial
21  Christian Crossword
23  Health Gem
    Protein and the Vegetarian Diet - Part 4
28  News Watch
30  Ellen White Quotes

ad features
22 & 27  MSM

About Hope International:
The lay ministry founded, supported, and operated by Seventh-day Adventists to assist God’s Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

Invitation to Writers:
We are accepting article-length manuscripts (1700 to 4000 words) for possible publication in Our Firm Foundation. We prefer that submissions be submitted in Word.doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, Our Firm Foundation, P.O. Box 220, Knoxville, IL 61448, or by email to editor@hopeint.org.

Subscription Information: See page 29 • Shipping & Sales Tax: See page 29

Content credited in this publication is the property of its respective owner(s) and is licensed or used with permission. Other items are the property of Hope International.
Again we look at one of those ancient objects that we find in the recesses of God's Holy Word—an emblem of the miracle of God at the Red Sea.

**Pharaoh’s chariot or Elijah’s chariot**

It is much more than three thousand years since the mighty wall of waters fell crashing and thundering on Pharaoh and his host, since over his chariots and his horsemen swept the huge billows of the sea. We will not, however, look on his chariot as drawn from the watery waste, where it lay perhaps imbedded in coral, with the dank sea-weeds wrapped around it, pierced by the ship-worm, with the finny inhabitants of the deep gliding under the decaying axle, or over the broken wheel. We will survey Pharaoh’s chariot in all its pomp of color and gilding; as it was when the tyrant mounted it to pursue after Israel, a chariot meet for one of the mightiest of monarchs, one of the proudest of men. We will look on it as it was when powerful and fiery horses bore it rapidly onward, under the guidance of the skilful charioteer, and armed multitudes followed on its track.

**To what goal was Pharaoh so eagerly rushing?**

What stern and terrible emotions must have darkened the countenance of Pharaoh as he set his foot on that chariot, which was to bear him on, as he deemed, to his revenge! He was the tyrant from whom the captives were escaping; the lion from whom his prey had been torn; the bereaved father whose bitterness of anguish was turned into thirst for vengeance. To Pharaoh, every forward bound of his horses, every revolution of those massive wheels, seemed to bring him nearer to what he most eagerly desired: “The enemy said, I will pursue, I will overtake, I will divide the spoil; my lust shall be satisfied upon them; I will draw my sword, my hand shall destroy them!” The speed of the royal chariot would appear too slow for the impatience of the monarch within it. And yet to what goal was Pharaoh so eagerly rushing, to what was he pressing on with such fiery haste? Death and a watery grave! In a few hours he was to be a gasping, struggling, dying man in that chariot, or to be swept out of it like a whirling straw on a cataract by the power of the mighty waves!

**What, or who, are we crushing under our chariot wheels?**

As was his chariot to Pharaoh, so is ambition to those whose all-absorbing object is to advance in the course of worldly distinction. There are many, not only in the higher but in the lower ranks of life, whose one great wish and aim might be expressed in the words “to get on in the world”. Rapid advancement is their grand object; and they are not careful as to what they crush under their chariot wheels. If conscientious scruples come in their way they pass over them; regard for the interests of others cannot stay them in their career; success is the goal towards which they eagerly drive, though that success with each individual may take a different shape. With one it may be an empire, with another a thriving business; the soldier's highest mark may be a marshal's baton, while the village girl's dream of distinction is to become one day a lady. With one the chariot of ambition is more richly gilded, more gorgeously emblazoned, than with another, but in some form it is mounted by all who seek worldly advancement in this life as their chief end and goal.

**The world admires the gilded chariot if it bear a man onward to worldly success**

Doubtless there is something exhilarating in the rapid motion; the feeling that every turn of the wheel brings the eager aspirant to rank, or power, or wealth, or fame, nearer to what he desires. This feeling is not confined to hardened sinners like Pharaoh. The world does not judge ambition severely; it rather admires the gilded chariot if it bear a man onward to success. But if any one of my readers should be tempted to mount it, let him first look forward calmly and thoughtfully to that point where, to all earthly ambition, it will be said, “hitherto shalt thou come, but no further”. The waters of death lie before us, high and low; monarch and slave alike are swallowed up there, as the waves of the Red Sea made no distinction between mighty Pharaoh and the meanest of his host. What will the proudest earthly success matter to us when once those waters close over us?

“Can storied urn, or monumental bust, Can honour's voice awake the silent dust, Or flattery soothe the dull cold ear of death?”

**Elijah’s chariot is in striking contrast to the chariot of Pharaoh**

There is another chariot mentioned in Scripture, which affords the most striking contrast to Pharaoh. Its circling wheels woke no echoes amongst the rocks, left no impression
upon the sands. It was prepared for a poor and weary man, whose feet had long trodden a thorny path of trial. I allude to Elijah’s chariot of fire—the noblest car into which a son of Adam was ever permitted to mount. It came from Heaven, and Heaven was its bourne. In that chariot, borne above the waters of death, which might not so much as wet the sole of his foot, in Elijah the corruptible assumed incorruption, and the mortal put on immortality!

_Elijah’s chariot is the emblem of a spirit of devotion_

The subject is a very sublime one, but the lesson which we may draw from it is practical. If Pharaoh’s chariot be an emblem of ambition, we may regard Elijah’s as the emblem of a spirit of devotion. It descends from Heaven; it is sent by our God to bear His servants upwards towards Him. Not all the waters of death shall quench or dim its glory, for it is immortal like Him who bestowed it.

_In choosing one chariot, we must first turn away from the other_

Reader, a choice is before us: one of these chariots may receive us, but into whichever we enter, it must be by turning away from the other. The man whose first aim and desire is to push himself forward in the world, to press over whatever impediments conscience may place in his way, though he may possess shining qualities, cannot be a true disciple of the meek and lowly Redeemer. While he who has given himself heartily unto Christ, in a spirit of earnest devotion, cannot rest his chief hopes upon any object, however grand, or mere earthly ambition. The pride of life is not of the Father, but of the world. “If any man love the world, the love of the Father is not in him.”

_What is the destination of your chariot?_

What, then, is the direction of our most earnest desires? Is it onwards or upwards? Is the goal towards which we are pressing below the skies or above them? If the career before a man be that of self-seeking pride, however rapid may be his promotion, however swiftly he may sweep on in the path of distinction, with the gaze of an admiring or an envying crowd fixed upon him, every turn of the wheel but brings him nearer to the dark goal of destruction, where his vain ambition, like the chariot of Pharaoh, must perish with the life of its possessor!

What is the destination of your chariot?
“Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.”

THE WORD OF GOD IS THE MINE OF TRUTH
As men seek for earthly treasure, so are they diligently to search for the truth. The truth is to be regarded of higher value than anything else within the reach of man, and the searcher for truth must be willing to purchase it at any sacrifice or cost to himself. The word of God is the mine of truth, and the Lord would have us individually search the Scriptures, that we may become acquainted with the great plan of redemption, and take in the grand subject as far as it is possible for the human mind, enlightened by the Spirit of God, to understand the purpose of God. He would have us comprehend something of his love in giving his Son to die that he might counteract evil, remove the defiling stains of sin from the workmanship of God, and re-instate the lost, elevating and ennobling the soul to its original purity through Christ’s imputed righteousness.

CHRIST CONQUERED THE ENEMY OF OUR SOULS
The only way in which the fallen race could be restored was through the gift of his Son, equal with himself, possessing the attributes of God. Though so highly exalted, Christ consented to assume human nature, that he might work in behalf of man and reconcile to God his disloyal subject. When man rebelled, Christ pleaded his merit in his behalf, and became man’s substitute and surety. He undertook to combat the powers of darkness in man’s behalf, and he prevailed, conquering the enemy of our souls, and presenting to man the cup of salvation.

CHRIST IS TO BE THE GREAT CENTER OF ATTRACTION
God has endowed humanity with attributes whereby we may appreciate God; and though man has revolted from God, and has endeavored to supply the place of God with other objects of worship, the true God alone can fill the wants of the soul. Christ said: “I, if I be lifted up from the earth, will draw all men unto me.” Christ is to be the great center of attraction, the object to which the attention of the world is invited; and the word of God so portrays him. The Lord has intrusted to his children his written word, in order that they might search the Scriptures, and understand what is truth, and proclaim the truth to those who are in the darkness of error. How diligently should we search this word. The diligent student will be amply rewarded; for gems of truth are to be gathered up, and separated from the companionship of error. The Bible is presented to us as a precious revelation from heaven; but in order to understand it, we must diligently search its pages, with prayerful spirit and humble heart.

WHEN HUMAN REASON, PRIDE, AND SELF ARE EXALTED, THE SPIRIT OF ANTICHRIST SPREADS
The prevailing spirit of our times is that of infidelity and apostasy. The spirit manifested in the world is one of pride and self-exaltation. Men boast
of illumination, which in reality is the blindest presumption; for they are in opposition to the plain word of God. Many exalt human reason, idolize human wisdom, and set the opinions of men above the revealed wisdom of God. This affords opportunity for the working of Satan, and the spirit of antichrist is far more wide-spread than any of us imagine. Among the great mass of professed Christians, the grievous character of the transgression of the law of God is not understood. They do not realize that salvation can be obtained only through the blood of Christ, through his imputed righteousness; but this alone will avail to make fallen man what he should be, and exalt him to become a member of the royal family.

**MAN-MADE THEORIES ARE TRUSTED AND BELIEVED MORE THAN THE TRUTH OF GOD**

The truth as it is in Jesus is regarded as an old-fashioned doctrine. The maxims of the world, that know not God, have been worked into the theories of the church. In the eyes of men, vain philosophy and science, falsely so-called, is of more value than the word of God. The sentiment prevails to a large extent that the divine Mediator is not essential to the salvation of man. A variety of theories advanced by the so-called worldly-wise men for man’s elevation, are believed and trusted in more than is the truth of God, as taught by Christ and his apostles. The lying spirit that enticed Eve in Eden, finds acceptance with the majority of earth’s inhabitants today. Even the Christian world refuses to be converted by the Spirit of God, but listen to the prince of darkness, as he comes to them in the garb of an angel of light. The spirit of antichrist is prevailing in the world to a far greater extent than it has ever prevailed before.

**THE JUDGMENTS OF GOD ARE FALLING ON THE WORLD**

The day of test and purification is just upon us. Signs of a most startling character appear, in floods, in hurricanes, in tornadoes, in cloud-bursts, in casualties by land and by sea, that proclaim the approach of the end of all things. The judgments of God are falling on the world, that men may be awakened to the fact that Christ will come speedily. The Lord is about to reveal the difference between the righteous and the wicked; for his “fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into his garner; but he will burn up the chaff with unquenchable fire.”

**THE GOLD WILL SOON BE SEPARATED FROM THE DROSS**

The time is upon us when the miracle-working power of the arch deceiver will be more decidedly revealed. And his deceptions will increase in their delusive attraction, so that they will perplex, and if possible, deceive, the very elect. The prince of darkness with his evil angels is working upon the Christian world, inducing those who profess the name of Christ to stand under the banner of darkness, to make war with those who keep the commandments of God, and have the faith of Jesus. An apostate church will unite with the powers of earth and hell to place upon the forehead or in the hand, the mark of the beast, and prevail upon the children of God to worship the beast and his image. They will seek to compel them to renounce their allegiance to God’s law, and yield homage to the papacy. Then will come the times which will try men’s souls; for the confederacy of apostasy will demand that the loyal subjects of God shall renounce the law of Jehovah, and repudiate the truth of his word. Then will the gold be separated from the dross, and it will be made apparent who are the godly, who are loyal and true, and who are the disloyal, the dross and the tinsel. What clouds of chaff will then be borne away by the fan of God! Where now our eyes can discover only rich floors of wheat, will be chaff blown away with the fan of God.

**MANY WHO APPEARED TO BE FLOURISHING TREES WILL RECEIVE THE MARK OF THE BEAST**

Every one who is not centered in Christ will fail to stand the test and ordeal of that day. While those who are clothed with Christ’s righteousness will stand firm to truth and duty, those who have trusted in their own
righteousness will be ranged under the black banner of the prince of darkness. Then it will be seen whether the choice is for Christ or Belial. Those who have been self-distrustful, who have been so circumstanced that they have not dared to face stigma and reproach, will at last openly declare themselves for Christ and his law; while many who have appeared to be flourishing trees, but who have borne no fruit, will go with the multitude to do evil, and will receive the mark of apostasy in the forehead or in the hand.

LET US RAISE HIGH THE STANDARD OF VICTORY

Now we have the precious opportunity of making our calling and election sure. Every soul is to proclaim the truth because it is the truth. There must not be with any of us a betrayal of sacred trusts. Although Satan lifts up himself, although he numbers the world as his subjects, and exalts himself above God, we must be faithful and loyal sons and daughters of God, our eyes not blinded by the enemy, our hearts not corrupted by the delusive deception that has covered the people. Let us raise high the standard of victory, proclaiming in the strength of Jehovah, the commandments of God and the faith of Jesus, while believing with all the heart that “the Lord our righteousness” will be our defense in that day.

WITH AWE AND REVERENCE WE ARE TO SEARCH THE SCRIPTURES

We are living in a time of world-wide apostasy; but the more widespread unbelief and infidelity are, the more does the word of God shine forth as the truth to the believing soul; for in the Bible the believer recognizes the voice of the Almighty. With what awe and reverence, with what humiliation of soul, should we attempt the searching of the Scriptures, the word of the living God. At this time the Lord has precious truth to open unto us. It is not new truth, but old, old truth, although to the receiver it is new, grand, inspiring, and glorious truth. It has been rescued from the companionship of error, and has been placed in the framework of truth. Long enough have the Lord’s precious words of truth been perverted to serve the purpose of the enemy.

IN ORDER TO UNDERSTAND THE TRUTH OF GOD, THERE IS NEED OF DEEP RESEARCH

Christ was the great Teacher of truth, and to him we must come to learn of the great doctrine of justice, grace, and mercy. His words are as seeds that germinate and take root, and are again to be sown and cultivated by his delegated ambassadors. The disciples were put in close connection with eternal, essential truth; for it was laid open to their understanding; but they failed to comprehend it in its fullness, and although the living oracles are in our hands, although we have some understanding of the inspired books of the Old and New Testaments, there is much that even in our day we do not see and comprehend. In order to understand the truth of God, there is need of deep research, that we may discover in the teachings of Christ new aspects of truth, and behold the exceeding breadth and compass of grand old truth, of which we have only a superficial knowledge. The searching of the Scriptures would reveal the harmony existing between the various parts of the Bible, and the bearing of one passage upon another. We do not perceive the meaning of the word of God without much study; but the reward of the study of the Bible is exceedingly precious to him who fears God and earnestly searches for truth as for hidden treasure.

WE ARE NOT TO BE SATISFIED WITH SURFACE TRUTHS

At the present day there are a large number in our churches who are not sufficiently interested in Bible study to seek to understand the mysteries of the truth. They do not go below the surface. Those who are living in these last days, who acknowledge the binding claims of the law of God, have no ordinary responsibility. They are not to be satisfied with the surface truths. That which lies plainly revealed, which costs us no effort, will not be esteemed as highly as the treasure that costs us diligent, prayerful research and investigation. Celestial truth is represented as treasure hid in a field, “which when a man hath found, he hideth, and for joy thereof goeth and selleth all that
he hath, and buyeth that field,” that he may work every part of it to discover the golden ore or precious gems. The earth itself cannot reveal treasures of as great value as can the Bible. No toil can so repay the diligent worker, as can the search for truth. Let the mines of revelation be properly worked, and the unsearchable riches of Christ will be revealed.

**SPIRITUAL DARKNESS IN THE CHURCH IS THE RESULT OF DENYING THE PROMISE OF THE GIFT OF THE HOLY SPIRIT**

How can we stand in the day of test if we do not understand the words of Christ? He said: “These things have I spoken unto you, being yet present with you. But the Comforter, which is the Holy Ghost whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.” It is the Holy Spirit that is to bring to our remembrance the words of Christ. The theme Christ chose to dwell upon in his last discourse to his disciples was that of the office of the Holy Spirit. He opened before them a wide tract of truth. They were to receive his words by faith, and the Comforter, the Holy Spirit, was to bring all things to their remembrance. The consolation given by Christ in this promise was found in the fact that the divine influence was to be with his followers to the end. But this promise is not accepted and believed by the people today, and therefore is not cherished by them, nor is its fulfillment seen in the experience of the church. The promise of the gift of the Spirit of God is left as a matter to be little considered by the church. It is not impressed upon the people, and the result is only that which might be expected,--spiritual drouth, spiritual darkness, spiritual declension and death.

**WHEN MINOR MATTERS OCCUPY THE MIND AND SOUL, WE MISS GOD’S BLESSINGS**

Minor matters occupy the mind and soul, but divine power which is necessary for the growth and prosperity of the church, which would, if possessed, bring all other blessings in its train, is lacking, although it is offered to us in infinite plentitude. Just as long as the church are satisfied with small things, they are disqualified to receive the great things of God. But why do we not hunger and thirst after the gift of the Holy Spirit, since it is the means whereby the heart may be kept pure? The Lord designs that divine power shall co-operate with human effort. It is all-essential for the Christian to understand the meaning of the promise of the Holy Spirit just prior to the coming of our Lord Jesus the second time. Talk of it, pray of it, preach concerning it; for the Lord is more willing to give the Holy Spirit than parents are to give good gifts to their children. “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

**WHEN WE ARE ENDOWED WITH THE HOLY SPIRIT, WE BY FAITH TAKE HOLD OF INFINITE POWER**

We are living in the last days, when error of a most deceptive character is accepted and believed, while truth is discarded. The Lord will hold both ministers and people responsible for the light which shines in our day. God calls upon all who claim to believe present truth, to work diligently in gathering up the precious jewels of truth, and placing them in their position in the framework of the gospel. Let them shine in all their divine beauty and loveliness, that the light may flash forth amid the moral darkness. This cannot be accomplished without the aid of the Holy Spirit, but with the aid of the Spirit we can do all things. When we are endowed with the Holy Spirit, we by faith take hold of infinite power. There is nothing to be lost of that which comes from God. The Saviour of the world sends his divine messenger to the soul, that men may dig for the truth, that by its revelation they may dispel the multitude of errors. This is the Christian’s work.

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.

RH, November 15, 1892
That the Lord has warned the world of the near approach of the end of all things is only in harmony with His character of love and mercy. In all judgments which He has visited upon guilty man, those judgments have been preceded by messages of love, offering time for repentance and opportunity for escape from the visitation of divine wrath. As He says through His prophet Amos, “Surely the Lord God will do nothing, but He revealeth His secret unto His servants the prophets.” When the ancient world was visited by a flood of waters, for one hundred and twenty years Noah, a preacher of righteousness, warned men to flee from the wrath to come. And not alone has the Lord exercised His clemency toward the world in a general way, but His loving mercy has extended to particular localities, and even to single cities,—as in the case of the cities of the plain in the days of Lot, and of Nineveh in the days of Jonah, the people of which He warned through His servants of impending judgments.

THE LORD REVEALS PORTENDING SIGNS OF HIS COMING

Hence, if God should give warning of such comparatively small visitations, how much more reasonable is it to suppose that all the great events connected with the second coming of Christ, such as the destruction of this earth by fire, the judgment of the world, the annihilation of the wicked, the inauguration of everlasting peace and righteousness—all of which will take place within the day of the Lord—would be preceded by portending signs and warning messages of mercy. This the Scriptures reveal that He will do, and in no inconspicuous way does He reveal these indications.

SIGNS IN THE SUN, THE MOON, AND THE STARS

In the heavens, than which there could be no more conspicuous place for the revelation of His will to the natural sight of man, God hangs out the signs of the last great day. Indeed, this purpose must have entered into His mind way back in the days of creation. In making the lights of the firmament of heaven, He said, “Let them be for signs, and for seasons, and for days, and for years.” Says our Lord, as recorded by Luke, “And there shall be signs in the sun, in the moon, and in the stars.” Matthew and Mark, in their record of these predictions of the Lord, are more specific.

THE YEARS OF TRIBULATION

By Matthew our Saviour is represented as speaking of the great period of tribulation which will come upon the church of God, evidently that found in the papal persecution beginning in 538 A.D., and ending in 1798, Dan. 7:25, et al. These were the years of tribulation, when by the kings of the earth the word of the pope was recognized as law, and they stood ready to follow his behests and do his bidding. It may be stated here, however, that, although this papal persecution extended until 1798, when the pope was robbed of his authority as corrector of heretics by the armies of the French Republic, owing to the influences of the Protestant Reformation, one after another of the States of Europe had withdrawn from him their power and patronage, until he was recognized as head over all the church in form only, with little of the civil power to back up his decrees.

THE DESTRUCTION OF PAPAL SUPREMACY

In the year 1776 there was proclaimed the Declaration of American Independence. In the same year Maria Theresa, empress of Austria, at that time one of the most powerful States in the Eastern world, issued a decree of religious toleration to all her subjects. The influence of this decree in Europe, and the asylum opened up in the Western world for the oppressed and persecuted, proved the last straws in the destruction of papal supremacy. Hence, it may be said that while the papal supremacy continued until its formal overthrow by France in 1798, its force as a persecuting power was effectually broken in 1776.

“...THE SUN SHALL BE DARKENED AND THE MOON SHALL NOT GIVE HER LIGHT”

With this statement of facts before us, we are now prepared to intelligently enter upon a consideration of the signs in the heavens. Said our Lord, as recorded
by Matthew, “Immediately after the tribulation of those days shall the sun be darkened.” This is the first sign in the series. Note that our Saviour does not say, “after those days”, but, “after the tribulation of those days”, these signs shall begin to take place. As quoted in Mark, His words are even more in the point: “But in those days, after that tribulation, the sun shall be darkened, and the moon shall not give her light.” If our statement is correct, that the persecuting power of the Papacy was broken in 1776, and the papal supremacy was taken away in 1798, then somewhere between these two dates, namely, 1776 and 1798, must occur the fulfillment of this prediction.

THE DARK DAY OF 1780 WAS A FULFILLMENT OF PROPHECY

What do the records of the past show? --In 1780, on May 19, only four years after the ending of the period of tribulation, and eighteen years before the end of papal supremacy, occurred a most remarkable darkening of the sun. The same event is foretold in the sixth chapter of the Revelation, when, upon the opening of the sixth seal, “there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood.” Reference here is undoubtedly made to what is known as the earthquake of Lisbon, occurring in 1755. The dark day of 1780 would come in as a fulfillment of this prophecy, likewise.

This darkening was not an eclipse. Regarding its causes, “Webster’s Unabridged Dictionary,” edition of 1869, says: “The dark day of May 19, 1780, so called on account of the remarkable darkness on that day, extending over all New England; in some places persons could not see to read good print in the open air for hours together. The true cause of this phenomenon is unknown.”

AN UNCOMMON DARKNESS TOOK PLACE FOR ABOUT 14 HOURS

Robert Sears’ “Guide to Knowledge”, published in New York in 1844, contains the following reference: “On the 19th of May, 1780, an uncommon darkness took place all over New England, and extended to Canada. It continued about fourteen hours, or from 10 o’clock in the morning until midnight. The darkness was so great that people were unable to read good print, or to tell the time of day from their watches, or to dine, or to transact their ordinary business without the light of candles. They became dull and gloomy, and were excessively frightened. The fowls went to roost; objects could not be distinguished but a very little distance, and everything bore the appearance and gloom of night. The causes of these phenomena are unknown; they certainly were not the result of eclipses.”

THE MOON IN ITS FULLNESS HAD THE APPEARANCE OF BLOOD

Milo Bostwick, writing from Camden, N.J., March 3, 1848, says: “The 19th of May, in the year 1780, I well remember. The sun shown with a pale and yellowish hue, but kept growing darker and darker, until it was hid from sight. At noon we lit a candle, but it did not give light as in the night, and my father could not see to read with two candles. My father and mother, who were pious, thought the day of judgment was near. They say up that night, during the latter part of which they said the darkness disappeared, and then the sky seemed as usual, but the moon, which was at its full, had the appearance of blood.”

A HORROR OF GREAT DARKNESS

The following graphic description by the Quaker poet, J. G. Whittier, is to the point:

“Twas on a May day of the fair old year Seventeen hundred eighty, that there fell Over the bloom and sweet life of the spring, Over the fresh earth and heaven of noon, A horror of great darkness, like the night In day, of which the Norland sages tell— The twilight of the gods

“Birds ceased to sing, and all the barn-yard fowls Roosted; the cattle at the pasture bars Lowed and looked homeward; bats on leathern wings. Flitted abroad; the sounds of labor died; Men prayed, and women wept: all ears grew sharp To hear the doom-blast of the trumpet shatter The black sky.”

PROPHECY SAID IT WOULD BE; HISTORY SAYS IT HAS HAPPENED

In this record we have the remarkable fulfillment of the prophetic Word. The greatest scientific men of the day were unable to give any reason in nature for the cause of the phenomenon. It was as tho the Creator Himself reached forth His hand and covered up the great orb of day, to give a fulfillment to His own prophetic sayings. Prophecy said it would be; history says it has been. The Word of God is proven true, and thus the future fulfillment of the prophecy demonstrated.

Francis M. Wilcox
RH September 27, 1899
The Perpetuity of the Sabbath

By Prof. L. A. Reed
January 25, 1910

THE ORIGIN OF THE SABBATH

“The Sabbath was made for man.” Mark 2:27. For man! The word is used in the general sense; “for man”; that is, mankind! It is not merely for the Jew, or the Babylonian, or the Egyptian, or the Greek; it is for man. The words are those of Christ; they are authoritative. The Sabbath was instituted for man when there was no division of mankind into races or languages; it is therefore the heritage of all mankind—the whole human race, with all that the words comprehend.

Consequently, the Sabbath is not limited to place or time. It is limited only to man; so long as there is a man on the earth, for him the Sabbath institution exists. The only way to escape from the Sabbath is to cease to be a man.

In the Sabbath there is eternal benefit for you

Do you belong to the race of beings called man? If a human, then the Sabbath is for you, was made for you; and nothing in time or place can alter the fact.

But it is for you and not against you. In it there resides an eternal benefit for you. Is this the way it seems to you? One can be in wrong relation to a thing, so that it appears an injury. For example, gravity can smash your head, if you get into wrong relationship with it; and yet every day of your life it works unceasingly for your personal benefit. It is so with all other ordinances of God—transgress them, they punish; obey them, they bless.

The Sabbath is part of the original perfect creation

The Sabbath was instituted in Eden before sin existed. It is one of the sacred ordinances left by an all-wise Creator for the blessing of His children ere sin was known. It is thus forever taken out of the category of things ceremonial or typical; it is not contingent upon sin or sin’s conditions. It is a part of the original perfect creation, and consequently suggests nothing imperfect, temporal, or expedient.

The Sabbath is a memorial of creation, a weekly sign that God performed a miracle of work in a minimum of time, a symbol of His creative power. Nothing in all the after history of the world can ever alter that fundamental fact. The reason for the Sabbath lies in the nature of creation, and that can now never be removed. It stands as an eternal reality.

As long as there is a week there will be Sabbath

The institution of the Sabbath is the manifest origin of the week. In no other way can the existence of the week be accounted for. The week unimpaired has stood in all nations, through all past time, unchanged in all, synchronous in all, harmonious in all. Every seventh-day, as it comes round in the calendar of time, bears to all mankind its mute testimony of that first week in the history of the world, that short period in which God made all things by His unmeasured power. “For in six days Jehovah made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Jehovah blessed the Sabbath day, and hallowed it.” Ex. 20:11. So long as the week lasts, so long necessarily the Sabbath as a part of it lasts also.

The Law of the Sabbath

The Sabbath is an integral portion of that great law which God Himself spoke from Sinai and wrote with His own finger miraculously upon the enduring stone. It is guarded by three commandments on the one side and six upon the other. It rests securely in the very bosom of that eternal law. “His ways are everlasting.” Hab. 3:6

Moreover, that law, written upon stone to endure through the ages, was not based upon local condition or an expediency for a certain age alone. This is made clear in the assertion of Christ that it depends upon the two imperishable principles of love to God and love to man. “On these two commandments the whole law hangeth.” The first four commandments of the law, which include the Sabbath, hang upon the one great principle of love to God; the other six depend upon the great principle of love to man. The Sabbath, being thus a part of the great moral and social code which the Creator framed for all mankind, belongs to every age and every clime.

In the Ages to come

The Sabbath was given to man when there was no sin, and it will still be with man when sin has been removed. In Eden the Sabbath was given as the memorial of God’s creative, upholding power. And in Eden restored it will again be found, still bearing its never-ending testimony to man of the power and care of the Creator. “And it shall come to pass, that … from one Sabbath to another, shall all flesh come to worship before Me, saith Jehovah.” Isa. 66:23.

“The Sabbath was made for man.”
“And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God.”
Ephesians 3:19

I prayed to have this love of Christ;
For, O, I longed to know
The breadth and length and depth and height
Of Jesus’ love below.
He came and swept away all props
On which I leaned with pride;
For only into emptied hearts
Comes Christ the Crucified.

He humbled to the dust my pride,
And yet the bruised reed
He did not break—so tenderly
He heals the hearts that bleed
The Saviour could not enter in
A heart so full of sin;
I wept when his clear light revealed
The vanity within.

The calm, so sweet, has come at last,
The poor tossed heart finds rest;
The tempest drove the wearied bird
Into the sheltering nest;
The storm without is just as fierce,

The blast is at its height,
But all within is calm and still—
At evening time ‘tis light.

For this new life, O gracious Lord,
What can I say to thee?
I never dreamed that thou couldst give
Such perfect rest to me.
For years I heard the pleading voice,
“O cast your cares on me;”
And yet I know not how to trust
Those weary cares to thee.

More weary grew the burden then—
The grief I could not bear;
Helpless, I cast them at his feet,
The burdens and the care.
I found the quiet peace and joy,
The fullness of his love;
Who cast their every care on him,
Will taste the joys above.

--Sel.
Peter and John went to pray; they met a lame man on the way,  
He held out his palm and asked for an alm;  
And this is what Peter did say:  
"Silver and Gold have I none, but such as I have, give I thee.  
In the name of Jesus Christ of Nazareth, rise up and walk!"
And he went walking and leaping and praising God,  
Walking and leaping and praising God.

It was after the resurrection. Peter and John were on the way to the temple. There was something different about them. They now understood the Old Testament Scriptures about Jesus, as well as the Sanctuary system. Before the cross, Jesus had attempted on more than one occasion to warn them of His coming death—“The Son of man is delivered into the hands of men, and they shall kill him: and after that he is killed, he shall rise again the third day. But they understood not that saying, and were afraid to ask him.” Mark 9:31 & 32 (see also Matt. 16: 21; 17:22 & 23).

The new boldness of Peter and John
There was a new boldness about them, a new confidence. Jesus had died on the cross and had risen from the dead. The Holy Spirit had been poured out at Pentecost.
The religious leaders saw the change. “Now when they saw the boldness of Peter and John, and perceived that they were unlearned and ignorant men, they marveled; and they took knowledge of them, that they had been with Jesus….And they called them and commanded them not to speak at all nor teach in the name of Jesus. But Peter and John answered and said unto them, whether it be right in the sight of God to hearken unto you more than unto God, judge ye. For we cannot but speak the things which we have seen and heard.” Acts 4:13, 18-20.

Now they were of one accord
“No longer were (the disciples) ignorant and uncultured. No longer were they a collection of independent units or of discordant and conflicting elements. No longer were their hopes set on worldly greatness. They were of ‘one accord’, of one mind and one soul. Christ filled their thoughts. The advancement of His Kingdom was their aim. In mind and character they had become like their master: and men ‘took knowledge of them that they had been with Jesus.’” Ed 95.

But where did it all start for John, and where was it to lead?
John, and Peter’s brother, Andrew were the first two of Jesus’ disciples. They had both been at the River Jordan where John the Baptist was baptizing. They witnessed when John the Baptist looked at Jesus and said, “Behold the Lamb of God!” Their lives were never again the same. John, in Revelation, refers to Jesus 29 times as the Lamb. From that time at the river, they began to follow Jesus—for a while sporadically.

John was raised to be a hard worker
John was born some time around 10 A.D. When he first saw Jesus at the Jordan River, he was only 17 years old. His father, Zebedee, was a fisherman, very successful at what he did. In Mark 1:19 & 20, when Jesus called James and John to follow Him, we are given two important bits of information. The boys were raised to work by their father for they were “in the ship mending their nets”. And the father did well enough that he had “hired servants” that helped him take up the slack when his two sons left. Their mother, Salome, later helped with other women in the provision of food for Jesus and His disciples.

The disciple whom Jesus loved
John, with Peter and James, became the inner circle that was with Jesus at many of the important events of Jesus’ ministry. John referred to him as “the disciple whom Jesus loved”. (John 20:2; 21:7, 20).
<table>
<thead>
<tr>
<th>Revelation 1:2</th>
<th>Revelation 22:16</th>
</tr>
</thead>
<tbody>
<tr>
<td>“the testimony of Jesus Christ”</td>
<td>“to testify unto you”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 1:3</th>
<th>Revelation 22:7</th>
</tr>
</thead>
<tbody>
<tr>
<td>“blessed is he who readeth”</td>
<td>“blessed is he who keepeth”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 1:7</th>
<th>Revelation 22:12 &amp; 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>“behold he cometh”</td>
<td>“I come quickly”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 1:8</th>
<th>Revelation 22:13</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I am Alpha and Omega”</td>
<td>“I am Alpha and Omega”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 2:1</th>
<th>Revelation 21:23</th>
</tr>
</thead>
<tbody>
<tr>
<td>“(Christ) walketh in the midst of the seven golden candlesticks”</td>
<td>“the Lamb is the light thereof”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 2:7</th>
<th>Revelation 22:2</th>
</tr>
</thead>
<tbody>
<tr>
<td>“tree of life”</td>
<td>“tree of life”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 3:8</th>
<th>Revelation 21:25</th>
</tr>
</thead>
<tbody>
<tr>
<td>“an open door”</td>
<td>“gates shall not be shut”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 3:21</th>
<th>Revelation 22:1 &amp; 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>“(I –Jesus) am set down with Father in his throne”</td>
<td>“the throne of God and of the Lamb”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 3:12</th>
<th>Revelation 21:10</th>
</tr>
</thead>
<tbody>
<tr>
<td>“New Jerusalem cometh down out of heaven from my God”</td>
<td>“the holy Jerusalem descending out of heaven from God”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 4:1</th>
<th>Revelation 19:11</th>
</tr>
</thead>
<tbody>
<tr>
<td>“a door was opened in heaven”</td>
<td>“heaven opened”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 6:2 &amp; 8</th>
<th>Revelation 19:11-16</th>
</tr>
</thead>
<tbody>
<tr>
<td>“rider on white horse followed by riders on colored horses”</td>
<td>“rider on white horse followed by riders on white horses”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 6:9 &amp; 10</th>
<th>Revelation 20:4-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>“souls of martyrs under altar ask for judgment”</td>
<td>“souls of martyrs resurrected are enthroned as judges”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 6:11; 7:9-14</th>
<th>Revelation 19:14</th>
</tr>
</thead>
<tbody>
<tr>
<td>“white robes”</td>
<td>“fine linen, white and clean”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 6:15 &amp; 16</th>
<th>Revelation 19:17-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>“kings, generals, etc. ask to be killed”</td>
<td>“kings, captains, etc. are killed”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 7 trumpets (8:2 to 11:18)</th>
<th>Revelation 7 last plagues (15:1 to 16:21)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe Judgments warn the world</td>
<td>Severe Judgments punish the world</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 8:7</th>
<th>Revelation 16:2</th>
</tr>
</thead>
<tbody>
<tr>
<td>earth</td>
<td>earth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 8:8 &amp; 9</th>
<th>Revelation 16:3</th>
</tr>
</thead>
<tbody>
<tr>
<td>sea</td>
<td>sea</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 8:10 &amp; 11</th>
<th>Revelation 16:4</th>
</tr>
</thead>
<tbody>
<tr>
<td>rivers and fountains</td>
<td>rivers and fountains</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 8:12</th>
<th>Revelation 16:8 &amp; 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>sun, moon and stars</td>
<td>sun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 9:1-11</th>
<th>Revelation 16:10 &amp; 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>darkness, bottomless pit, locusts</td>
<td>darkness on seat of the beast</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 9:13-21</th>
<th>Revelation 16:12</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Euphrates</td>
<td>River Euphrates</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 11:15-18</th>
<th>Revelation 16:17-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>great voices: the kingdom is Christ's trials of true mother and her children</td>
<td>great voice: It is done down fall of the false mother</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Revelation 11:19 to 14:20</th>
<th>Revelation 17:1 to 19; 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:1, 2 a woman clothed with the sun</td>
<td>17:4 false mother arrayed in purple</td>
</tr>
<tr>
<td>12:17 children keep the commandments of God</td>
<td>17:5 her children are harlots</td>
</tr>
<tr>
<td>12:14 into the wilderness</td>
<td>17:3 woman in the wilderness</td>
</tr>
<tr>
<td>12:13; 13:1 beast with 7 heads, 10 horns</td>
<td>17:3 beast with 7 heads, 10 horns</td>
</tr>
<tr>
<td>14:8 Babylon is fallen</td>
<td>18:2 Babylon is fallen</td>
</tr>
<tr>
<td>12:17 testimony of Jesus</td>
<td>19:10 testimony of Jesus</td>
</tr>
</tbody>
</table>

| Volume 25, Number 9 | 15 |
John, Peter and James were present when Jairus’s little girl was raised from the dead. They were with Jesus on the Mount of Transfiguration. They were closest to Jesus in the Garden of Gethsemane.

When others fled when the mob came, Peter and John followed the mob as they took Jesus to the palace of the high priest. “And Simon Peter followed Jesus, and so did another disciple: that disciple was known unto the high priest, and went in with Jesus into the palace of the high priest. But Peter stood at the door without. Then went out that other disciple, which was known unto the high priest, and spoke unto her that kept the door, and brought in Peter.” John 18:15 & 16.

It is understood that this disciple that was known in the palace of the high priest was in fact John, and that the reason he was known is that his father sold fish to the palace.

To John was entrusted the care of Jesus’ mother

John was the last to have his feet washed by Jesus at that final communion service before the crucifixion. He was also at the cross when Jesus died.

“When Jesus therefore saw his mother, and the disciple standing by, whom he loved, he saith unto his mother, ‘Woman behold thy son!’ Then saith he to the disciple, ‘Behold thy mother!’ And from that hour that disciple took her unto his own home.” John 19:26 &27.

Prior to the cross, John, and his brother James, the angry young haters of Roman injustice were called the Sons of Thunder. Later, John, the Son of Thunder, became the Apostle of Love.

James, his brother, was himself arrested and beheaded some years after the cross. He was a worker for Christ. (See Acts 12:1 & 2).

On resurrection Sunday Peter and John raced each other to the empty tomb. John arrived first. John was with the other disciples at the final farewell of Jesus when He ascended to heaven.

John’s gospel emphasizes the fact that Jesus was God

We don’t have a complete account of the lives of the disciples after the cross. We know of Pentecost and the winning of souls. We know of the healing of the lame man at the temple and other incidents here and there.

The first three gospels were written several years before John’s gospel. They are called the synoptic gospels because they started from the beginning of Christ’s life and ministry and go in order to the cross. John’s gospel, however, emphasizes the fact that Jesus was truly God right from the beginning—“In the beginning was the Word and the Word was with God, and the Word was God.” John 1:1.

1st, 2nd, and 3rd John were written as letters some time after the Gospel of John, and Revelation was written many years later.

The Gospel of John revolves around 7 “I am” statements of Christ:


The book of Revelation was written while John was in his 80s

Revelation was written on the island of Patmos during John’s imprisonment under Emperor Domitian’s persecution of Christians. John was around 85 years old. Both Daniel and John were only teenagers when they first came into the Lord’s service, and both were in their 80’s when Daniel wrote chapters 9 through 12 of the Book of Daniel, and John wrote the Book of Revelation.

You can readily tell that Revelation was God inspired when you look at its organization. There is a recurrence of sevens—7 churches, 7 angels, 7 seals, 7 trumpets, 7 plagues, and several other sevens. Threes, fours and twelves are also important in this book.

The mirror reflections in Revelation

There is also what is called a chiasm in the overall organization of Revelation. There is a word relationship that is like a mirror reflection between the first part of Revelation and the last part, working its way toward the middle. (Refer to Revelation Chart on page 15)

Author’s note: The information for the chiasm was obtained from Mervin Maxwell’s book on Revelation, God Cares II. When we look at the material provided, we can only exclaim, “Revelation must have been inspired by God.”

Dear reader, I pray that this article has inspired you to study the 4th Gospel, the 3 letters of John, and the book of Revelation more thoroughly.

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.
“I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son: make me as one of thy hired servants. And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son. But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet: And bring hither the fatted calf, and kill it; and let us eat, and be merry: For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry.” Luke 15:18-23.

Now about the elder son…
The “other element” is the elder son. The elder son was working when this took place. The elder son has always been working. All the time the younger son was partying, the elder son has been working. True to form, the elder son was in the field when the party gets started. “Now his elder son was in the field: and as he came and drew nigh to the house, he heard music and dancing. And he called one of the servants, and asked what these things meant.” Luke 15:25-26.

“What’s going on?” the elder son asked. “Why are we having a party? Who’s the guest of honor?” Can’t you just hear these questions? Wouldn’t you have those same questions if you were the elder son, or in his mind… the only son?

Imagine your own response to this festive welcome
Then, he is told who the guest of honor is, and why the party: “And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, because he hath received him safe and sound.” Luke 15:27. Imagine the look on the older brother’s face. Now, try to imagine what the look on your face would have been. How would you feel if your family member took off with a pile of money and blew it all on “riotous living, and then came back, and they had a party for him? How would you react?

Well, let’s read how the elder brother reacted: “And he was angry, and would not go in:…” Luke 15:28. He was angry. Would you have been angry? Would you have been upset? Would you have had an attitude?

Jesus, in this parable, was trying to make a point to everyone, but especially to the scribes and Pharisees. Actually, He was trying to make a point to anyone who would have the attitude that the older brother had.

As this father does, our Heavenly Father intreats us
But before we delve into that any further, let’s go on in the scriptural account: “…therefore came his father out, and intreated him.” Luke 15:28. The word “intreat” comes from the
Greek word “parakaleo” and means to call near, as to invite, to beseech, to give comfort. The father goes out to meet his younger son in the road, and now the father is going out to meet the older son in the field. The father is always seen as going out to meet, to help, to comfort, to “intreat” as it were. The father, as you will notice, represents our heavenly Father. He is always the One to come to us to encourage, to strengthen, to help, to “intreat.” Luke 15:28.

**The elder son saw himself as his father’s servant, and it is revealed in his attitude**

And how does the elder son respond? “And he answering said to his father, Lo, these many years do I serve thee, neither transgressed I at any time thy commandment: and yet thou never gavest me a kid, that I might make merry with my friends: But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed for him the fatted calf.” Luke 15:29-30.

“These many years do I serve thee…” Does that sound like a father-son relationship to you? The younger son wanted what was his, or what was going to be his. He apparently did not feel he simply worked for Dad, he felt he was a co-owner as it were, and he wanted his share of the family business now. But the older son apparently considered himself a servant. He “served” his father.

This quote breaks my heart every time I read it... “When the father comes out to remonstrate with him, the pride, envy, and malignity of his nature are revealed. He dwells upon his own life in his father's house as a dreary round of unrequited service, and then places in mean contrast the favor to the son just returned. He shows that his own service has been that of a servant rather than a son. He has worked, not from love to his father, but for gain to himself. He has found no joy in his father's presence.” GCB, Dec. 1, 1895.

Doesn't this just tear you apart?

**The elder son's actions were reward-oriented, not from a position of love for his father**

It is true that the elder brother has stayed home. It is true that he has worked all the time that the younger brother was away, partying down. It is true that he never disobeyed his father. But… he didn't do any of these things because he loved his Dad… he did them for no one other than himself. His only concern was for himself and what he was going to get out of this life of drudgery, this “dreary round of unrequited service”.

By his own words to his father he indicated that he was home with him, but it was not where he wanted to be. This is very revealing about the elder brother. It is found in the same General Conference Bulletin, December 1, 1895 - “He shows that in heart he looks upon the young brother's riotous life as one of greater pleasure than his own. He has foregone all this enjoyment for the sake of reward; and now if his brother is to share equally in this reward, he counts that he himself has been wronged.”

**The scribes and Pharisees obeyed the laws just for the rewards**

The elder son did not leave physically, like the younger son did, but he was just as gone as his brother was... in spirit. He was home, but he did not want to be. He worked on the farm, but he didn't like it. He obeyed, but not because he loved his father. He loved himself and he loved what he was to be rewarded with. He was completely selfish and cared not for anything or anyone else… just like many of the scribes and Pharisees. They “obeyed” but they didn't like it. They “followed the rules” but they didn't want to. They put up with the work and the laws and the restrictions… to get the rewards!

Out of the elder son's own mouth, he as much as admitted that he was doing all of these things for what he could get out of it, not because he had any love for his father. How sad,, but how true to life.

**When our hearts are changed, our motives change**

How many of us do the same? How many follow the “rules” not because they believe in the rules, not because the love the rule giver… but because of the reward at the end? The ones who go to heaven are the ones who want to be with their Father.

The elder son did not want to be at home with Dad, he actually wanted to do what his younger brother did, and
go where his younger brother went, and spend what his younger brother spent. But now, the younger brother wants to be home; he wants to be with his father; he wants to follow the rules. The younger brother now sees that the restrictions were not against him but were for him. And now he wants to be there... back home... forever! His heart has changed, and he has seen the light.

**Do you do the right things for the right reasons?**

The older brother, even though he has ever been with his father, was never really with his father. Does that make sense to you? Do you think there might be people who are “Christian” who are doing it for the reward? Do you think there might be people who always do the right thing, but for the wrong reasons? Do you think you might be one of them?

**Herein lies the test...**

Here is how you can know...If someone comes into the faith, many years after you do, even though you have lived the faith and denied yourself and lived for other people all your life, and they get just what you get...How would you feel? Be honest with yourself, for this is eternal life and death here.

If someone denies Christ all his life and lives and parties and carries on year after year, and then comes “home” later in life...and they get heaven just like you...Does that offend you? Do you wish you could have done that? Do you feel that you would be “wronged”? If so, you are the elder brother in this story.

**The father gave all he had to his sons**

And we don’t want to be like that. This brother was ugly. He wouldn’t even call him his brother anymore. Remember, he said, “as soon as this thy son was come...” Can’t you just hear the disdainful attitude? Yet, look at how his father responds to him...

“And he said unto him, Son, thou art ever with me, and all that I have is thine. It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found.” Luke 15:31-32.

Let me interject something here for a moment. When the father said that “All I have is thine”, that was the honest truth. Let’s look at Luke 15:12 - “And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living.” He divided unto who? Them! He has already been given his “portion.” And how much is that? The rest! The father has nothing else... it is his son’s. Just as he said, “All that “I” have is actually thine. I have already given it to you.”

**The father expressed sorrowful surprise at his elder son’s behaviour**

But let’s go back to how the father responds to his son’s attitude...

Sister White reveals so much more than we can see on the surface... “Yet, notwithstanding his expressions of contempt and arrogance, the father deals patiently and tenderly with him, “Child,” he says, in sorrowful surprise, “thou art ever with me, and all that is mine is thine.” (R.V.) The father, in his love for his eldest son, counted that to him as to himself the privilege of companionship, the daily association of the home, was the highest joy. He poured out his heart’s love upon his sons, and love gives all. Everything that could minister to their happiness or blessing was freely theirs.” GCB, Dec. 1, 1895.

Please note that the father had a “sorrowful surprise” that his son felt that way. His father is surprised that his son feels this way because he certainly does not feel that way. He loves his children. He loves being with them. He loves working with them. His greatest joy is in fellowshipping together. And he is sorrowful that his elder son does not find the same joy and pleasure that he does.

**Heaven is about being with God**

This was spoken of by Jesus for our benefit today. This is an extremely important concept here...Do we do what we do because we want to be with Jesus? Or do we do what we do because we want to live forever; want the pie in the sky; want the everlasting happiness?

Heaven is not about eternal life... that is just one of the fringe benefits. Heaven is not about no more pain or suffering or sickness... those are more fringe benefits. Heaven is not about temptation and the devil being removed from us... again... it is not just about the fringe benefits. There is no doubt that there are many, many fringe benefits. But, those things are not what heaven is about. That is a huge point about this parable. It is
about being with God! God made us because He wanted to be with us. We have been made to want to be with Him! We were crafted, constructed, created… for fellowship with our heavenly Father, and all the heavenly inhabitants. THAT is the real happiness. THAT is the real joy. THAT is the real “party”.

**To the father, everything was about love**

The younger son had finally figured that out. The older son had not… at least up to that point. The older son was in it for the fringe benefits, not for the reason that would make him really happy forever. To the father, everything was about love. He loved his kids; he loved their fellowship; he loved doing things with them. This is our heavenly Father! He is the One represented here. This is how He is!

**Which son does your life represent?**

And every one of us represents one of the two sons. Either we love our Father, and want to be with Him and do His will because we understand and appreciate what He tells us to do and how to act. Or, we love our selves and want to run away from Him to do what we want. Or, we hang around, not because we love our Father, but because we are looking for the fringe benefits.

Which son are you? Which one do you remind yourself of? Where do you fit in? This is one of the reasons I love our Father so much. He is so gentle in His dealings with us. He is so patient, so merciful, so compassionate.

And if you find, or realize that you are the child who has run away, or the child that has stayed, but for the wrong reasons… as soon as you make the first step to turn around…He will come running to you! Doesn’t that melt your heart? Doesn’t that cause you to want to turn to Him? This is what heaven is all about - love, fellowship, working together, harmony and peace.

There was none of that for the younger son when he didn’t understand what his father was about. There was none of that for the elder son either. Both were miserable. But the younger son finally came to himself. He came home and was blissfully happy for the rest of his life.

**The ultimate disease of self-righteousness**

And the elder son? Again, some additional light from the pen of Inspiration… “By the elder son were represented the unrepenting Jews of Christ’s day, and also the Pharisees in every age, who look with contempt upon those whom they regard as publicans and sinners. Because they themselves have not gone to great excesses in vice, they are filled with self-righteousness.” COL 209.

If, in your heart, you look at others as not as strong as you; not as righteous as you, not as far advanced in spiritual things as you; not as holy as you…then, you probably have “Elder brother” disease.

**Elder brother disease leads to misrepresentation of God**

“Elder brother” disease leads you to be hard on others, unmerciful, exacting. Because the elder brother had not been so bad, he felt himself more “righteous” than his brother. But, his “righteousness” was from self… not from God. “Self-righteousness not only leads men to misrepresent God, but makes them coldhearted and critical toward their brethren. The elder son, in his selfishness and jealousy, stood ready to watch his brother, to criticize every action, and to accuse him for the least deficiency. He would detect every mistake, and make the most of every wrong act. Thus he would seek to justify his own unforgiving spirit. Many today are doing the same thing.” COL 210.

**The cure is in the intreating arms of our Saviour**

Many have “Elder brother” disease. Are you critical? Do you accuse others? Do you watch for other’s mistakes? Then you have “Elder brother” disease. And… “Elder brother” disease… is terminal. Don’t wait! Come to your heavenly Father while there is still time to be cured of this disease!

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
Christian Crossword

ACROSS
1. The spirit of God is in my _____.
4. Purge me with _____, and I shall be clean.
6. There is no new _____ under the sun.
8. The Jewish holiday established in the days of Esther
9. He leadeth me in the paths of _____.
11. Because thou hast made the Lord thy _____.
12. The one who wanted to exterminate the Jews
14. His breath goeth forth, he returneth to his _____.
17. With long life will I shew him my _____.
22. Renew a right _____ within me.
23. He maketh me to lie down in green _____.
24. Against thee only have I _____.
26. I will say of the Lord, He is my _____.
18. When the day of Pentecost came, they were all with one _____.
19. Thou preparest a _____ before me.
20. The _____ is the Lord’s, and the fullness thereof.”
21. The queen that Esther replaced
22. Hide thy face from my _____.
25. The _____ praise not the Lord.

DOWN
2. Then will I teach _____ thy ways.
3. A _____ shall fall at thy side.
5. Thou shalt not be afraid of the _____ by night.
7. Surely _____ and mercy shall follow me.
10. They shall bear thee up in their _____.
13. The king in Esther’s day
15. Wash me thoroughly from mine _____.
16. He shall cover thee with his _____.
Almost 50% of Americans seek treatment for pain each year. Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs (NSAIDs) line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even serious liver and kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

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

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

**FACTS:**

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

**MSM VS. NSAIDS**

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

**Natural and effective alternatives do exist!**

**Fact:**

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

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

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

Suggested Adult Dosage:
• 2-8 capsules daily.

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

or Visit us on the web at:
www.hopeforhealthusa.com

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

*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.
Health Gem

Protein and the Vegetarian Diet - Part 4

Last month we talked about some populations living perfectly healthfully on low-protein diets. We also covered high quality protein versus low quality and discussed the fact that you don’t have to combine certain foods at each and every meal in order to get all the amino acids that you need. But is this just for regular people? Office workers perhaps?

What about athletes, laborers, or other hard workers?

As you may have guessed, how much protein needed in a person's daily diet is also determined in a large part by overall energy use. As you may have assumed, physical activity and exertion as well as enhanced muscular mass (i.e. athletes and people with physically demanding jobs) increases the need for protein. Requirements are also greater (percentage wise) during childhood for growth and development, during pregnancy or when breast-feeding in order to nourish a baby, or when the body needs to recover from malnutrition or trauma or after an operation. So yes, there are instances when the protein requirement is greater than what it is for the “average” adult.

However, and this is a big “however”, for these situations, although you do need more protein, you also need more calories. And if you're getting more overall calories, the increased caloric intake should sufficiently cover the increased protein need. Meaning, when you eat more calories, some of those calories will obviously be coming from protein, and since the need for protein (percentage wise) is not very high, you should be getting plenty. Again, more overall calories means more overall protein. You can’t have one without the other.

If I don’t get enough protein, won’t my muscles shrink?

If enough energy is not taken in through diet, as in the process of starvation – or not getting enough calories, yes, then the body will use protein from the muscle mass to meet its energy needs, leading to muscle wasting over time. But it’s not a protein deficiency, per se. It is a calorie deficiency! This isn’t the usual case, at least in the U.S.A. Generally, it’s the opposite, that people are getting both too many calories, and too much protein!

So the recommended amount varies, depending on where you look. But in the end, the variations are not that important since the Western diet, vegetarian or not, almost always provides more than enough amino acids and generally far in excess of requirements.

What about the athletes? Do athletes need protein supplements?

No! Vegetarian and vegan diets by themselves are perfectly compatible with sports activities including intense activities such as strength training or weight lifting. Since the vegan diet is high in carbohydrates which are actually what is needed to fuel the body, athletes are easily sustained with this type of nourishment.

Vegetarians and vegans can easily satisfy their protein and nutritional requirements by simply increasing their caloric intake without any problem. On average, vegetarians obtain about 12.5% of their calories from protein and vegans obtain around 11%. And remember, just 5% - 10% is now being shown to be all we “need” for true health.

A fact sheet from Feinburg School of Medicine, Northwestern University reads: “The effect of exercise on protein requirements is not as much as commonly believed. Endurance athletes actually have a higher requirement [for protein] than bodybuilders, due to catabolic losses of lean body mass following aerobic exercise. Nevertheless, this increased requirement can be readily met without supplementation when the high energy [or calorie] intakes required by athletes are consumed. Use of amino acid...
supplements may actually interfere with synthesis of body protein by creating imbalances [remember, you recycle your own body’s protein – which is the most perfect form of protein]. Since amino acids compete for absorption, presentation of large quantities of free amino acids to the intestinal mucosal surface reduces the amount that can be absorbed from the available supply.” (8)

What about weight lifting?

Like I said before, weight lifting and other strenuous physical activities primarily call for an increase in the consumption of natural carbohydrates for muscle fuel. While it is true that protein is used in building muscle tissue, think of some of the well-muscled mammals such as the gorilla or the elephant. They eat no high-protein foods, take no protein supplements and drink no special protein drinks. In fact, they build their musculature from greens and fruits. Plus, if you’re eating a diet that includes seeds or nuts in moderation, you’re getting concentrated doses of protein. Athletes who eat a very high-protein diet (as is the case with weight lifters) often develop gout later in life and experience severe kidney problems.

Studies on Athletes

You think maybe “in theory” athletes can get enough protein without meat, but are there studies that prove it? Of course there are!

Yale Study

“At Yale, Professor Irving Fisher designed a series of tests to compare the stamina and strength of meat-eaters against that of vegetarians. He selected men from three groups: meat-eating athletes, vegetarian athletes, and vegetarian sedentary subjects. Fisher reported the results of his study in the Yale Medical Journal. (2)

You’re not going to believe this! His findings sure don’t seem to lend much credibility to the popular idea that meat is a builder of strength. He states: “Of the three groups compared, the...flesh-eaters showed far less endurance than the abstainers (vegetarians), even when the latter were leading a sedentary life.” (3)

Overall, the average score of the vegetarians was over double the average score of the meat-eaters, even though half of the vegetarians were sedentary people, while all of the meat-eaters tested were athletes!

After analyzing all the factors that might have been involved in the results, Fisher concluded that: “...the difference in endurance between the flesh-eaters and the abstainers (was due) entirely to the difference in their diet.... There is strong evidence that a...non-flesh...diet is conducive to endurance.” (4)

Now, generally speaking, a meat-eater’s diet is going to be much higher in protein than that of a vegetarian, because even small portions of meat are very concentrated sources of protein. So the lower protein intake had nothing to do with endurance, or, if anything, improved endurance!

Paris Study

A comparable study was done by Dr. J. Ioteyko of the Academie de Medicine of Paris. (5) Dr. Ioteyko compared the endurance of vegetarians and meat-eaters from all walks of life in a variety of tests. The vegetarians averaged two to three times more stamina than the meat-eaters. Even more remarkably, they took only one-fifth the time to recover from exhaustion compared to their meat-eating rivals!

Danish Study

In 1986, a Danish team of researchers tested a group of men on a variety of diets, using a stationary bicycle to measure their strength and endurance. The men were fed a mixed diet of meat and vegetables for a period of time, and then tested on the bicycle. The average time they could pedal before muscle failure was 114 minutes.

These same men later were fed a diet high in meat, milk and eggs for a similar period and then re-tested on the bicycles. On the high meat diet, their pedalling time before muscle failure dropped dramatically - to an average of only 57 minutes.

Later, these men were switched to a strictly vegetarian (vegan) diet, composed of grains, vegetables and fruits, and then tested on the bicycles. The lack of animal products didn’t seem to hurt their performance - they peddled for an average of 167 minutes. (6)
Wherever and whenever tests of this nature have been done, the results have been similar. This does not lend a lot of support to the supposed association of meat with strength and stamina. But we have more!

**Belgium Study**

Doctors in Belgium systematically compared the number of times vegetarians and meat-eaters could squeeze a grip-meter. The vegetarians won handily with an average of 69, whilst the meat-eaters averaged only 38. As in all other studies which have measured muscle recovery time, here, too, the vegetarians bounced back from fatigue far more rapidly than did the meat-eaters. (7)

Now, there are many other studies in medical literature which report similar findings. Never do the results show that eating meat is actually better for you and improves performance. As a result, it makes it extremely hard to listen seriously to the meat industry proudly proclaiming “meat gives strength” in the face of overwhelming evidence to the contrary.

**Those are studies, but is anyone actually doing it?**

Anyone who may be skeptical about the strength, endurance and general health of people choosing a vegetarian diet might consider these vegetarian athletes:

In today’s world, its generally accepted that you need meat to be strong. Yet, not that long ago it was “generally accepted” that cigarettes were good for your lungs. Just because it’s what the majority of people believe, does not make it

**SOME FAMOUS VEGETARIAN ATHLETES**

**EDWIN MOSES**
From 1977 to 1987 he achieved 122 victories in the 400 meter hurdles. His career included two Olympic gold medals, two world titles, and four world records in his specialty. During this time he achieved a streak of 122 consecutive victories!

**MARTINA NAVRATILOVA**
She was the first tennis player to win Wimbledon nine times with six of those nine wins being consecutive. She broke the record for professional tennis titles of 74 in 1984 and since has achieved a total of 167 titles!

**PAAVO NURMI**
Marathon runner Paavo Nurmi has achieved 20 world records and has won nine Olympic gold medals. In the 1924 Olympic Games held in Paris, he won the 1500 meters and the 5000 meters in the same evening with just one hour of rest between the two events!

**BILL PEARL**
Mr. America, Mr. USA, and four time Mr. Universe

**JIM MORRIS**
Professional bodybuilder and vegan. Won the titles: Mr. USA (1972), Mr. America (1973), Mr. International (1974), and Mr. Olympia Masters Over 60 (1996) Morris, who still trains everyday, as of 2007, has been bodybuilding since Sept 1954.

**SURYA BONALY**
Olympic figure skating champion

**ANDEAS CAHLING**
Swedish champion bodybuilder, Olympic gold medalist in the ski jump

**RUTH HEIDRICH**
Six-time Ironwoman, USA track and field Master’s champion

**DESMOND HOWARD**
Professional football star, Heisman trophy winner

**SIXTO LINAires**
World record holder, 24-hour triathlon

**CHERYL MAREK AND ESTELLE GRAY**
World record holders, cross-country tandem cycling

**INGRA MANECKI**
World champion discus thrower

**DAN MILLMAN**
World champion gymnast

**BILL PICKERING**
World record-holding swimmer

**STAN PRICE**
World weightlifting record holder, bench press

**MURRAY ROSE**
Swimmer, winner of many Olympic gold medals and world records

**DAVE SCOTT**
Six-time winner of the Ironman triathlon

**ART STILL**
Buffalo Bills and Kansas City Chiefs MVP defensive end, Kansas City Chiefs Hall of Fame
right. Most people would laugh at the idea that you can be healthy, and even athletic, without meat protein. This makes me think of the famous quote by Albert Schweitzer, “It is the fate of every truth to be an object of ridicule when it is first acclaimed.”

Where do animals get their protein?

And before we close I’d like to look at where the vegetarian animals get their protein. Which ones are vegetarian? Some of the strongest ones - elephants, hippos, horses, oxen, gorillas, etc. No one questions the speed and strength of a monkey, or the overwhelming force of a charging rhino, but people can’t imagine muscle building from fruits and vegetables. These creatures eat only raw fruits and vegetables, and it has served them well. Not only are they extremely strong, but in general, the plant-eating creatures have the longest lifespans. Elephants, horses, and chimpanzees are at the top of the list while lions, tigers, and wolves have nearly half the lifespan.

In addition, one of the the longest living animals: the giant tortoise (can live over 150 years -- oldest recorded was 188 years old): is, not surprisingly, also vegetarian! Most land based tortoises are herbivores, feeding on grazing grasses, weeds, leafy greens, flowers, and some fruits. Certain species do occasionally consume worms or insects, but too much protein is detrimental as it can cause shell deformation and other medical problems. So the long-lived tortoise experiences health problems if it gets too much protein, just like humans.

So what are the dangers of getting too much protein? We’ll be discussing that in the following article. Stay tuned!

References
3. Ibid.
4. Ibid.
**HOW DOES MSM WORK?**

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

**MORE ABOUT AMAZING MSM:**

**MSM: THE BEAUTY MINERAL**

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

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

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

**Price:**

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

**Suggested Adult Dosage:**

- 2-8 capsules daily.

**To Order Call Today:**

1-800-468-7884

or Visit us on the web at:

www.hopeforhealthusa.com

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

**MSM AND PAIN:**

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

**MSM AND DIABETES:**

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

“Violent rainstorms have been battering central and southern China for weeks, killing hundreds of people and destroying property in nearly a dozen provinces. On July 20, fast flowing floodwaters from the Yangtze River tested the soundness of the Three Gorges Dam, the world’s largest hydroelectric structure, as authorities evacuated more than 16,000 people from nearby towns affected by the storms, said to be the worst China has seen in more than a decade.”

End Time Perspective: “Four mighty angels are still holding the four winds of the earth. Terrible destruction is forbidden to come in full. The accidents by land and by sea; the loss of life, steadily increasing, by storm, by tempest, by railroad disaster, by conflagration; the terrible floods, the earthquakes, and the winds will be the stirring up of the nations to one deadly combat, while the angels hold the four winds, forbidding the terrible power of Satan to be exercised in its fury until the servants of God are sealed in their foreheads.” ML 308.


“Aisha, 18, had her nose and ears cut off last year on orders from the Taliban because she fled abusive in-laws.”

End Time Perspective: “The condition of things in the world shows that troublous times are right upon us. The daily papers are full of indications of a terrible conflict in the near future. Bold robberies are of frequent occurrence. Strikes are common. Thefts and murders are committed on every hand. Men possessed of demons are taking the lives of men, women, and little children. Men have become infatuated with vice, and every species of evil prevails.”—9T 11.

Editor’s note: The picture of Aisha on the cover of Time had a dramatic effect upon me as I began to realize even more the cruelty with which Satan inspires men, and why God allows its demonstration so that it will ever be repeated in the new earth.


“On July 25, the Evangelical Lutheran Church in America formally accepted seven openly gay pastors who had previously been barred from serving in the ministry, making it the largest Protestant church in the U.S. to admit noncelibate, openly gay clergy in monogamous relationships to serve. Since then, 1% of its congregations have left the denomination; more are expected to sever ties in the coming months.”

End Time Perspective: “It is a fearful thing to treat lightly the truth which has convinced our understanding and touched our hearts. We cannot with impunity reject the warnings which God in mercy sends us. A message was sent from heaven to the world in Noah’s day, and the salvation of men depended upon the manner in which they treated that message. Because they rejected the warning, the Spirit of God was withdrawn from the sinful race, and they perished in the waters of the flood. In the time of Abraham, mercy ceased to plead with the guilty inhabitants of Sodom, and all but Lot with his wife and two...”
daughters were consumed by the fire sent down from heaven. So in the days of Christ. The Son of God declared to the unbelieving Jews of that generation, ‘Your house is left unto you desolate.’ Looking down to the last days, the same infinite power declares, concerning those who ‘received not the truth, but had pleasure in unrighteousness’. As they reject the teachings of His Word, God withdraws His Spirit, and leaves them to the deceptions which they love.” EW 45.


“Rescue teams attempting to reach people trapped in northwestern Pakistan following the country’s worst floods in 80 years found themselves hindered by new rains. Some 1500 Pakistanis have died in the weeklong deluge that has affected 3 million people, many of whom have protested, calling the government slow to respond. Various reports of cholera outbreaks emerged as officials continued to warn Pakistanis of the high risk of waterborne diseases.”

**End Time Perspective:** “While appearing to the children of men as a great physician who can heal all their maladies, he (Satan) will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power. He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast. ‘The earth mourneth and fadeth away,’ ‘The haughty people…do languish. The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant.’ Isaiah 24:4, 5.” CH461.
“I saw that many withhold from the cause while they live, quieting their consciences that they will be charitable at death; they hardly dare exercise faith and trust in God to give anything while living. But this deathbed charity is not what Christ requires of His followers; it cannot excuse the selfishness of the living. Those who hold fast their property till the last moment, surrender it to death rather than to the cause.” 5T 154

“If you would do good with your means, do it at once lest Satan get it in his hands and thus hinder the work of God.” Retirement Years 89

It will not do for you to depend on making your charity gifts in testamentary bequests at death. You cannot calculate with the least degree of surety that the cause will ever be benefited by them. Satan works with acute skill to stir up the relatives, and every false position is taken to gain to the world that which was solemnly dedicated to the cause of God.” 5T 155

If you want your means to go to the cause, appropriate it, or all that you do not really need for a support, while you live.” 5T 155

After having robbed God during your lifetime, you continue to rob Him after your death, and you do this with the full consent of all your powers of mind, in a document called your will.” 5T 155

He is more willing to give the Holy Spirit to them that ask Him than are parents to give good gifts to their children.” OHC 129

Many of our ministers in their discourses dwell too largely upon theory and not enough on practical godliness.” 5T 158

Our success does not depend on our talents or learning, but on our living connection with God.” Publishing Ministry 294

Words, however good, will be powerless if contradicted by the daily life.” Voice, Speech & Song 55

Pray three times a day, and like Jacob be importunate.” RH, August 15, 1882

SCIENCE AND THE BIBLE

“Since the book of nature and the book of revelation bear the impress of the same master mind, they cannot but speak in harmony. By different methods, and in different languages, they witness to the same great truths. Science is ever discovering new wonders; but she brings from her research nothing that, rightly understood, conflicts with divine revelation. The book of nature and the written word shed light upon each other. They make us acquainted with God by teaching us something of the laws through which He works.

“Inferences erroneously drawn from facts observed in nature have, however, led to supposed conflict between science and revelation; and in the effort to restore harmony, interpretations of Scripture have been adopted that undermine and destroy the force of the word of God. Geology has been thought to contradict the literal interpretation of the Mosaic record of the creation. Millions of years, it is claimed, were required for the evolution of the earth from chaos; and in order to accommodate the Bible to this supposed revelation of science, the days of creation are assumed to have been vast, indefinite periods, covering thousands or even millions of years.

“Such a conclusion is wholly uncalled for. The Bible record is in harmony with itself and with the teaching of nature. Of the first day employed in the work of creation is given the record, ‘The evening and the morning were the first day.’ Genesis 1:5. And the same in substance is said of each of the first six days of creation week. Each of these periods Inspiration declares to have been a day consisting of evening and morning, like every other day since that time. In regard to the work of creation itself the divine testimony is, ‘He spake, and it was done; He commanded, and it stood fast.’ Psalm 33:9. With Him who could thus call into existence unnumbered worlds, how long a time would be required for the evolution of the earth from chaos? In order to account for His works, must we do violence to His word?” Ed 128, 129

“When consideration is given to man’s opportunities for research; how brief his life; how limited his sphere of action; how
restricted his vision; how frequent and how great the errors in his conclusions, especially as concerns the events thought to antedate Bible history; how often the supposed deductions of science are revised or cast aside; with what readiness the assumed period of the earth’s development is from time to time increased or diminished by millions of years; and how the theories advanced by different scientists conflict with one another, — considering all this, shall we, for the privilege of tracing our descent from germs and mollusks and apes, consent to cast away that statement of Holy Writ, so grand in its simplicity, ‘God created man in His own image, in the image of God created He him’? Genesis 1:27. Shall we reject that genealogical record, — prouder than any treasured in the courts of kings, —‘which was the son of Adam, which was the son of God’? Luke 3:38.” Ed 130

“‘As regards this earth, Scripture declares the work of creation to have been completed. ‘The works were finished from the foundation of the world.’ Hebrews 4:3.

But the power of God is still exercised in upholding the objects of His creation. It is not because the mechanism once set in motion continues to act by its own inherent energy that the pulse beats, and breath follows breath. Every breath, every pulsation of the heart, is an evidence of the care of Him in whom we live and move and have our being. From the smallest insect to man, every living creature is daily dependent upon His providence.” Ed 130, 131

“The hand that sustains the worlds in space, the hand that holds in their orderly arrangement and tireless activity all things throughout the universe of God, is the hand that was nailed to the cross for us.” Ed 132

“It was the Maker of all things who ordained the wonderful adaptation of means to end, of supply to need. It was He who in the material world provided that every desire implanted should be met. It was He who created the human soul, with its capacity for knowing and for loving. And He is not in Himself such as to leave the demands of the soul unsatisfied. No intangible principle, no impersonal essence or mere abstraction, can satisfy the needs and longings of human beings in this life of struggle with sin and sorrow and pain. It is not enough to believe in law and force, in things that have no pity, and never hear the cry for help. We need to know of an almighty arm that will hold us up, of an infinite Friend that pities us. We need to clasp a hand that is warm, to trust in a heart full of tenderness. And even so God has in His word revealed Himself.

“He who studies most deeply into the mysteries of nature will realize most fully his own ignorance and weakness. He will realize that there are depths and heights which he cannot reach, secrets which he cannot penetrate, vast fields of truth lying before him unentered. He will be ready to say, with Newton, ‘I seem to myself to have been like a child on the seashore finding pebbles and shells, while the great ocean of truth lay undiscovered before me.’

“The deepest students of science are constrained to recognize in nature the working of infinite power. But to man’s unaided reason, nature’s teaching cannot but be contradictory and disappointing. Only in the light of revelation can it be read aright. ‘Through faith we understand.’” Hebrews 11:3. Ed 134

“‘In the beginning God.’ Genesis 1:1. Here alone can the mind in its eager questioning, fleeing as the dove to the ark, find rest. Above, beneath, beyond, abides Infinite Love, working out all things to accomplish ‘the good pleasure of His goodness.’ 2 Thessalonians 1:11.” Ed 134

“The invisible things of Him since the creation of the world are . . . perceived through the things that are made, even His everlasting power and divinity.” Romans 1:20, R.V. But their testimony can be understood only through the aid of the divine Teacher. ‘What man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.’ 1 Corinthians 2:11.” Ed 134
Those who think they can do but little should improve every opportunity to do that little. It may be the smallest link in the longest chain. Separated from other influences, it may appear of little worth; but in God’s great chain of circumstances it may be the link which connects a soul to Heaven. All can do something if they will; but too often selfishness prevents them from doing what they might, until the souls whom they might have saved are beyond the reach of human effort. RC 236

It is not possible for the heart in which Christ abides to be destitute of love. If we love God because He first loved us, we shall love all for whom Christ died. We cannot come in touch with divinity without coming in touch with humanity; for in Him who sits upon the throne of the universe, divinity and humanity are combined. Connected with Christ, we are connected with our fellow men by the golden links of the chain of love. Then the pity and compassion of Christ will be manifest in our life. . . . It will be as natural for us to minister to the needy and suffering as it was for Christ to go about doing good. God’s Amazing Grace 145