IN THIS ISSUE:
- The Bible Museum Opened
- God’s Secret
- How to Kill a Vampire... Myth
- The Faith that Works by Love
- The Fleeting And The Abiding
- The Latter Rain No. 4
- Diet and Disease Part 2: Alkalize or Die
- Christian Crossword
- Ellen White’s Dream

COVER STORY:
The Rise & Spread of Futurism
Futurism is the majority theological interpretation of the Scriptures in today’s world. Our Protestant forefathers very clearly saw the part that the Papacy had played, and is playing, not only in the dark ages, but also in the current world arena; but that is all changed, as clearly pointed out in the article in this month’s magazine by Jim Holdeman. We now hear about a secret rapture and a future Mr. anti-Christ, as well as an avoidance of persecution, and a second chance for those folks who have not made a definite decision for Jesus by the time of His next coming “secretly”.

The question is, have we as Seventh-day Adventists studied these issues well enough to be able to defend our historicist position? Do we know the Scriptures that uphold our contrasting beliefs? Do we know the Jesuit history of futurism’s entry into the theological arena?

We need to not only read the article by Brother Holdeman, but we need to study what he has shared and make it a part of our understanding. We need to know the Scriptures that are misused by the Futurists, and how to point out that misuse. The “gap theory” takes part of the prophecy of Daniel 9 that speaks of the coming of the Messiah the first time and puts a big gap in history that carries us to a secret second coming, and after that the anti-Christ and the salvation of literal Israel.

One of the Scriptures that futurists attempt to use to support the secret rapture is 1 Thessalonians 4:16, but if anyone reads this Scripture in its full context, it proves to be very noisy and visible.

Another Scripture that is used to support the secret rapture speaks of Jesus coming as a thief in the night. The interpretation of the futurists is that the use of the word “thief” implies a secret coming. Could it mean an unexpected coming rather than secret? Be sure and look at the context. Plus, is there any of the east, and shineth even unto the west; so shall also the coming of the Son of man be.” Matthew 24:27. “And he shall send his angels with a great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other.” Matthew 24:31.

Another article that is also very important for this day and time is the article by Joe Olson. The Sabbath is presented in a different light than the presentation you might normally see. Sunday keeping is pointed out as what it truly is—a myth that has been perpetrated over so many years that many people accept it as a fact that is Biblically supported.

The poems chosen for this month will be ones that you may want to frame and put on your desk to keep in mind the messages they bring.

Add to all this the article by Ellen White that speaks of truly loving your neighbor as yourself and you may see this month’s magazine as one that you will want to share with both your Adventist and non Adventist friends. The Lord is coming soon and we need to help the folks around us to beware and be ready.

“I laid me down and slept; I awaked; for the Lord sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about.” Ps. 3:5, 6.
Contents

June 2011 • Volume 26, Number 6

cover story

05 The Rise & Spread of Futurism
Jim Holdeman

features

04 The Bible Museum Opened
A.L.O.E

11 God’s Secret
Elder L. D. Santee

12 How to Kill a Vampire… Myth
Joe Olson

16 The Faith that Works by Love
Ellen G. White

19 The Fleeting And The Abiding
A. K. Atteberry

20 The Latter Rain No. 4
Meade MacGuire

departments

02 Editorial

22 Health Gem
Diet and Disease Part 2: Alkalize or Die

27 Christian Crossword

28 News Watch

31 Ellen White’s Dream

ad features

18 Heart Maximizer

30 MSM

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There are many objects of deep interest for the students of Scripture, the accounts of which have been “written for our learning”, objects which we are intended to contemplate with earnest attention, and from which we can draw rich spiritual lessons.

**The golden sceptre**

We considered the rags of Ebed-melech in an earlier edition of Our Firm Foundation. Very different is the object of our present contemplation—the gold from the tatters, the sceptre of a powerful monarch from the rags of an African servant—and even so our theme rises from man’s mercy to that of God, from the kindness of Ebed-melech to the free grace of our Lord.

For it is not on the history of Esther herself that we will now dwell, except so far as she appears an emblem of the Church, the queen all glorious within, whose clothing is of wrought gold. Let us muse on how she, and with her, every individual believer, dares to approach Him who is of purer eyes than to behold iniquity, the great and terrible God, who hath measured the waters in the hollow of His hand, and meted out heaven with the span.

**It is a solemn thing to draw nigh to the King of kings**

There is indeed, far too little of reverence in the way in which we too often enter by prayer the presence of our Lord. The careless posture, the wandering thought, the hastily-uttered supplication, seem to denote that Christians little realize how solemn a thing it is to draw nigh to the King of kings. Not thus did Esther approach the throne of Ahasuerus. If the traditional account preserved in the Apocrypha be true, her heart was in anguish for fear, she turned pale, and fainted and fell. Not that God wills that such terrors should oppress His redeemed; they are permitted to come boldly to the throne of grace; they are commanded to draw near with a true heart, in full assurance of faith; but a certain degree of holy awe should be mixed with holy confidence; “…let not thine heart be hasty to utter anything before God; God is in heaven, and thou upon earth, therefore let thy words be few.” Eccl. 5:2.

**Our God is a consuming fire**

But for the golden sceptre of grace held out to us through the mercy and merits of Christ, the sentence of death would indeed go forth against us when we appear before Him. “For our God is a consuming fire. The mountains quake at Him, and the hills melt, and the earth is burned at His presence. Who can stand before His indignation, and who can abide in the fierceness of His anger?” But the love of Persia’s king for his bride was but a faint shadow of the love of the Lord for His church. “What wilt thou, Queen Esther? And what is thy request? It shall be even given thee to the half of the kingdom.”

Such were the gracious words of Ahasuerus to the trembling supplicant before him; and so the Church hears the tender assurance of her King, “Ask, and it shall be given you; seek, and ye shall find. Whatever ye shall ask the Father in My name, He will give it to you.”

**Esther entreated preservation for herself and her people**

And what was it that Esther came to entreat, when the golden sceptre of Ahasuerus was stretched out towards her?—In the first place, the presence of the king at her banquet, and, beyond this, the preservation from destruction of herself and her people. Much the same as hers is the petition of Christ’s Church to her heavenly King, only with the loftier blessings implored their order is reversed. The Church prays first for salvation, deliverance from death eternal, and then for the presence of the Lord—not for an hour or a day—but even for ever and ever.

**By free grace He holds out to her the sceptre of pardoning mercy**

If Esther, an orphan exile, born to bondage and sorrow, was able in royal garments to approach her lord and invite him to a sumptuous banquet which she had prepared in a palace, the robes which she wore, the feast which she spread, were all the gifts of his love. She could but offer him of his own. How strikingly does this exemplify the position of the Church in regard to her Lord! By free grace He holds out to her the sceptre of pardoning mercy; by free grace He clothes her with the royal garments of righteousness; by free grace He enables her to welcome Him and minister unto Him. He is more ready to hear than she to pray, more ready to grant than she to implore. He has loved and will love her for ever, will save her from all her enemies, and crown her with joy everlasting.

**It is a token of free salvation**

Such are some of the comforting thoughts suggested to us by the golden sceptre, thoughts of mercy, grace, and love. It is a sceptre, the emblem of power and dominion—a golden sceptre, reminding us of the word spoken of Christ our King, “Thy throne, O God, is for ever and ever: a sceptre of righteousness is the sceptre of Thy kingdom.” It is a token of free salvation; they to whom it is extended shall live in the presence of God, shall stand accepted before Him; and it is a sceptre held out to every one who, in lowly faith, approaches Him and accepts His guidance in their lives—the One who loved and gave Himself for us.
Modern Christianity has largely forgotten the importance of the Protestant Reformation, which took place during the 1500s.

For almost a thousand years Europe had been ruled by the iron hand of Rome. Only a few Bibles existed then, and Christianity was largely permeated with superstition. Faith in Jesus Christ, heartfelt appreciation of His love, and a simple trust in His death on the cross were almost unknown. The New Testament truth about grace, full forgiveness, and the free gift of eternal life to believers in the Son of God (see Romans 6:23) had been buried under a mass of tradition.

Then, Martin Luther arose like a lion in Germany. After a period of tremendous personal struggle, Luther began teaching justification through faith in Jesus Christ, rather than through reliance on creature merits or any human works (Romans 1:16; 3:26, 28; 5:1).

Eventually Martin Luther turned to the prophecies. By candlelight he read about the little horn, the man of sin, and the Beast. He was shocked as the Holy Spirit spoke to his heart. Finally, he saw the truth, realizing that these prophecies apply to the Roman Catholic Church.

As he wrestled with this new insight, the voice of God echoed loudly in his soul saying, “Preach the word” (2 Timothy 4:2). And so, at the risk of losing his life, Martin Luther preached to an astonished people, publicly and in print, that papal Rome was the Antichrist of Biblical prophecy. Because of this dual message of salvation through faith in Jesus Christ apart from works and of papal Rome being the Antichrist, the river of history changed its course. Hundreds of thousands of Europeans left the Catholic Church.

Two great truths

“There are two great truths that stand out in the preaching that brought the Protestant Reformation,” American Bible Commentator, Ralph Woodrow, reminds us; “The just shall live by faith, not by the works of Romanism, and the Papacy is the Antichrist of Scripture.” It was a message for Christ and against Antichrist. The entire Reformation rests upon this twofold testimony.

It has been said that the Reformers first discovered Jesus Christ and then, in the blazing light of Christ, discovered the Antichrist. This mighty Spirit-filled movement, for Christ and against the Antichrist, shook the world.

H. Grattan Guinness wrote these memorable words:

From the first, and throughout, that movement [the Reformation] was energized and guided by the prophetic word. Luther never felt strong and free to war against Papal apostasy till he recognized the pope as antichrist. It was then that he burned the Papal bull. Knox’s first sermon, the sermon that launched him on his mission as a reformer, was on the prophecies concerning
the papacy. The reformers embodied their interpretations of prophecy in their confessions of faith, and Calvin in his “Institutes”. All of the Reformers were unanimous in the matter, even the mild and cautious Melanchthon was assured of the anti-papal meaning of these prophecies as was Luther himself. And their interpretation of these prophecies determined their reforming action. It led them to protest against Rome with extraordinary strength and undaunted courage. It nerved them to resist the claims of the apostate church to the utmost. It made them martyrs; it sustained them at the stake. And the views of the Reformers were shared by thousands, by hundreds of thousands. They were adopted by princes and peoples. Under their influence nations abjured their allegiance to the false priest of Rome. In the reaction that followed all the powers of hell seemed to be let loose upon the adherents of the Reformation. War followed war; tortures, burnings, and massacres were multiplied. Yet the Reformation stood undefeated and unconquerable. God’s word upheld it, and the energies of His almighty Spirit. It was the work of Christ as truly as the founding of the church eighteen centuries ago; and the revelation of the future which he gave from heaven—that prophetic book with which the Scripture closes—was one of the mightiest instruments employed in its accomplishment.

The Catholic Church would not allow this movement to continue.

The Council of Trent continued for three sessions ending in 1563. One of its main purposes was to plan a counterattack against Martin Luther and the Protestants. Thus, the Council of Trent became a center for Rome’s Counter Reformation.

Up to this point, Rome’s main method of attack had been largely frontal: openly burning Bibles and heretics. Yet this warfare only confirmed in the minds of Protestants the conviction that papal Rome was indeed the Beast power that would “make war with the saints” (Revelation 13:7). Therefore a new tactic was needed, something less obvious. The sought after solution was found in the Jesuit Order.

Eleven years earlier, on August 15, 1534, Ignatius Loyola founded a secret Catholic order called the Society of Jesus, also known as the Jesuits. At the Council of Trent, the Catholic Church gave the Jesuits the specific assignment of bringing Protestantism back to the “Mother Church”. This was to be done not only through the Inquisition and torture, but also through theology and deception.

The Jesuits have had a dark history of intrigue and sedition. That is why they were expelled from Portugal (1759), France (1764), Spain (1767), Naples (1767), and Russia (1820). Jesuit priests have been known throughout history as the most wicked political arm of the Roman Catholic Church.

Ribera denied the Protestant Scriptural Antichrist (2 Thessalonians 2) as seated in the church of God—asserted by Augustine, Jerome, Luther,
and many reformers. He set on an infidel Antichrist, outside the church of God.ii

The result of [Ribera’s] work was a twisting and maligning of prophetic truth.iii

Following close behind Francisco Ribera was another brilliant Jesuit scholar, Cardinal Robert Bellarmine of Rome (1542-1621). Between 1581-1593, Cardinal Bellarmine agreed with Ribera in his work Polemic Lectures Concerning the Disputed points of the Christian Belief Against the Heretics of this Time.

The futurist teachings of Ribera were further popularized by an Italian cardinal and the most renowned Jesuit controversialists. His writings claimed that Paul, Daniel, and John had nothing whatsoever to say about the Papal power. The futurists’ school won general acceptance among Catholics. They were taught that antichrist was a single individual who would not rule until the very end of time.iv

Through the work of these two clever Jesuit scholars, Jesuit futurism was born.

The spread of futurism

For almost 300 years after the Council of Trent, Jesuit futurism remained largely within Catholicism, but the plan of the Jesuits was that Protestants would adopt this doctrine. This adoption process actually began in the early 1800s in England, and from there it spread to America.

The story of how this happened is both fascinating and tragic. Many individuals were genuine Christians but unknowingly became channels of error.

The Futurism of Ribera never posed a positive threat to Protestants worldwide for three centuries. It did stop the Reformation in Eastern Europe. However, largely, it was virtually confined to the Roman Church. But earlier in the nineteenth century it sprang forth with vehemence as it latched on to Protestants of the Established Church of England.i

Key players

Dr. Samuel Roffey Maitland (1792-1866), a lawyer and Bible scholar, became a librarian to the Archbishop of Canterbury. In 1826 he published a book attacking the Reformation and supporting Ribera’s idea of a future one-man Antichrist. For the next ten years, in tract after tract, he continued his anti-Reformation rhetoric.

As a result of his zeal and strong attacks against the Reformation, the Protestantism of England—the very nation that produced the King James Bible in 1611—received a crushing blow.

After Maitland came James H. Todd, a professor of Hebrew at the University of Dublin. Todd accepted the futuristic ideas of Maitland, publishing his own supportive pamphlets and books.

Then came John Henry Newman (1801-1890), a member of the Church of England and a leader of the famous Oxford movement. In 1850, Newman wrote his Letter on Anglican Difficulties, revealing that one of his goals in the Oxford movement was to absorb “the various English denominations and parties” back into the Church of Rome. After publishing a pamphlet endorsing Todd’s futurism about a one-man Antichrist, Newman became a Roman Catholic, and later even a highly-honored cardinal.

Through the influence of Maitland, Todd, Newman, and others, a definite “Romeward movement was already arising, destined to sweep away the old Protestant landmarks, as with a flood.”ii

Dispensationalism and the rapture

As the doctrine of futurism was spreading across Europe, The much-respected Scottish Presbyterian minister Edward Irving (1792-1834), the acknowledged forerunner of both the Pentecostal and charismatic movements, came onto the scene. Irving pastored the large Chalcedonian Chapel in London with over 1,000 members.

When Irving turned to the prophecies, he eventually accepted the one-man Antichrist ideas of Todd, Maitland, Bellarmine, and Ribera. But Irving went a step further. Around 1830, Edward Irving began to teach the unique idea of a two-phase return of Christ, the first phase being a secret rapture prior to the rise of the Antichrist.

In the midst of this growing anti-Protestant climate in England arose John Nelson Darby (1800-1882). A brilliant lawyer, pastor, and theologian, Darby wrote more than 50 books on Bible subjects. A much-respected Christian and a man of deep piety, he took a strong stand in favor of the infallibility of the Bible in contrast with the liberalism of his day.

However, John Nelson Darby, like Edward Irving, also became a strong promoter of a pre-tribulation rapture followed by a one-man Antichrist. In fact, his teaching has become a
hallmark of dispensationalism.

John Nelson Darby laid much of the foundation for the present popular idea of removing Daniel’s seventieth week from its historical context in the time of Jesus Christ and applying it to a future tribulation after the rapture.

In spite of all the positives of his ministry, Darby followed Maitland, Todd, Bellarmine, and Ribera by incorporating the teachings of futurism into his theology. Thus, a link was created between John Nelson Darby—the father of dispensationalism—and the Jesuit Francisco Ribera—the father of futurism. Darby visited America six times between 1859 and 1874, preaching in all of its major cities, during which time he planted the seeds of futurism in American soil.

The Scofield Bible

One of the most important figures in the spread of these false doctrines is Cyrus Ingerson Scofield (1843-1921), a lawyer from Kansas who was greatly influenced by the writings of Darby. In 1909, Scofield published the first edition of his famous Scofield Reference Bible.

Throughout the 20th century, futurism and dispensationalism became popular through books marketed to Christians.

In the early 1900s, the Scofield Bible became so popular among American Protestants that it was necessary to print millions of copies. Yet, in the much-respected footnotes of this very Bible, Scofield injected large doses of futurism also found in the writings of Darby, Todd, Maitland, Bellarmine, and Ribera.

Through the Scofield Bible, Jesuit futurism spread successfully across America. The doctrine of an Antichrist still to come was becoming firmly established inside twentieth-century American Protestantism.

Ribera, and turned it into “The most successful Christian-fiction series ever”, according to Publishers Weekly. Hal Lindsey’s book was largely theological, which limited its appeal, while Left Behind is a sequence of highly imaginative novels. According to Entertainment Weekly, the series is “overflowing with suspense, action and adventure”, a “Christian thriller” with a label its creators could never have predicted: “blockbuster success”.

The television ministries of Jack Van Impe, Peter and Paul Lalonde, and Pastor John Hagee have all worked together to produce Left Behind: The Movie. The entire project has even caught the attention of The New York Times and The Wall Street Journal, resulting in an interview of Tim Lahaye and Jerry Jenkins on Larry King Live.

The authors of Left Behind and the leaders of these television ministries are genuine Christians who are doing their best to influence people for God’s Kingdom. Yet, in the full light of Scripture, prophecy, and the Protestant Reformation, something is terribly wrong.

Left Behind teaches much of the same Jesuit futurism of Francisco Ribera, hiding the real truth about the Antichrist. Through Left Behind, the floodgates of futurism have been opened, unleashing a massive tidal wave of false prophecy, which is now sweeping over America.

As we have already seen, the theological foundation for the entire Left Behind series is the application of the seven years of Daniel 9:27 to a future period of tribulation. This separates the 70th week away from the first 69 weeks in the 70-week prophecy, putting it at the end of time. Remember, one of the first people to do this was Jesuit Francisco Ribera:
Ribera’s primary apparatus was the seventy weeks. He taught that Daniel’s seventieth week was still in the future… it was as though God put a giant rubber band on this Messianic time measure. Does this supposition sound familiar? This is exactly the scenario used by Hal Lindsey and a multitude of other current prophecy teachers.

When most Christians look at the last 1500 years, how much fulfilled prophecy do they see? None. Because almost everything is now being applied to a future time period after the rapture.

As we have seen, this idea of separating the weeks originated with the Jesuits, and its insertion into the majority of 21st-century prophetic teaching is now blinding millions of hearts and eyes to what has happened, and is happening, in the Church.

It is this theory that permeates Futurism’s interpretation of all apocalyptic prophecy. Jesuit futurism has now become like a 300-pound boxer with spiked gloves. With an apparently all-powerful punch, it has almost knocked Protestant historicism entirely out of the ring: The proper eschatological term for the view most taught today is futurism… which fuels the confusion of dispensationalism.

The futurist school of Bible prophecy came from the Roman Catholic Church, specifically, her Jesuit theologians… however the alternative has been believed for centuries. It is known as historicism.ii

It is a matter of deep regret that those who hold and advocate the futurist system at the present day, Protestants as they are for the most part, are thus really playing into the hands of Rome, and helping to screen the Papacy from detection as the Antichrist.iv

Who had the right theology—those who were burned at the stake for Jesus Christ, or those who lit the fires? Who had the true Bible doctrine—the martyrs, or their persecutors? Who had the correct interpretation of the Antichrist—those who died trusting in the blood of Christ, or those who shed the blood of God’s dear saints?

Jesuit futurism’s aim is to deny the Protestant Reformation’s application of prophecy, giving the Vatican an alternative doctrine: The futurist school of Bible prophecy was created for one reason and one reason only: to counter the Protestant Reformation.iv

In fact, Jesuit futurism is at war with the prophecies of the Word of God itself. And if that’s not enough, consider this: Jesuit futurism originated with the Roman Catholic Church, which makes it the very doctrine of the Antichrist.

When Christian ministries and movies like A Thief in the Night, Apocalypse, Revelation, Tribulation, and Left Behind: The Movie proclaim an Antichrist who comes only after the rapture, what are they really doing? They are sincerely and unknowingly teaching the doctrine of the Antichrist.

We live in a time when obedience is characterized as legalism, prophecy is viewed as some sort of optional study because no one can accurately understand it, and the love of Jesus overrides any rational reasoning, essentially voiding the Word of God.

Along with the relativistic attitude so popular today, it is no wonder that, according to a Barna Group study, 55% of American pastors do not believe in the Bible anymore as the unerring Word of God. While the Bible has its good points, they say, it is not to be taken too literally.

The Bible explains itself

The sad truth is, however, that rarely does a congregation rise much above the pastor or church leadership. Most people simply accept what comes from the pulpit without checking its accuracy in the Word of God.

We are no longer people of the Book. Instead we follow the majority. There is a perceived safety in numbers. The majority of Christians can’t be wrong, can they? Hasn’t God appointed these pastors to their positions? But sadly, church leadership throughout Bible history has often been wrong.

Although futurism may be a comforting doctrine, it demands a faith that has no justification or fulfillment in the Bible or any history
book. The Bible must be its own expositor. Letting the Bible explain itself allows for no other private interpretation. The Bible calls itself a double-edged sword:

For the word of God is living and powerful, and sharper than any two-edged sword. Hebrews 4:12 NKJV

God loves everyone and calls us to love everyone

It is never comfortable to have error exposed—not to the one having to say it nor to the one listening. It is always much easier to compromise or to say nothing. God has patience with each one of us, and leads us to truth as we are able. All Christians are growing as God leads them.

God loves everyone and calls us to love everyone as well. Part of loving others is to speak the truth in love. We must accept the truth no matter what others may think, and no matter how deep it cuts us (2 Thessalonians 2:10).

### Explanation of terms:

**Historicism** is the belief that Biblical prophecies about the little horn, the man of sin, the Antichrist, the Beast, and the Babylonian harlot of Revelation 17 all apply to the developing history of Christianity and to the ongoing struggle between Jesus Christ and Satan within the Church, culminating at the end time. Historicism sees these prophecies applying to papal Rome as a system whose doctrines deny the New Testament message of free salvation by grace through simple faith in Jesus Christ. Historicism was the primary prophetic viewpoint of the Protestant Reformation.

In direct opposition to historicism, and rising up a razor-sharp counterattack against Protestantism, was the Jesuit viewpoint of **futurism**. Futurism states that the Antichrist prophecies have nothing to do with history or papal Rome but rather apply to only one sinister man who comes at the end of time.

Jesuit futurism sweeps 1500 years of prophetic history under the proverbial rug. This is accomplished through a theory that says when Rome fell, prophecy stopped, only to continue again right around the time of the Rapture. Thus, the ten horns, the little horn, the Beast, and the Antichrist have nothing to do with Christianity today. According to this viewpoint, no prophecies were being fulfilled during the Dark Ages.

**Dispensationalism** is the theory that God’s dealings with humanity are divided into major time periods, or dispensations. According to John Nelson Darby, we are now in the “Church Age” until the rapture. After the rapture, the seven-year period of Daniel 9:27 will supposedly kick in, when the Antichrist will rise up against the Jews.

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i Ronald Charles Thompson, Champions of Christianity in Search of Truth (TEACH Services, 1996): 90.

Aside from serving as Director of Development at Hope International, Jim Holdeman has taught missionaries to fly, maintained mission planes, and presented evangelistic seminars. His other interests include gardening, photography, health and history.
Elder L. D. Santee

“But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father.”

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There’s a story that’s heard when the gentle dews weep;
‘Tis told in the play of the fountain;
‘Tis sung by the stars when the flowers are asleep;
‘Tis breathed by the winds to the mountain;
‘Tis heard when the sea, with tempestuous roar,
    Lifts its hands in a wrathful commotion;
‘Tis whispered by billows that lap on the shore;
‘Tis breathed by the murmuring ocean;

‘Tis chanted by song birds that soar to the skies,
    In the beautiful glow of the morning;
‘Tis breathed by the flowers that in beauty arise,
    All the hills and the valleys adorning.
Oh, can you not feel, when the sun’s in the west,
Or in spring when the leaf-buds are swelling,
Or the pale moon looks forth like a smile from the blest,
    That a wonderful story is telling?

These wonderful tidings I’ll tell unto you;
My lips love to frame the glad story;
And the best of it all is the story is true—
    Our Lord will appear in His glory.
Then sing it, ye winds! And repeat it, ye waves!
While the stars chant the wondrous evangel
That Christ, the “Anointed”, the “Mighty to Save”,
    Will come in the clouds with His angels.

But the wonderful secret that man never knew—
No tongue of the seer has revealed it;
For God in His purpose, exalted and true,
In His own loving heart has concealed it.
In the song of the birds it has never been told,
Nor heard in the bees’ drowsy humming—
The “hour” of Christ’s leaving the city of gold,
    The “day” of His glorious coming!
By Joe Olson

My message this month is on how we can kill a myth… specifically the vampire myth, and other such assorted myths.

Vampire myths have been around for a long time and there are people who believe in such things. I have a friend from Transylvania and he actually even talks a little like Count Dracula. I’ve not met the man personally, but I consider him a friend. We met over the phone and by internet and have “known” each other for a few years now. He makes his own potions, otherwise known as liquid herbal supplements. They are actually quite good and are very successful against a variety of diseases like cancer, diabetes, liver problems, digestive issues, etc. He lives in Canada now, which kind of surprised me, since that is a long way from Transylvania. He was educated as a “water engineer” in Israel, of all places, and immigrated to Canada because the province of Alberta, Canada has the highest concentration of canals for irrigation in the world, according to him.

My “brother”, Gavriel, from Transylvania...

As I have gotten to know Gavriel better, and we have become closer friends, he has told me a little more about his past. I have a tendency to make friends rather quickly and I also have a habit of calling people “brother” or “sister”. So, when Gavriel would call me, I would say, “My brother, how are you?” He seemed to get a kick out of that, and now always calls me his brother as well. As a matter of fact, he threw one of the staff here at Hope for a loop a while back when he called. The staff member answered the phone and Gavriel asked for me, and he was asked who he was, and he said, “Tell Joe his brother is calling.” Now, I just happen to have three brothers, and one of the three works here at Hope. So when the phone rang in my office, and I picked it up, the staff member said that my “brother” was on the phone. I said, “Danny?” my brother who worked here? And I was told, rather cryptically, “No, I don’t think so.”

So, I picked up the phone expecting to hear one of my other brothers, David or Mark, talking to me, but Gavriel answered, “My brother, how are you?” with a hearty, full-throated laugh. As a result of our good-natured camaraderie, we have become fairly good friends. I’m telling you this so you will understand why I asked him what I did. We were good enough friends that I figured he would not be offended. When he told me that he was originally from Transylvania, and remember, he has quite the accent… I couldn’t resist. I asked him if he was a vampire and if he had any desire for blood.

The older the myth, the more believable it is

He laughed, as I thought he would, and asked me if I would like to know where that myth came from. I said, “Absolutely.” I always like hearing the truth about something. I have never seen the show, but I understand there is a program called “Myth-busters” and I assume from the title that the show must be about busting or debunking myths. So apparently, there are many people like me who want to know the truth from the myth. There are so many things that people think are true because they have either heard it from someone or read about it somewhere. And the older the myth, the more
believable it is. The more people who believe it, the more accepted it becomes. There are all sorts of myths. Did you know people once believed that a really strong man named Atlas held up the world? Most people have heard that about everyone on the planet once believed the world was flat and that if you sailed far enough on the ocean, you would fall off the edge. These were myths. And, according to my friend Gavriel, Transylvanian vampires were a myth too.

**Vlad Drakulya, aka Vlad the Impaler**

He said, “There are two parts to this myth. The first part is about a Romanian leader called Vlad Drakulya.” He was known as Vlad the Impaler because of his cruel means of inflicting death on his enemies. Gavriel said that Vlad's father was in charge of a certain geographical area, later known as Transylvania, and when he was killed, young Vlad was taken prisoner to the Ottoman Empire where he was regularly beaten and whipped. Gavriel said that Vlad was kept in a room for many years, never seeing the light of day. As a result, he went insane. Finally, he was released, and was allowed to take his father's throne. When he ascended the throne, being crazy, he impaled anyone he felt could or might be a threat.

**The perfect recipe for vampires**

The second part of the myth of the Transylvanian vampires was the issue of blood. In those days, the aristocracy wanted to maintain power by any means necessary. This usually meant trying to keep the power in the family. In order to keep it, “in the family” there ended up being a lot of inter-marrying within the family. As a result of this smaller gene pool, several of the members of the ruling family developed hemophilia. Hemophilia, as you know, is a disease that causes your blood not to clot, and one can easily bleed to death. And there were many myths as to how to treat the disease of hemophilia. As you might begin to imagine, it was thought that if you drank blood, you could cure your hemophilia.

Well, put together an evil, insane monster who impaled people and was named Dracula, and others from the area who drank blood, and you have the perfect recipe for vampires. This, Gavriel said, is where the whole story comes from in Transylvania. “There is absolutely no truth to any of those myths,” he said.

**There is money in perpetuating the myth**

And as I thought later about the many myths that have arisen over the centuries about this beautiful place called Transylvania, I wondered why the truth does not come out. Gavriel knew the truth. No doubt many others know it as well. Now, I knew the truth. And now... you, too, know the truth. So, shortly, there should be no more misconceptions about Dracula and vampires and Transylvania... right?

But some myths are really hard to kill. Some myths hang on for years and years. Why? Well, in the case of Dracula and vampires... there is a lot of money to be made. There are a lot of movies and actors and books about vampires. If it is found out that the whole mess started because of an insane person and some really stupid medical advice... then everything would come to a screeching halt. So, to keep the money pouring in, we need to keep the myth alive.

**The Bible is the original myth-buster**

Do you suppose there are other myths kept alive because of ulterior motives? Do you think that maybe, just maybe, there are other things we believe, and have been told, that have just as flimsy reasoning? What about where people go when they die? I’ve heard they go to heaven. Or if you have been bad, that you go to hell. Or if you were not too bad, that you might end up in purgatory. Or you turn into a worm or a pretty bird, depending upon how you lived your life. And I’ve also heard that you simply sleep in the grave until Jesus comes. Which is myth, and which is true? And where did the myths come from? Who made these things up?

Well, the best case scenario is to find out from the people who were there in the beginning. God said that He was there from the beginning. And He gave us a book to direct us in the right paths. It is the original myth-buster. If you want to know the truth, read God's word.

**The myth about Sunday worship**

And speaking of God's word, that reminds me of another myth. The Bible says to keep the seventh day of the week, or Saturday. But there has been this myth going around that we should keep the first day of the week, or Sunday. Who started this myth? When did it start?

Well, to make a really long story short, the myth got its start about a
hundred years or so after the last of the disciples of Jesus were dead. The church during the early years of the apostles, or disciples, stayed fairly on course and did the right things. You can read all about it in the Book of Acts. That’s the history of the early church. It was after the original disciples were dead and gone that things started going a little sideways.

Politics in the church is not too different from politics in the government

I know this will come as a shock to most of you, but infighting started in the church, and there were those who began politicking for leadership. Well, as in most things in this world, the more people on your side, the better chance you have of winning. So there became a desire to get more people on your side in the church. Once you have all of the people in the church on one side or the other, the only way for the loser to win is to get more people to come into the church, who then come to your side. Politics in church is not too different from politics in the government. Lower the standard and promise people things for free, and you will often get more people on your side.

The “perfect” reason for Sunday worship

There were a lot of religious people in the world in the time of the apostles and after, but many of them were sun worshippers, and worshipped on the “sun” day. There was a desire to bring these “sun” worshippers into the church. But these worshippers didn’t want to change the day they worshipped.

Then there was the idea of all the idols that they worshipped too. They didn’t want to give those up either. What to do? It was then suggested that the church keep both days… Saturday and Sunday. Saturday for the Sabbath-keeping Christians and Sunday for the “Sun” worshipers.

But the church needed a reason to keep the “sun” day. And they found it in the day that Jesus rose from the dead…Jesus kept the Sabbath, by resting in the grave and He arose on Sunday morning. Perfect!

Then it was suggested to make statues of the saints so the sun worshippers could continue to worship idols. We just changed the names on the idols. The decision was made to incorporate both days as worship days. Can you see how the myth got started? Sunday wasn’t God’s holy Sabbath… Saturday was. But Sunday worship got started to increase membership and sway votes for one leader or another.

Sunday was a day of partying and rejoicing and feasting

Well, after a while, it got really inconvenient to keep both days. And since so many of the worldlings were Sunday worshippers anyway… why not just change the day of Christian worship to Sunday? But to be really clever about it, knowing that the church would not just go along with an automatic change of the day of worship… they decided on a plan.

They started making Sunday a day of rejoicing and parties and lots of food and fun. The Sabbath was to be a day of fasting and mourning and quiet time.

Well, guess how long it took before most of the people started clamoring for Sunday worship over Sabbath worship. Now mind you, the Bible and the disciples did not make these new rules… this was the church leadership who wanted more people in the church, which meant more power.

You see how the myth was propagated? There was a lot more to it and I am distilling it down into a few sentences that took hundreds of years to accomplish, but in essence, that is how the myth got started.

There is much more money in Sunday-keeping than in Dracula movies

Just like with vampires, there is a lot of money to be lost, if you quit believing the myth. Can you imagine if all the people in Sunday churches came back to the Bible Sabbath? What would happen to all those pastors and their salaries? What would happen to all those churches? What would happen to the millions and billions of dollars that flow into these Sunday organizations? I mean, we are talking mega-bucks here… a lot more money than is made on vampire movies. Not to mention the fact that there could be a lot of heartburn from people who have been taught the wrong thing all their lives. Not too many people will get real upset if they spent $9.00 for a ticket to see a vampire movie, only to find out there is no such thing as vampires. But what if you have been giving thousands of dollars to a church, and going to a church for 50 or 60 years, only to find out you have been going on the wrong day??? No, there could be some real frustration over that.
What’s the big deal about worship?

But what do you do when you find out the truth? What do you do when you realize that Sunday worship is a myth, except of course to the sun worshippers? What happens when you realize that God never changed His day of worship… and that it was political operatives within the faith that did it? I can tell you that many people, if not most people, recognize that vampires are a myth. But they go to the movies anyway because they enjoy the shows and what’s the harm, they think? There are also many people that know the truth about the Sabbath and Sunday worship, and they feel the same way… what’s the harm? “Who cares what day we worship?” “What’s the big deal?” “As long as we keep one in seven…. that’s all right… isn’t it?”

Have you heard that? Have you said it? Do you believe it? God said to keep the Sabbath, or Saturday. Not man, not a church leader, not mommy or daddy. GOD said to do it. In essence, when we ask these questions about keeping Saturday or Sunday, we are in fact asking if we really, really have to do what God says. Well, when you put it like that, it seems fairly clear.

Leave my myth alone!

So, what should we do? How about we just not put it that way? Let’s not state it in such emphatic terms. In other words, can’t we just go on believing the myth and that be okay? We really liked it when we believed the myth. We don’t have to change our lives if the myth continues.

But the problem with a myth, is that it is a myth… it’s not true. You can believe that drinking blood might cure you of hemophilia, but since that is just a myth, it won’t really help.

You can’t get to heaven on a myth

What about going to heaven? Do you want the truth about getting there… or are you good with a myth? There is a story in the Bible about a man who asked Jesus to tell him how to receive eternal life. It’s found in Matthew 19:16-17 ~ “And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? And he said unto him, Why callest thou me good? there is none good but one, that is, God: but if thou wilt enter into life, keep the commandments.” This is what Jesus answered the man… “keep the commandments”. You know… the Ten Commandments. Jesus even repeated some of them to him.

Now what if someone told you that there are new commandments?

Now the rules are:

1. Do what you want.
2. Lie, cheat and steal… no problem.
3. Adultery… fornication… God doesn’t mind.
4. Be selfish, inconsiderate and totally impolite.

And that’s about it. No other “commands”. And say you followed those rules “religiously”. When it is time to go to heaven, and you come up before the bar of God… how do you think your mythical rules will work for you? If God said the seventh day – and we come up to Him and we say, “Well, we decided to keep a different day… but we did do it in Your honor…”, how well do you suppose that will go over?

Does Jesus really mean what He says?

My wife and I have raised 5 children. I have on a number of occasions told my teenage children to be home at a certain time. If I said to be home at 11:00 p.m., it was never acceptable to me for them to come home at 3:00 a.m. and tell me that they just decided to pick a different hour. Would it be acceptable to you? And believe me, my children have said to themselves… “Well, I don’t think he really meant 11:00 p.m.” You have my permission to call them and ask them if I meant it or not. Do you think Jesus meant it?

Kill a myth and follow the Truth!

I want to go to heaven. I want to live forever. I want to be in the city of God. Here is what the Bible says about how I can do that… how you can do that. “Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.” Rev. 22:14. No myths; no pleasing fables. Just plain old Bible truth. Do you want to be with Jesus? Do you love Jesus? This is what Jesus said… “If ye love me, keep my commandments.” John 14:15.

How do you kill a myth? With truth. Jesus said He was the truth. We are safe, if we listen to and follow the Truth.

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By Mrs. E. G. White

“And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?” Jesus replied: “What is written in the law? how readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself.” Christ said unto him, “Thou hast answered right; this do, and thou shalt live.” Here is a plain question plainly answered. The condition of eternal life is explicitly defined. It is to love God supremely, and our neighbor as ourselves. This is the principle that underlies God’s law, which is holy, just, and good.

Who is my neighbor?

But the lawyer, willing to justify himself, said unto Jesus, “And who is my neighbor? And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way; and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was; and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. Which now of these three, thinkest thou, was neighbor unto him that fell among the thieves? And he said, He that showed mercy on him. Then said Jesus unto him, Go, and do thou likewise.”

This great moral standard

God’s law requires that justice and right be exercised between man and his fellow man; it requires that we shall not injure our neighbor in his property, his feelings, his health, or his good name. It requires compassion for the afflicted, even if he be our enemy, that in all our associations with our fellow beings we shall show the same love and care that we would wish to have exercised toward ourselves. Who can stand before this great moral standard, and plead not guilty!

God’s requirement is to “love thy neighbor as thyself”

We may ask, How could the priest and Levite satisfy their consciences, and think themselves heaven-bound, while leaving in suffering and distress a fellow creature unto whom they might minister? But these men represent a large class who claim to be God’s children. Each one has some flimsy excuse to offer for failing to do his duty toward those who are suffering around him. But Christians cannot harmonize this neglect with the requirement of God, “Thou shalt love thy neighbor as thyself.”

God purchased your neighbor’s soul at infinite price

You may see nothing to love in your neighbor’s course of action; but this the Lord does not require of you; it is your neighbor himself, the soul God has purchased at an infinite cost, that he would have you love. You may say, I can never do this; but if you do not, you are not a partaker of the divine nature; you can never behold the purity of heaven, never walk the golden streets. Without holiness, no man shall see the Lord; and only by obeying the dictates of God’s will, can you make it manifest that you have attained to this perfection.

With many, self stands supreme

There are many who congratulate themselves upon having a kindly feeling for men generally. They sometimes supply money to the poor, and contribute to public funds; and when they have done this, they consider their duty performed. Wherein, they argue, can I be deficient? They perform a part of their duty; but not all. Self stands supreme. Their neighbor is not loved in the way that Christ would have his children regard each other as members together of the family of God.
When obeying heaven's laws, the giver will be blessed

When human sympathy is blended with love and benevolence, and sanctified by the Spirit of Jesus, it is an element which can be productive of great good. Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowing, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God's glory, will result in blessings to the giver. Those who are thus working are obeying the law of heaven, and will receive the approval of God.

Faith without works is dead

The principles that should govern our actions are plainly marked out in the divine word. Repentance toward God, and faith toward our Lord Jesus Christ, are the conditions of salvation. In James’ day there were men arising who were doing just as many are doing in our day,—preaching that faith in Christ releases men from obedience to the law of God. James declares that “faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works; show me thy faith without thy works, and I will show thee my faith by my works. Thou believest that there is one God; thou doest well; the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is dead?” He presents before them the case of Abraham, who was justified by living faith, his works proving, or corresponding to, his faith. “Seest thou how faith wrought with his works, and by works was faith made perfect? And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness; and he was called the friend of God.” It is by the constant exercise of faith and love that believers are made to shine as lights in the world.

Let no man deceive his own soul

Christ’s words clearly show that if we do not follow his injunctions, we shall be lost. But although the law can convince us as transgressors, it can not save us from its penalty. “By the law is the knowledge of sin.” “If any man sin, we have an advocate with the Father, Jesus Christ the righteous.” By looking into this mirror, we may discover the spots in our character; but in order to have them cleansed, we must wash in the fountain prepared by the world’s Redeemer. The law is not to be abolished; this would not remove our defects. Christ came not to save men in their sins, but from their sins. When we feel condemned by the law, and come with humble, penitent hearts to God for pardon, Jesus, our Advocate, takes our sins, and imputes unto us his righteousness. We can look to a crucified and risen Saviour, and claim his merits. He, the Great Physician, will heal the wounds that sin has made; for his blood was shed to make the sinner whole. Thus he is made unto us sanctification and righteousness and redemption.

The customs and practices of the world are not God’s standard

If you have been violating the law of God, will you not, my friend, stop and consider? It is not impossible for you, who have been deceived all your life, to look more closely into the law of God, and learn a lesson there. “Thou shalt love thy neighbor as thyself.” Has this love entered into your experience, or have you sought to avoid this plain injunction? Look into the great mirror, God’s law. Does it not tell you that you have not loved your neighbor as yourself? You may seek to shield yourself from its holy light; you may refuse to look into the mirror and discern your deformities of character. You may adopt a standard current with the world; but their customs and practices are not God’s standard. Those truly love their neighbor as themselves who realize their responsibilities and the claims that suffering humanity has upon them, and carry out the principles of God’s law in the daily life.

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.
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Ah, few and evil are the days
Of human life below;
Like early dew upon the grass,
Or like the morning clouds that pass,
They soon and swiftly go.

Man cometh forth, a goodly flower,
A little while to bloom;
But soon he yields to time's rough blast;
His little span of life now past
He sinks beneath the tomb.

As vapor which at morn appears,
To vanish in an hour,
Man's life, a shadow, passes by,
His purposes all broken lie,
O'erthrown by death's fell power.

O, is there not beyond this vale
Of sorrow, pain, and death,
Some blissful region far away,
Where peace and love hold gentle sway,
And life is not a breath?

Yes, on a peaceful, restful shore,
When earthly cares are past,
The good of earth shall meet again,
And with the Saviour ever reign,
Where life's affections last.

And soon that gladsome day will dawn,
When saints shall leave the tomb,
And gain that realm of sweet repose
Where life's fair river gently flows,
And flowers unfading bloom.
THE LATTER RAIN
No. 4

By Meade MacGuire

Editor’s note: A series of articles on the “Latter Rain” by the above author appeared in the Review and Herald from June 3 to August 12, 1943. This subject is even more important today as we draw closer to the second coming. We continue here with the 4th article of the series.

THE CONDITIONS FOR THE LATTER RAIN ARE CLEAR AND EXPLICIT

Again we return to the question, why has not the latter rain come? The promise of the latter rain is made in the second chapter of Joel, and it is made only on certain conditions which are clearly and explicitly given.

This is God’s summons to His own people:

“Blow ye the trumpet in Zion, and sound an alarm in My holy mountain: let all the inhabitants of the land tremble: for the day of the Lord cometh, for it is nigh at hand.”

“Therefore also now, saith the Lord, turn ye even to Me with all your heart, and with fasting, and with weeping, and with mourning: and rend your heart and not your garments, and turn unto the Lord your God…. Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priests, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare Thy people, O Lord, and give not Thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?” Joel 2:1, 12-17.

SATAN SEEKS TO LULL GOD’S PEOPLE TO SLEEP SO THE WORK CANNOT BE FINISHED

What a startling and impressive spectacle it would be to the world if God’s remnant people should respond accordingly to God’s summons. Does not God intend that this summons be literally carried out? What vivid pictures He has given us through His messenger of the remnant people pleading and agonizing at the throne of grace for victory over every sin, and power to finish the work.

Would it not seem that Satan is seeking with all his subtle devices to lull God’s people to sleep, or to keep them so occupied in work which may be right in itself, that they fail to prepare for the divine power without which the work cannot be finished?

GET READY! GET READY! GET READY!

“I saw that the remnant were not prepared for what is coming upon the earth. Stupidity, like lethargy seemed to hang upon the minds of men.”

Our Firm Foundation
of most of those who profess to believe that we are having the last message. My accompanying angel cried out with awful solemnity, ‘Get ready! Get ready! Get ready! For the fierce anger of the Lord is soon to come. His wrath is to be poured out, un mixed with mercy, and ye are not ready. Rend the heart, and not the garment. A great work must be done for the remnant.’ I saw that God’s people are on the enchanted ground, and that some have lost nearly all sense of the shortness of time and the worth of a soul.” Early Writings, pp. 119, 120.

EVENTS OF VITAL IMPORTANCE ARE TAKING PLACE AROUND US

“All things are ready, but the church is apparently upon the enchanted ground. When they shall arise, and lay their prayers, their wealth, and all their energies and resources at the feet of Jesus, the cause of truth will triumph.” 4 Testimonies 475.

“We need to humble ourselves before the Lord, with fasting and prayer, and to meditate much upon His word especially upon the scenes of the judgment. We should now seek a deep and living experience in the things of God. We have not a moment to lose. Events of vital importance are taking place around us; we are on Satan’s enchanted ground. Sleep not, sentinels of God; the foe is lurking near, ready at any moment, should you become lax and drowsy, to spring upon you and make you his prey.” Great Controversy 601.

MANY ARE UTTERLY UNPREPARED FOR THE END

With these startling statements before us there need be no uncertainty regarding our present standing. The work cannot be finished until the latter rain is poured out. But it is promised on certain definite conditions which we have not met. Many are in the Laodicean condition, which the Scriptures describe as lukewarm, self-satisfied, and complacent, though utterly unprepared for the end. The last church is represented by ten virgins, all of whom slumbered and slept while the bridegroom tarried. More than fifty years ago (now 118 years ago) this earnest appeal was made:

WHEN THE CHURCHES BECOME LIVING, WORKING CHURCHES, THE HOLY SPIRIT WILL BE GIVEN

“Meetings should be held in every church for solemn prayer and earnest searching of the word to know what is truth. Take the promises of God, and ask God in living faith for the outpouring of His Holy Spirit. When the Holy Spirit is shed upon us, marrow and fatness will be drawn from the word of God… When the churches become living, working churches, the Holy Spirit will be given in answer to their sincere request. Then the truth of God’s word will be regarded with new interest, and will be explored as if it were a revelation just from the courts above… The Bible will be regarded as a charter from heaven. Its study will absorb the mind, and its truth will feast the soul. The promises of God now repeated as if the soul never tasted of His love, will then glow upon the altar of the heart, and fall with burning words from the lips of the messengers of God. They will then plead with souls with an earnestness that cannot be repulsed. Then the windows of heaven will be open for the showers of the latter rain.” R. H. Feb. 25, 1890.

GET OFF SATAN’S ENCHANTED GROUND

O that God may put into the hearts of His people a great determination at this time to get off Satan’s “enchanted ground”, that we may become enlightened with regard to our condition and our need, and may fully meet God’s expectations. Then we are assured the latter rain will fall, and Jesus will soon come to take His people home.
Health Gem

Diet and Disease Part 2:
Alkalize or Die

Last month we talked about pH. I explained what it is and some of the ways we add to or take away from the acidity in the body (mainly through diet). I mentioned some health problems that you can run into if your body becomes too acidic and cannot get rid of the acid fast enough, and explained briefly one of the pH “buffer systems”. This month I’ll be giving you even more information about what can happen if you become too acidic and I’ll show you a sample list of foods, both acid-forming and alkaline-forming. That being said, let’s jump right in!

Most people eat diets high in acid-forming foods

When people encourage you to “alkalize” your body, most of them mean that you should eat plenty of foods that have an alkaline-forming effect on your system to reduce the workload on these buffer systems and help reduce the chances of additional health problems. The reason for making this suggestion is that most people eat diets very, very high in acid-forming foods. An unbalanced diet high in acid-producing foods such as animal protein, sugar, caffeine, and processed foods puts pressure on the body’s regulating systems to maintain the neutral pH. The extra buffering required can deplete the body of many alkaline minerals such as sodium, potassium, magnesium, and calcium, making the person prone to chronic and degenerative disease. Minerals are borrowed from vital organs and bones to neutralize the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage—a condition that may go undetected for years!

In addition to all this, research shows that unless the body’s pH level is slightly alkaline, the body cannot heal itself. So no matter what means you choose to take care of your health, it will not be effective until the pH level is balanced. If your body’s pH is not balanced, for example, you cannot effectively assimilate vitamins, minerals and food supplements. Your body pH affects everything.

Acidosis decreases the body’s ability to absorb minerals and other nutrients

An acidic pH can occur from an acid-forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for this acidic pH by using up your alkaline minerals. If you’re taking in too many acids too fast with not enough alkaline to balance it out, a build up of acids in the cells can occur leading to acidosis (a condition of being too acidic). Acidosis will decrease the body’s ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it’s ability to repair damaged cells, decrease it’s ability to detoxify heavy metals, make tumor cells thrive, make it more susceptible to fatigue and illness, and can cause a number of health problems, including:

- Cardiovascular damage
- Weight gain, obesity and diabetes
- Bladder conditions and kidney stones
- Immune system deficiency and a tendency to get infections
- Acceleration of free radical

Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.
damage
- Hormonal problems
- Premature aging
- Osteoporosis and joint pain
- Leg cramps and spasms
- Aching muscles and lactic acid buildup
- Lack of energy and chronic fatigue
- Slowed digestion and elimination
- Yeast/fungal overgrowth
- Loss of drive, joy, and enthusiasm with depressive tendencies
- Becoming easily stressed
- Headaches
- Inflammation of the corneas and eyelids
- Loose and painful teeth with inflamed, sensitive gums
- Cracks at the corners of the lips, and mouth ulcers
- Stomach ulcers, excess stomach acid and gastritis
- Thin nails that split easily
- Dull hair with split ends
- Hair that falls out easily
- Dry skin that is easily irritated

Acidosis, an extended time in an acidic pH state, can directly result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, most cancers and much more.

To achieve balance, eat more alkaline foods

So what can you do? The **diet** is the best way to naturally bring your pH back into balance, saving the buffering systems to do just that, to buffer the minimal overages or underages. What is the best specific diet for proper pH balancing? Since the body naturally produces some acids, in order to keep the pH at a neutral level, you're going to have to eat more alkaline foods than acid foods. Doesn't this make sense? To maintain health, the diet should consist of, at the very least, 60% alkaline-forming foods, and at the very most, 40% acid-forming foods. But the healthiest proportion (the best for restoring health) consists of 80% alkaline forming foods and only 20% acid forming foods. The great part is, as you may have guessed, the alkaline foods tend to be the most nutritious and healing foods, so eating a majority of these foods is helpful in many ways!

The following lists indicate which common foods have an alkaline-forming effect on your body fluids, and which ones are acid-forming. Please note that these lists of acid and alkaline-forming foods are not comprehensive, nor are they meant to be. This chart is intended only as a general guide to alkalizing and acidifying foods.

**Notes about food groups:**

**Grains:**
- Most beans and grains are acid forming due to their high protein content. Whole grains and beans/legumes are very nutritious though – don’t avoid whole grains completely; simply complement whole grains with foods that raise the pH.

**Meat/Animal products:** During digestion the nucleic acids (RNA, DNA) of meat and dairy are broken down (metabolized) to uric acid. Protein is broken down to amino acids; amino acids lower pH. Meat, dairy and some plant foods are high in protein.

**Fruits/Veggies:** Most fruits and vegetables have a low pH because of their acid content. But most fruits and vegetables are alkaline-forming because during digestion the acids are broken down, leaving only the high potassium content, which is alkaline-forming. Poor digestion may not break down acids well, which could make fruits and vegetables less alkaline forming. Improving digestion is vital to proper body pH!

**Alcohol:** Most beverages made with alcohol have a low pH and are acid forming because of the alcohol content. Wine, beer, whiskey, rum, etc. are acid forming.

**Other:** Coffee, decaf, or tea daily can cause a thiamin deficiency. Food and food products that cause thiamin deficiency lower pH. (1)
FOODS THAT HAVE A MODERATE TO STRONG ALKALINE-FORMING EFFECT (60-80% of your diet)

ALKALIZING VEGETABLES
- Alfalfa
- Asparagus
- Barley Grass
- Beet Greens
- Beets
- Bell Pepper
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard Greens
- Chlorella
- Collard Greens
- Cucumber
- Daikon
- Dandelions
- Dulce
- Edible Flowers
- Eggplant
- Endive
- Garlic
- Green Beans
- Green Peas
- Kale
- Kombu
- Leeks
- Lettuce (iceberg)
- Lettuce (green)
- Maitake
- Mushrooms
- Mustard Greens
- Nightshade Vgs
- Nori
- Onions
- Parsnips
- Peas
- Peppers
- Pumpkin
- Radishes
- Reishi
- Rutabaga
- Sea Veggies
- Shiitake
- Spinach, green
- Spirulina
- Sprouts
- Squash (except winter)
- Turnip
- Sweet Potatoes
- Watercress
- Wheat Grass
- Wild Greens

ALKALIZING FRUITS
- Apple
- Apricot
- Avocado
- Banana
- Berries (all except cranberries)
- Blackberries
- Cantaloupe
- Cherries
- Coconut, fresh
- Currants
- Dates/Figs
- Gooseberry
- Grapes
- Grapefruit
- Guava
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Mushmelons
- Nectarine
- Orange
- Passion fruit

ALKALIZING PROTEIN
- Almonds (fermented)
- Chestnuts
- Millet
- Tempeh

ZING SPICES & SEASONINGS
- Chili Pepper
- Cinnamon
- Curry
- Ginger

ALKALIZING OTHER
- Agar Agar
- Alkaline Antioxidant
- Apple Cider Vinegar
- Arrowroot Powder
- Avocado Oil
- Bee Pollen
- Fresh Fruit Juice
- Green Juices
- Lecithin Granules
- Mineral Water
- Molasses, blackstrap

ACIDIFYING FRUITS AND VEGETABLES
- Blueberries
- Canned/Glazed Fruit
- Corn
- Cranberries
- Currants
- Olives
- Prunes
- Winter Squash

ACIDIFYING GRAINS, GRAIN PRODUCTS
- Amaranth
- Barley
- Bran, oat
- Bran, wheat
- Bread
- Cornstarch
- Crackers, soda
- Flour, wheat
- Flour, white
- Hemp Seed
- Kamut
- Oatmeal
- Oats (rolled)
- Pasta/Semolina
- Rice (all)
- Rye
- Spelt
- Wheat Germ
- Wheat

ACIDIFYING BEANS & LEGUMES
- Almond Milk
- Black Beans
- Chick Peas
- Green Peas
- Kidney Beans
- Lentils
- Pinto Beans
- Red Beans
- Rice Milk
- Soy Beans
- Soy Milk
- White Beans

ACIDIFYING MINERALS
- Calcium: pH 12
- Cesium: pH 14
- Magnesium: pH 9
- Potassium: pH 14
- Sodium: pH 14

FOODS THAT HAVE A MODERATE TO STRONG ACID-FORMING EFFECT (20% is best - 40% at the most)

ALKALIZING MINERALS
- Blueberries
- Canned/Glazed Fruit
- Corn
- Cranberries
- Currants
- Olives
- Prunes
- Winter Squash

ACIDIFYING FRUITS AND VEGETABLES
- Blueberries
- Canned/Glazed Fruit
- Corn
- Cranberries
- Currants
- Olives
- Prunes
- Winter Squash

ACIDIFYING GRAINS, GRAIN PRODUCTS
- Amaranth
- Barley
- Bran, oat
- Bran, wheat
- Bread
- Cornstarch
- Crackers, soda
- Flour, wheat
- Flour, white
- Hemp Seed
- Kamut
- Oatmeal
- Oats (rolled)
- Pasta/Semolina
- Rice (all)
- Rye
- Spelt
- Wheat Germ
- Wheat

ACIDIFYING BEANS & LEGUMES
- Almond Milk
- Black Beans
- Chick Peas
- Green Peas
- Kidney Beans
- Lentils
- Pinto Beans
- Red Beans
- Rice Milk
- Soy Beans
- Soy Milk
- White Beans
ACIDIFYING NUTS & BUTTERS
- Cashews
- Peanuts/Peanut Butter
- Pecans
- Tahini
- Walnuts

ACIDIFYING ANIMAL PROTEIN
- Bacon
- Beef
- Carp
- Clams
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork
- Rabbit
- Salmon
- Sardines
- Sausage
- Scallops
- Shellfish
- Shrimp
- Tuna
- Turkey
- Veal
- Venison

ACIDIFYING DAIRY
- Butter
- Cheese
- Ice Cream

ACIDIFYING FATS & OILS
- Butter
- Canola Oil
- Corn Oil
- Flax Oil
- Hemp Seed Oil
- Lard
- Safflower Oil
- Sesame Oil

ACIDIFYING OTHER FOODS
- Artificial Sweeteners
- Beer
- Carob
- Cocoa
- Corn Syrup
- Fried Foods
- Liquor
- Mustard/Ketchup
- Pepper
- Soft Drinks
- Sugar
- Vinegar
- Wine/Spirits

ACIDIFYING DRUGS & CHEMICALS
- Aspirin
- Drugs, Medicinal
- Drugs, Psychedelic
- Herbicides
- Pesticides
- Tobacco

FACT: To neutralize just one glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10 (much more alkaline than normal water)!

ACID AND ALKALINE-FORMING EFFECTS OF COMMON FOODS

ACIDIFYING NUTS & BUTTERS

ACIDIFYING ANIMAL PROTEIN

ACIDIFYING DAIRY

ACIDIFYING FATS & OILS

ACIDIFYING OTHER FOODS

ACIDIFYING DRUGS & CHEMICALS

FOODS THAT HAVE AN UNKNOWN EFFECT

- Flax Seeds
- Buckwheat
- Corn
- Chicken
- Cottage Cheese
- Eggs
- Yogurt
- Milk
- Green Tea
- Herbal Tea
- Honey
- Kombucha
- Lima Beans
- Maple Syrup
- Nuts (some)
- Potatoes, white
- Pumpkin Seeds
- Quinoa
- Sauerkraut
- Soy Products
- Sprouted Seeds
- Sunflower Seeds

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the acidic side of the chart and sometimes to the alkaline side. Remember, you don’t need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Becoming Too Alkaline

While we’ve spent a great deal of time addressing how to avoid becoming too acidic, there is also a chance that you could become too alkaline. Although rare, it can occur when you eat a very strict diet (such as a raw diet) along with taking nutritional supplements (which is possible for some of our readers). Just keep in mind that there are health risks associated with this as well. So if you’re eating a diet high in raw foods and supplements, it’s a good idea to buy some pH test strips or a pH meter to keep an eye on your pH.

Acid And Alkaline-Forming Effects Of Common Foods

Alkalizing foods are a result of a high alkaline-forming mineral.
content, most often potassium, calcium, magnesium, and zinc. Fruits and vegetables make up almost all of the foods that are significantly alkaline-forming, while most grains, animal foods, and highly processed foods have an acid-forming effect on your body.

If you’re wondering why grains and beans are on the “acid” list, remember, you DO need a healthy balance of both acid and alkaline foods. While the alkaline-forming foods are very important, the acid-forming foods have their place too (20-40% of the diet!). If after all this you’re thinking, well, COOL! My body NEEDS some acidic food to balance out the alkaline food (you said 20-40%, right?!), I’ll just choose meat, cheese, and soda as MY acids as long as I eat plenty of fresh fruits and vegetables along with it! Right? Wrong. While this seems like it would make sense, there are many other aspects of the foods that we’re eating besides pH.

**pH Testing: How to know your levels**

Outside of the way you feel, the only way to know if your pH is in a healthy range is to test it with pH paper or test strips like our Alkalive pH Strips. It is a simple and convenient way to measure how well your body is reacting to your diet and see if you need to make any changes. Saliva pH gives a good indication of what the average pH of the body was about 30 minutes to an hour ago. For an accurate measure of saliva pH, it’s necessary to measure saliva pH an hour or more after drinking or eating anything at all, including pills of any kind, two hours if a large meal was eaten. Digestive acids will push saliva pH down, so you don’t want any digesting occurring when measuring saliva pH. The goal is to keep saliva pH above 6.7 and below 7.5.

Morning urine pH is a common measure and is the result of food intake, pills, etc. throughout the day of the day before. Generally, urine pH is out-of-date information. Saliva pH is much closer to real-time information if you want to see if what you’re doing is making a difference in normalizing your pH. Test your pH morning and night for a week to get a good idea of where your body is at and make the necessary changes to your diet to make sure you’re at the optimal level! It’s simple and easy to test at home!

**Coming next month...**

Next month we’ll discuss what acidic foods to choose and why. Is there a difference in plant-based acid foods versus non-plant acid foods? Join us next month to unravel the mysteries surrounding diet and how our foods can have such a powerful effect on the body; either good or bad. As always if you have any questions about this article or would like a free health consultation about your diet and lifestyle, please don’t hesitate to call our health line at 309-343-5853. Thank you, and God Bless!

1. http://www.cdc.gov/mmwr/preview/mmwrhtml/00047949.htm

ACROSS
1. One of the seven churches that has no Bible reproof
5. What is the most popular method of Bible interpretation today?
7. Jezebel is found in which of the seven churches?
8. “Yea, and all that will live godly in Christ Jesus shall suffer___”
11. What form of power was in control in France in the 1800s?
13. What form of Bible interpretation do SDAs use?
15. How many weeks are determined upon “thy people”?
19. In which church is Balaam mentioned?
20. In which trumpet do the seas turn to blood?
21. The mighty angel with a little book open in his hand was clothed with a ___
24. What church of the seven churches will be given a crown of life for their faithfulness?
25. What animal represents Medo-Persia in Daniel 7?
26. “Awake to ___ and sin not”

DOWN
1. Who receives his power, and his seat, and great authority from the dragon?
2. “The people of the ____ that shall come shall destroy the city”
3. What is the color of the horse under the third seal?
4. Who of the tribe of Judah is able to loose the seven seals?
6. “Thou shalt not be afraid of the ____ by night”
7. “The street and wall shall be built again even in ____ times”
9. The ____ trumpet brings the second woe
10. What happens in heaven during the seventh seal?
12. The names of all professed Christians are written in the Book of ____

Answers from Christian Crossword published in the May 2011 issue of Our Firm Foundation

“The first study to examine the nation’s supply of beef, chicken, pork and poultry for the presence of staph bacteria—including MRSA, a strain of staph that is resistant to most commonly used antibiotics—is an eye-opener. Nearly half of tested samples from popular retailers were contaminated with staph, and most strains were resistant to more than one antibiotic. The sources of the resistant bacteria are the animals, which are plied with antibiotics to counter unsanitary living conditions and boost meat production.”

**END TIME PERSPECTIVE:** “The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it. The habits and practices of men have brought the earth into such a condition that some other food than animal food must be substituted for the human family. We do not need flesh food at all. God can give us something else.” CD 384.


“Want to improve your memory and concentration? Try losing a few pounds. In a study involving 150 overweight or obese participants, scientists found that those who lost weight after bariatric surgery saw improvement in their scores on tests of recall and attention 12 weeks later. Scores for volunteers who did not undergo gastric bypass or banding actually dropped over the course of the study. The findings confirm the growing body of evidence linking obesity to cognitive deficits and conditions such as Alzheimer’s disease, dementia and stroke….It’s clear that a healthy weight is good for both body and mind.

**END TIME PERSPECTIVE #1:** “Overeating, even of the most wholesome food, is to be guarded against. Nature can use no more than is required for building up the various organs of the body, and excess clogs the system. Many a student is supposed to have broken down from overstudy, when the real cause was overeating. While proper attention is given to the laws of health, there is little danger from mental taxation; but in many cases of so-called mental failure it is the overcrowding of the stomach that wearies the body and weakens the mind.” Ed 205.

**END TIME PERSPECTIVE #2:** Counsel to a private individual: “You...
are a gormand when at the table. This is one great cause of your forgetfulness and loss of memory. You say things which I know you have said, and then turn square about, and say that you said something entirely different. I knew this, but passed it over as the sure result of overeating. Of what use would it be to speak about it? It would not cure the evil.” CD 138.

Editor’s Note: Both of these news watch articles demonstrate something that science is finding out today that God revealed to Ellen White over 100 years ago.


“Nearly 15% of the nation’s refining capacity and hundreds of oil wells are at risk as the flood crest along the swollen Mississippi river makes its way into Louisiana over the next few days—Eleven refineries producing over 1 million barrels of gasoline a day lie in the flood water’s path, according to American Petroleum institute Chief Economist John Felmy.

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

Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe.
Almost 50% of Americans seek treatment for pain each year. Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs (NSAIDs) line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even serious liver and kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

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

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

**MSM FACTS:**

- Relieve joint pain and inflammation.
- Reduce or eliminate muscle cramps.
- Improve moods.
- Reduce or eliminate pain from chronic arthritis.
- Improve suppleness of skin and 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**

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**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!

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

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www.hopeforhealthusa.com

*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.*
“Do you wish to see Jesus?”

I had a dream. I seemed to be sitting in abject despair, with my face in my hands, reflecting like this: If Jesus were upon earth, I would go to Him, throw myself at His feet, and tell Him all my sufferings. He would not turn away from me, He would have mercy upon me, and I should love and serve Him always. Just then the door opened, and a person of beautiful form and countenance entered. He looked upon me pityingly and said: “Do you wish to see Jesus? He is here and you can see Him if you desire to do so. Take everything you possess and follow me.”

He cautioned me to keep my eyes fixed upward

I heard this with unspeakable joy, and gladly gathered up all my little possessions, every treasured trinket, and followed my guide. He led me to a steep and apparently frail stairway. As I commenced to ascend the steps, he cautioned me to keep my eyes fixed upward, lest I should grow dizzy and fall. Many others who were climbing up the steep ascent fell before gaining the top.

I cheerfully laid down all the things I had brought with me

Finally we reached the last step and stood before the door. Here my guide directed me to leave all the things that I had brought with me. I cheerfully laid them down; he then opened the door and bade me enter. In a moment I stood before Jesus. There was no mistaking that beautiful countenance. Such a radiant expression of benevolence and majesty could belong to no other. As His gaze rested upon me, I knew at once that He was acquainted with every circumstance of my life and all my inner thoughts and feelings.

I felt unable to endure His searching eyes

I tried to shield myself from His gaze, feeling unable to endure His searching eyes, but He drew near with a smile, and, laying His hand upon my head, said: “Fear not.” The sound of His sweet voice thrilled my heart with a happiness it had never before experienced. I was too joyful to utter a word, but, overcome with ineffable happiness, sank prostrate at His feet. While I was lying helpless there, scenes of beauty and glory passed before me, and I seemed to have reached the safety and peace of heaven. At length my strength returned, and I arose. The loving eyes of Jesus were still upon me, and His smile filled my soul with gladness. His presence filled me with holy reverence and an inexpressible love.

This dream gave me hope

My guide now opened the door, and we both passed out. He bade me take up again all the things I had left without. This done, he handed me a green cord coiled up closely. This he directed me to place next my heart, and when I wished to see Jesus, take from my bosom and stretch it to the utmost. He cautioned me not to let it remain coiled for any length of time, lest it should become knotted and difficult to straighten. I placed the cord near my heart and joyfully descended the narrow stairs, praising the Lord and joyfully telling all whom I met where they could find Jesus. This dream gave me hope. The green cord represented faith to my mind, and the beauty and simplicity of trusting in God began to dawn upon my benighted soul.

From Early Writings, pages 79~81
If you haven’t read *Early Writings* in awhile, I invite you to take it down from the shelf on a Sabbath afternoon and read it again, or if you don’t have a copy, for only $8.99 a very nice paperback edition could be yours! It will be well worth your time! Here is a glimpse into this God-given work:

“It was difficult for the angels to endure the sight. {The trial of Christ} They would have delivered Jesus, but the commanding angels forbade them, saying that it was a great ransom which was to be paid for man; but it would be complete and would cause the death of him who had the power of death. Jesus knew that angels were witnessing the scene of His humiliation. The weakest angel could have caused that mocking throng to fall powerless and could have delivered Jesus. He knew that if He should desire it of His Father, angels would instantly release Him. But it was necessary that He should suffer the violence of wicked men, in order to carry out the plan of salvation.” - *Early Writings*, page 170-171