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With a confirmed atheist as the chairman of a religious department of a respected University, will we be swayed?

We are working on the February magazine although we are in the first days of January. We have noted that the November, December and January magazines are being delivered late. This is not because of getting them to the publisher late. During the Christmas season, not only was the publisher carrying extra work, but the publisher's employees were receiving additional vacation time. Then, there is the Post Office. They can hold bulk mail 40 days extra when there is an overload of mail as there is at this time of year. We do apologize to those who may have received their magazines late. We would prefer that you receive them in the first part of each month.

As we enter more fully in to the new year, we realize that we are closer to the second coming. The signs around us continue to multiply. The Sunday laws and the persecution that accompanies them is just ahead of us in this country. There are many Christians in Communist and Muslim countries that are already under great persecution.

The question arises, will we be able to stand faithful in the times ahead. As you read the articles in this magazine, I pray you will be encouraged in your Christian walk. There are multiple challenges ahead of each of us by those who will be seeking to discourage you and turn you from your faith. I have recently been reading a book entitled, Has God Spoken, by the host of Bible Answer Man, Hank Hanegraaff. The subtitle of the Book is “Proof of the Bible’s Divine Inspiration”.

In the introduction at page xi, the author states, “According to critics, the notion that God has spoken—that the Bible is a credible repository of what He has said—likewise does not stand up to the light of cold, hard facts.” He then quotes statements from several of those critics, including the president of the United States. How will we be moved when we see statements against the Bible by people of authority?

One of these critics is Bart Ehrman, chair of the Religious Studies Department of the University of North Carolina at Chapel Hill. Mr. Ehrman “makes a plethora of accusations against the Bible and biblical authors as well.” With a confirmed atheist as the chairman of a religious department at a respected University, will we be swayed? Will our children? How close of attention do we pay to the teachers who do teach our children? Are we strengthening our children within our homes?

Hanegraaff’s book does show the true validity of the Scriptures—God has definitely spoken, not only through thousands of manuscript copies that validate each other, but also through archaeological finds that validate the Biblical events in history. He has spoken through the Dead Sea scrolls. He has spoken through prophecy—I tell you these things before they happen so that when they do happen you will believe and have faith. (See John 13:19 and 14:29)

Our faith is built on the rock of fact, the rock of Jesus Christ, but it will be challenged from many different quarters. Are you ready to meet these challenges?

One of the quotes from the Bible that I repeat to myself often is found in Proverbs 3:5, 6—“Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Ellen White gives us the following counsel in Counsel to Parents and Teachers, at page 462: “The Bible is its own expositor. Scripture is to be compared with scripture. The student should learn to view the word as a whole and to see the relation of its parts. He should gain a knowledge of its grand central theme-- of God’s original purpose for the world, of the rise of the great controversy, and of the work of redemption. He should understand the nature of the two principles that are contending for the supremacy, and should learn to trace their working through the records of history and prophecy to the great consummation. He should see how this controversy enters into every phase of human experience; how in every act of life he himself reveals the one or the other of the two antagonistic motives; and how, whether he will or not, he is even now deciding upon which side of the controversy he will be found.

“Every part of the Bible is given by inspiration of God and is profitable. The Old Testament, no less than the New, should receive attention.”

Let us be keen studiers of God’s Word!
Our Mission:
It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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About Hope International:
We are a 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.

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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 editorial@hopeint.org.

Subscription Information: See page 28 • Shipping & Sales Tax: See page 28

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What an aching, what a bursting heart throbbed under this, the garment of sorrow chosen by him who could once say, in the sincerity of his soul, “I put on righteousness, and it clothed me: my judgment was as a robe and a diadem.” To the history of Job God’s afflicted people have constantly turned in their hours of anguish. This sackcloth has, as it were, helped to dry up the tears of thousands; for who can say, “My sorrows have been greater than those of Job!” Whose have equaled his—and yet the Lord loved him through all, and out of all delivered him. So great was the variety of the afflictions of Job, that under almost any burden that presses down the spirit, we can look to Job in his sackcloth and say, “He also was crushed by the weight of this cross.”

In his poverty could Job bless the Lord?

Is poverty our trial, and poverty rendered more painful by contrast with former prosperity? On Job it came with fearful suddenness, like successive shocks of an earth-quake. He had been a wealthy man, he had multitudes of camels and oxen, the valleys were whitened with the thousands of his sheep. All his property was swept away from him, he was left poor and bare upon the earth. Yet could the ruined man meekly say, “The Lord gave, and the Lord hath taken away; blessed be the name of the Lord!”

Job lost all his children at once!

Or are we weeping sorely for the loss of one who was to eyes as the sunshine; are we in bitterness of soul because some sweet voice is silenced in our home, and there is a blank left in our aching hearts which we feel that time can never fill up? Job lost all his children at once! Those whose successive births had given him fresh joy, new precious ties to earth; those who had sported round him in childhood, and in youth received his counsels; those in whose happiness he had been happy—all reft from him by one stroke!

Not one left to soothe his anguish by sharing it! Is it not a marvel that reason endured it, that the patriarch’s heart did not break indeed?

Separation from loved ones is at times worse than death

But we may lose those whom we
have loved by a separation far worse than that caused by death. This was a cross which almost crushed the spirit of Job: “My friends scorn me: my kinsfolk have failed, and my familiar friends have forgotten me. My breath is strange to my wife, though I intreated for the children’s sake. All my inward friends abhorred me: and they whom I loved are turned against me!” Where is the burden of family trial endured by a Christian now that can weigh in the balance against such a mountain of sorrow as this?

Is our cross that of sickness and pain?

We behold Job suffering all the tortures which the malice of a fiend could inflict, stretched on the rack of most acute suffering, and that for no brief space of time: “I am made to possess months of vanity, and wearisome nights are appointed to me. When I lie down, I say, When shall I arise, and the night be gone? And I am full of tossings to and fro unto the dawning of the day. My skin is black upon me, and my bones are burned with heat.”

Job’s spirit was clothed in the sackcloth of mourning

Nor were Job’s sufferings those of the body alone: his was the wounded spirit, the tormented mind, oppressed with fear, with temptation, and with mysterious terrors: “Thou scarest me with dreams, and terrifiest me through visions: so that my soul chooseth strangling, and death rather than my life. I loathe it; I would not live always! The arrows of the Almighty are within me, the poison whereof drinketh up my spirit: the terrors of God do set themselves in array against me. Wherefore is light given to him that is in misery, and life unto the bitter in soul; which long for death, but it cometh not?” Truly the spirit of Job, as well as his tortured body, was clothed in the sackcloth of mourning!

Why Job? God Himself had said he was a perfect and upright man

The question naturally arises, “Why was so good a man as Job thus overwhelmed with affliction; almost, as it would seem, abandoned for a while to the malice of the Enemy? God had Himself said of Job, ‘There is none like him on the earth, a perfect and an upright man.’” It cannot be that Job was thus chastened only to show forth his patience in the sight of men and devils; great as was that patience, we know that it wavered in the trial. Nor do we suppose that Job’s miseries were permitted only that he might be thoroughly humbled before God; still less that he suffered only that his history might be for the lasting instruction of the Church. All these advantages, indeed, followed; but the more we reflect on the subject, the more clearly we see that some great, personal, and lasting benefit must have accrued to Job from every pang that he endured.

There was a proportion between his anguish and his subsequent joy

It is delicate ground on which we now enter: it would be a perilous error to hold that sorrow of itself sanctifies; that because a man suffers much here, he must necessarily rejoice hereafter. So is it a perilous error to hold that any good works of men’s doing can ever earn Heaven. But how clearly and forcibly the Pastor Mr. Arnot
places before us the blessed effects of good works, not as a means of salvation, but as a precious evidence of grace! “As ciphers added one by one in an endless row to the left hand of an unit are of no value, but on the right hand rapidly multiply in power; so, although good works are of no avail to make a Christian, yet a Christian's good works are both pleasing to God and profitable to men.” So may it be with the sufferings which saints are called to endure—not self inflicted pangs, but trials appointed by God. Numerous passages in Holy Writ lead us to such a conclusion: “Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.”

The mystery of suffering

Yes; there is a mystery in suffering which we do not fully understand, nor perhaps ever will, until suffering is exchanged for bliss everlasting. Preeminence in pain appears to be connected with preeminence in glory. What was the answer of our Lord to those who asked for the highest places in Heaven? “Ye know not what ye ask. Can ye drink of the cup that I drink of?” We cannot fathom the depth of meaning contained in the words that even He, the Captain of our salvation was made perfect through suffering, but we know that the cup which He drained was one of unutterable woe. The very description of the saints in bliss seems to be the fulfillment of the blessing on them that mourn: “These are they which come out of great tribulation. To them God hath appointed beauty for ashes, the oil of joy for mourning, the garnment of praise for the spirit of heaviness.”

The fining pot is for silver, and the furnace for gold

The fearful afflictions of Job remind us of the saying, that God, like a human general, gives His best soldiers the most difficult post, places them under the hottest fire. There is a striking passage in the Book of Proverbs, which, it has been observed, makes a distinction between two metals, both precious, but one of a nobler nature than the other. “The fining-pot is for silver, and the furnace for gold.” Both are exposed to the heat of tribulation, but the furnace-glow, the hottest trial, is that which the gold undergoes. If it indeed be thus, how should long-continued prosperity exercise our humility as well as our gratitude! What the world regards as proofs of God's favour, may be rather signs of His indulgence for the weakness of His feebler saints! He keeps on easy garrison-duty those whose faith is not yet equal to the greater hardships and perils, to be followed by the greater glories of the battlefield of life. What a high post of honour was assigned by Him to the veteran Job! We look upon his sackcloth as the warrior's uniform covered with decorations by the King of kings!

Not one cry of pain from a baby's lips is uttered in vain

This view of the secret connections, in the case of the redeemed, between present pain and future pleasure, the "evil things" here, and the "good things" hereafter, throws some light on the otherwise almost inexplicable mystery of the sufferings of idiots and of infants. These sufferings can neither be chastenings for willful sin nor exercises of patience, yet they are permitted by a God of love who doth not afflict willingly. How solacing to the affection, how strengthening to the faith of parents witnessing the pangs of the innocent, to feel that, in some way that we understand not, God makes the seed sown in tears rise into the harvest of joy; that not one cry of pain from a baby's lips is uttered in vain!

Let your hope become brighter through your sorrow

Thus we may believe, dear afflicted brethren, that ye have indeed cause to rejoice in tribulation; that poverty, bereavement, depression, pain, through Him who led the way on the path of suffering, will all be found to enhance the joy and the glory of Heaven. Perhaps the depth of the pit of woe may bear some proportion to the height of the monument to God's love, for which its very mire and clay will furnish materials in a future state of bliss. Therefore sorrow not as those without hope; nay, let your hope become brighter through your very sorrow, like the rainbow on the cataract which owes its beauty to the waters which seen in their furious dashings to seek to sweep it away.
Seeing that we are getting very much closer to the end of the great controversy, and that the devil will redouble his efforts to destroy God's people, I thought there might be some value in recounting the power and strength the Lord has promised us in this battle.

It is, as we know, the devil's determined object to thwart God's plan to bring us home to heaven. It was once his home and he just despises the thought that we will enjoy the blessings and joy that he turned away from. And if there is one being who knows where the power of God resides for each one of us, it is him. Not only does he know by his own knowledge, but by his personal experience. And this power he is determined that we should never, ever know. And, if we do ever know and experience it for ourselves, it is then his quest to make us forget it. This message is designed to help us understand what power is available to us, and to rediscover it if we have lost that knowledge.

THERE IS POWER IN THE BLOOD
Let's start at the last book of the Bible first... "And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.” Rev. 12:10, 11. They, God’s children, overcome the devil by the blood of the Lamb, the blood of Jesus Christ.

Remember the old hymn, “There’s power in the blood”? It’s not just a song. It is the gospel truth. The blood of Jesus empowers us. It gives us the victory over the devil. This blood helps us to overcome the devil. The blood of Jesus is the life of Jesus. “For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.” Lev. 17:11.

WHEN JESUS SPOKE IT, IT HAPPENED
When we accept Jesus Christ into our hearts, that blood covers and cleanses us. And when we have that blood covering us, there is absolutely nothing that the devil can do to us that God does not allow. When Jesus cleanses us, we are free from the control of the devil and his power. Look at every story in the Bible of Jesus cleansing and healing and casting out demons. Whenever He said He wanted them to be clean, they were immediately clean.

Let's look at just one of many... “And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. And Jesus put forth his hand, and touched him, saying, I will; be thou clean.
And immediately his leprosy was cleansed.” Matt. 8:2, 3. All disease, and all pain, and all death are the result of sin, and the devil is the originator of sin. In order to overcome sin and death, Jesus had to overcome the devil, the originator of it. And Jesus comforted His disciples with these words… “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” John 16:33. Jesus admitted that there would be tribulation and problems and thorns, but we were to have peace, because He had overcome all of these things. In other words, He had overpowered them!

**JESUS IS POWER**

Do you notice in all of the scripture, that any time, I mean every single time, that Jesus commanded something to be done, it was done instantaneously? He cast out demons, and they instantly obeyed Him. He demanded Satan to leave Him, and immediately the devil had to leave. He calmed storms, stopped demon-possessed men in their tracks, brought the dead back to life… everything He said and did happened as soon as He spoke the words. Jesus has power. Jesus IS power. And there is power in Jesus’ life, which is in the blood. There is power in the blood of Jesus, so in order for us to have power, we need Jesus’ blood covering us. That happens the moment that we repent and ask Jesus into our hearts. Personally, I do this every morning and evening, and any time that I feel I might have transgressed my Saviour’s commands in any way. I do not think you can ask Jesus to come into your heart too often. Certainly it can become a meaningless repetition of words, but that is up to us. One cannot be too careful when fighting for our very souls.

**JOB ASKED FORGIVENESS FOR HIS CHILDREN**

Remember Job and his children, and what he did? “There was a man in the land of Uz, whose name was Job; and that man was perfect and upright, and one that feared God, and eschewed evil.” Job 1:1. Job loved the Lord and was very careful to follow God’s will, and wanted to stay under the Lord’s protective blood. He wanted it for himself, and for his children… “And his sons went and feasted in their houses, every one his day; and sent and called for their three sisters to eat and to drink with them. And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually.” Job 1:4, 5.

Another translation puts verse 5 this way… “After each feast, Job would send for his children and perform a ceremony, as a way of asking God to forgive them of any wrongs they may have done. He would get up early the next morning and offer a sacrifice for each of them, just in case they had sinned or silently cursed God.” First off, Job sent for, and re-sanctified, his children after a party. He was not aware of any sin, but he knew how the devil lurks and entices and tempts us, and he wanted to make sure his kids were right with God. He re-sanctified or re-committed his children to God.

**IT IS IMPORTANT TO ALWAYS START YOUR DAY WITH GOD**

This was done even without any actual knowledge of wrongdoing. He did it… just in case. And notice when he did it… early in the morning! This is important! Always, ALWAYS, start your day with God. Start the day, as soon as you get up, asking for forgiveness and cleansing, in case you did anything wrong throughout the night. Sanctify, or recommit your life to God as soon as you have asked for forgiveness and cleansing. Tell God every morning that you want to be His child and that you are reconnecting to His kingdom for the day. Then ask for His protecting, purifying power to live for Him this day. Don’t ask for the week, or month, or for the year, but just for today.

Remember what Jesus said about how long we need to ask help for… “Give us this day our daily bread.” Matt.
6:11. This is very important to remember. We need to ask for the strength and ability to follow our Lord and Master for one day. One day at a time is what the Lord reminds us to do. “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” Matt. 6:34. Take “no” thought for tomorrow. God promises to give us the power that we need to serve Him just one day at a time. We have such a tendency to go beyond what the Lord promises to give us.

WORRY AND FEAR HAVE NO PLACE IN OUR LIVES

Much of our concern, and worry, and fear are over things that have not even happened yet. We just think that they might happen, or could happen, or we just “know” they will happen, but… we really don’t. We are promised no power over things that have not, and might not, and probably won’t happen. What we are promised is strength for today. We are not even supposed to think about the evil of tomorrow.

THE DEVIL LOVES TO ATTACK US THROUGH OUR MINDS

Now once you have gotten up and asked God to protect and keep you, here comes the hard part for many people: You need to spend some time in God’s inspired word. You must start your day out fortified with the word of God. There is power in that Word! If you want a little strength, read a little. If you want a lot of strength, read a lot. This is not some hocus-pocus kind of thing. The devil attacks our minds. We are tempted and led astray by our appealing to our thoughts. To keep on the right track, we must steadily and constantly receive fresh supplies of the antidote for the devil’s poisons. The only way to stay safe and secure from the devil’s sophistries, or his many deceptions, is to stay grounded in the word of God.

A huge majority of the temptations we receive are thoughts pressed upon our minds as if we thought up the ideas ourselves. You can know what temptations the devil thinks are most effective by what he tried to use on Jesus. “And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.” Matt. 4:3. “If you are who you claim to be…” The devil thrusts his evil thoughts upon us continually, insinuating that we are not the children of God. “You aren’t Christian…” “You aren’t even worthy to be called Christian…” “God would never accept you…” “What makes you so special that you think God even listens to you…” Have you ever had these thoughts? So did Jesus, because that is what He was tempted with. And we must reply with the word of God as Jesus did. “… for he hath said, I will never leave thee, nor forsake thee.” Heb. 13:5. God has promised to never, ever leave us. We are His children as long as we want to be.

SATAN WILL QUOTE SCRIPTURE TO YOU — BUT ONLY PART OF IT

And, if you cast off the devil’s insinuations that you are not loved or worthy to be a child of God, by quoting scripture, then he will come at you with scripture, but just part of the scripture. This is round two of his temptations… “And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.” Matt. 4:6. This is where reading and studying the scripture come into play very strongly. The devil will whisper scripture in your ear about what you should or should not do, but only give you part of the truth.

STAYING GROUNDED IN SCRIPTURE IS OUR SAFETY

Let me give you a few examples. He will whisper in your ear that you should help the poor. That sounds good, doesn’t it? But we are told to help the “worthy” poor… not all poor people. We are told that he that will not work, does not eat. We are told that the sluggard is to go to the ant to learn her ways, not just feed the sluggard. Here’s another… The devil will slyly suggest that you shouldn’t spare the rod, because you will spoil the child. That is the absolute truth. However, that must be tempered with love and patience and compassion. You see what I mean? If you use the scripture to defend
what you are doing, and you certainly should, be prepared to hear the devil come back at you with scripture… but just taken out of context or without using all of the texts regarding his arguments. But if we stay grounded in the scripture, and we spend daily time with the word of God, the Holy Spirit will make sure we are not led astray. Jesus promised that the Spirit would lead us into all truth.

**WORLDLY PROMISES ARE ALL THAT SATAN HAS TO OFFER**

Finally, if you stay close to Jesus in His word, the devil will try yet another temptation to pull you away… “Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.” Matt. 4:8, 9.

He will promise you whatever this world has to offer; to see if that might entice you away. Pride and prestige. The power of authority. The glory of strength and looks. Money and all the world’s importance attached to it. Surely one of those will work. But he has no power over any of us other than to offer his tinsel and pretty wrapping paper.

This is so important! He has absolutely no power over ANY of us! “The tempter has no power to control the will or to force the soul to sin. He may distress, but he cannot contaminate. He can cause agony, but not defilement.” FLB 327. I hope those that read these words gave a hearty, “Amen!” WE are the ones with the power! Just as Jesus overcame the devil by the power of His word, we too have that same power! And there is a mighty power in Jesus’ word!

**THE VERY NAME OF JESUS MAKES DEMONS TREMBLE**

This is something we have to keep constantly reminding ourselves of. The very “words” of Jesus Christ possess power unimaginable! By His word, worlds are created. By His word, the heavens existed. By His word, demons flee! When we, in faith, quote Jesus’ words, they have a power that moves mountains! And the devil will do anything and everything to get us not to believe that. But not just Jesus’ words… but Jesus’ **name** has a power to make demons tremble. “And these signs shall follow them that believe; In my name shall they cast out devils…” Mark 16: 17. “And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.” John 14:13. “If ye shall ask any thing in my name, I will do it.” John 14:14. “… Verily, verily, I say unto you, WHATSOEVER YE SHALL ASK THE FATHER IN MY NAME, HE WILL GIVE IT YOU.” John 16:23. “Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.” John 16:24.

When you pray and ask for things in the name of Jesus Christ, it moves the arm of Omnipotence! When you are tempted and harassed and demonized by the devil, you need to cry out in the name of Jesus for the devils to depart. And God promises that what is asked, in His Son’s name, will be done for the supplicant.

**GIVE YOURSELF A HEAD START ON HEAVENLY THINKING**

When I go to bed at night, I always try to read a few pages of the Bible or Spirit of Prophecy, and get my mind focused on heavenly things as I rest. It is well known that for many people, what they went to bed thinking, they wake up thinking. Well, if that is the case, and I want to keep my mind on heavenly things, what better way to prepare for the morning hours than to spend a few minutes before resting in the evening? But the devil doesn’t leave me alone as I read. He pushes his thoughts in on me while I pray and while I read and while I try to sleep after I turn off the light. Whenever I have that happen to me, I claim the promise of scripture that God will answer my prayers and I beg for the Lord to remove the demons from my presence. It works every single time!
SCARE AWAY THE DEVIL BY SAYING THE NAME OF JESUS OUT LOUD

Even though I believe God's word and I believe He wants to answer my prayers and I have faith that He will do as He promises, I still marvel at how perfectly He takes care of my needs. As you might imagine, the devils hate the name of Jesus. They know the power of Jesus. They know the power of His very name. And they hate hearing that name. You know what I do? I say the name of Jesus out loud. That’s right! I lay in bed and just say His name a few times. I know they hate it and I absolutely believe they fear it... so I say it. And if I am really bothered, I say, “In the name of Jesus Christ, I command you to leave my presence!” Usually I just ask Jesus to take care of it in silent prayer. But I say His name out loud a lot anymore. And I always believe that Jesus and our heavenly Father want to answer that prayer.

He has told us to pray! He has told us to ask for what we want! He has promised to answer our prayers! And the devil is terrified that we might actually believe it and follow God’s instruction. But you must be committed to God and you must make the appropriate efforts to read His word and stay connected with Him.

THE DEVIL CAN’T ENDURE TO HAVE JESUS APPEALED TO

I’d like to point out this statement to you… “Satan cannot endure to have his powerful rival appealed to, for he fears and trembles before His strength and majesty. At the sound of fervent prayer, Satan’s whole host trembles. He continues to call legions of evil angels to accomplish his object. And when angels, all-powerful, clothed with the armory of heaven, come to the help of the fainting, pursued soul, Satan and his host fall back, well-knowing that their battle is lost.” CCh 319. The devil can’t endure to have Jesus appealed to.

He hears and trembles! Satan’s whole host trembles! They fall back, well-knowing the battle is lost! Don’t these words thrill your hearts? He has no power! WE have the power! When we pray for the help of God to overcome the devil and his temptations, he knows he is lost. Then host is alarmed. It serves his purpose well if we neglect the exercise of prayer, for then his lying wonders are more readily received.” 1T 296.

Don’t ever neglect prayer! Maybe we can see better now why Jesus said to “pray always”. “Watch ye therefore, and pray always...” Luke 21:36. And don’t forget Paul’s admonition in 1 Thessalonians 5:17 to “Pray without ceasing.”

IT IS A DANGEROUS THING TO MISUSE THE NAME OF JESUS

But, if you simply say the name of Jesus, and you are not connected to Him... it could go ugly for you. “Then certain of the vagabond Jews, exorcists, took upon them to call over them which had evil spirits the name of the Lord Jesus, saying, We adjure you by Jesus whom Paul preacheth. And there were seven sons of one Sceva, a Jew, and chief of the priests, which did so. And the evil spirit answered and said, Jesus I know, and Paul I know; but who are ye? And the man in whom the evil spirit was leaped on them, and overcame them, and prevailed against them, so that they fled out of that house naked and wounded.” Acts 19:13-16.

There IS unlimited power in the name of Jesus, but only for those who give their hearts to Him. Stay connected and stay in an attitude of prayer always. “Pray in your closet, and as you go about your daily labor, let your heart be often uplifted to God. It was thus that Enoch walked with God. These silent prayers rise like precious incense before the throne of grace. Satan cannot overcome him whose heart is thus stayed upon God.” AG 239. If we are stayed upon our God, Satan cannot overcome us! Does that not wring from our hearts the highest praise? WE have the power!

“Finally, my brethren, be strong in the Lord, and in the power of his might.” Eph. 6:10.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
Persecution will come. It is inevitable. The Bible tells us that persecution will come to God’s people, especially in the last days. “Yea, and all that will live godly in Christ Jesus shall suffer persecution.” 2 Tim. 3:12. “Why is it, then, that persecution seems in a great degree to slumber? The only reason is that the church has conformed to the world’s standard and therefore awakens no opposition….Let there be a revival of the faith and power of the early church, and the spirit of persecution will be revived, and the fires of persecution will be rekindled.” GC 48.

The Beatitudes could be considered attitudes of living

In the sermon on the Mount of Blessing by Christ to His disciples and the multitudes, Jesus began with several blessings. These are called the “Beatitudes”, or you might think of them as attitudes of being. Ellen White tells us, “Throughout the Beatitudes there is an advancing line of Christian experience.” MB 13.

The poor in Spirit are those who recognize their spiritual need and are thus open to the Holy Spirit working in their lives. They mourn over their sinfulness and are open to repentance. As Christ enters their lives, self is replaced by a meekness in recognition of the fact that there is no good of their own in them. Therefore, they hunger and thirst after the righteousness of Christ. As Christ fills their lives, the harshness toward others disappears, and they show forth mercy. Their thoughts become more pure, and they are driven to seek God in all things. Peace fills their hearts, and they touch others with thoughts of peace. They truly are the children of God.

Two blessings which deal with persecution

But it is at this point, just when the Christian’s life sees to be coming together, that we have two blessings in a row which deal with persecution: “Blessed are they which are persecuted for righteousness’ sake: for theirs is the kingdom of heaven,” Matt. 5:10; and “Blessed are ye, when men shall revile you, and persecute you, and...
shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.” Matt. 5:11, 12.

Why does the Lord allow persecution to come to the Christian at the seeming height of his Christian experience, and how should he relate to such persecution? The answers come through the Bible and the Spirit of Prophecy:

Refining fires are necessary to perfect our characters and purify the church

“Through trial and persecution the glory – the character – of God is revealed in His chosen ones.” AA 567. So, even though we, as Christians, seem to be growing, it takes the refining fires of persecution to remove the rough edges from our characters, that we may truly be fit to walk the streets of heaven.

“Through the reproach and persecution of His children the name of Christ is magnified and souls are saved.” MB 34. God is interested in all men and seeks to bring all men to repentance. Often, it is only through the witness of a Christian boldly standing for Christ in the face of torture and death that some hearts can be touched with the gospel message. It was only as Saul saw the look of Heaven on Stephen’s face that his own spirit was touched and later opened to the moving of Christ in his life.

Persecution purifies the church. “Prosperity multiplies a mass of professors [of Christianity], adversity purges them out of the church.” 4T89.

Will we be able to stand during times of persecution?

The big question in my heart is, Will I be able to stand when persecution does come? Will you? I know that the thoughts of imprisonment, torture, or death are not easy thoughts to hear. I must look to the Bible, Spirit of Prophecy, and history for my answer. How were others before me able to stand?

In Acts, chapter 7, we have the story of Stephen. As he spoke to the Jewish people, including their leadership, he reiterated their past history of unfaithfulness in their dealings with God, and he rebuked them sternly, “Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye, Which of the prophets have not your fathers persecuted? and they have slain them which shewed before of the coming of the Just One; of whom ye have been now the betrayers and murderers who have received the law by the disposition of angels, and have not kept it.” Acts 7:51-53.

What was the result of Stephen’s testimony?

“Their voices were so loud that the people joined in, squeezed their ears tightly, and rushed together in a mob. They dragged Stephen from the city and stoned him. The bystanders threw their coats on the feet of a young man named Saul. Stephen suffered as the stoning continued. He called upon the Lord Jesus Christ and begged Him to receive his soul in mercy. He then prayed, ‘Lord, do not hold me accountable for this sin.’ And as he said this, he fell down and died.”

This, of course, was the entering wedge in the conversion of Saul of Tarsus. But how was Stephen able to stand? The answer is in verses 55 and 56: “But he, being full of the Holy Ghost, looked up steadfastly into heaven, and saw the glory of God, and said, Behold, I see the heavens opened, and the Son of man standing on the right hand of God.” Stephen stood because Jesus was there to give him the strength to stand. He could see Jesus only.

And the result: “The light of Heaven that glorified his face, the divine compassion breathed in his dying prayer, were as a sharp arrow of conviction to the bigoted Sanhedrist who stood by, and Saul. The persecuting Pharisee became a chosen vessel to bear the name of Christ before Gentiles and kings and the children of Israel.” MB 33-34.
Paul and Silas were able to sing praises to God while being persecuted

Paul himself suffered many experiences of persecution. In chapter 16 of the book of Acts, we are told, "A vision appeared to Paul in the night; there stood a man of Macedonia, and prayed him, saying, Come over into Macedonia, and help us." Verse 9. And Paul went from where he was "to Philippi, which is the chief city of that part of Macedonia." Verse 12.

While in that city Paul freed a slave woman from an evil spirit of divination, thereby destroying her income-producing ability, which was through divination. "When her masters saw that the hope of their gains was gone, they caught Paul and Silas, and drew them into the marketplace unto the rulers." Verse 19. Paul and Silas were beaten with "many stripes" (verse 23), and thrown into prison. And in the midst of a darkened dungeon, while in great pain, "Paul and Silas prayed, and sang praises unto God." Verse 25.

Many conversions and strong church foundations followed persecution in Philippi

Not only do we see the conversion of the Philippian jailer and his family that night, but many prisoners had their hearts moved upon. In later ears, when Paul was a prisoner in Rome, he wrote a beautiful letter to the Philippian Church. He speaks to "all the saints in Christ Jesus which are at Philippi" and says, "I thank my God upon every remembrance of you, always in every prayer of mine for you all making request with joy, for your fellowship in the gospel from the first day until now; being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

Ellen White tells us that the slave woman, "dispossessed of the evil spirit and restored to her right mind… chose to become a follower of Christ." AA 213. Between her, the Philippian jailer and his family, and whatever prisoners might have been converted, the foundation of this strong church in Philippi was laid. What a testimony for the outflow of persecution!

Wicked men cannot touch the life hid with Christ in God

How were Paul and Silas able to sing and pray in the face of the severe circumstances they endured in that Philippian jail? "Christ was beside them there, and the light of His presence irradiated the gloom with the glory of the courts above." MB 35.

Jesus promises, "When thou passest through the waters, I will be with thee." Is. 43:2. "Wicked men may torture and kill the body, but they cannot touch the life that is hid with Christ in God." AA 576.

Down through the ages Christ’s people have stood amid the perils of Satan’s cruelest persecutions. Examples of this include Christ’s disciples, the early apostolic church, the Waldenses, the Huguenots, and the reformers, some even singing praises to God while burning at the stake.

Pilgrim’s Progress was the fruit of the persecution of John Bunyan

“In a loathsome dungeon crowded with profligates and felons, John Bunyan breathed the very atmosphere of Heaven, and there he wrote his wonderful allegory of the pilgrim’s journey from the land of destruction to the celestial city. For two hundred years that voice from (the) Bedford jail has spoken with thrilling power to the hearts of men. Bunyan’s Pilgrim’s Progress and Grace Abounding to the Chief of Sinners, have guided many feet into the path of life.” 4 SOP 174.

What does John Bunyan himself say of that time? “For before I went down to the justice, I begged of God that if I might do more good by being at liberty than in prison, that I might be set at liberty, but if not, His will be done; for I was not altogether without hope but that my imprisonment
might be an awakening to the saints in the country. Therefore I could not tell which to choose; only I in that manner did commit the thing to God. And verily, at my return I did meet my God sweetly in the prison again, comforting of me, and satisfying of me that it was His will and mind that I should be there.” Pilgrim’s Progress, 31.

Through the affliction of God’s chosen ones the knowledge of God has spread

“In the gloom of his dungeon, John Huss had foreseen the triumph of the true faith. Returning, in his dreams, to the humble parish where he had preached the gospel, he saw the pope and his bishops effacing the pictures of Christ which he had painted on the walls of his chapel. The sight caused him great distress; but the next day he was filled with joy as he beheld many artists busily engaged in replacing the figures in greater numbers and brighter colors. When their work was completed, the painters exclaimed to the immense crowd surrounding them, ‘Now let the popes and bishops come! They shall never efface them more.’ Said the Reformer, as he related his dream, ‘I am certain that the image of Christ will never be effaced. They have wished to destroy it, but it shall be painted in all hearts by much better preachers than myself.’” 4 SOP 91,92.

God’s prophet tells us, “In every age God’s chosen messengers have been reviled and persecuted, yet through their affliction the knowledge of God has been spread abroad.” MB 33.

Jesus promised to be with us in every trial

“Jesus read the future of His disciples. He saw one brought to the scaffold, one to the cross, one to exile among the lonely rocks of the sea, others to persecution and death. He encouraged them with the promise that in every trial He would be with them. That promise has lost none of its force. The Lord knows all about His faithful servants who for His sake are lying in prison or who are banished to lonely islands. He comforts them with His own presence.” DA 669.

He is always at our right hand

Again the question may be asked: When persecution comes, will you be able to stand firm for Christ? Will I? We must rely, in faith, upon the promises of God and be strengthened by the experiences of those Christians who have passed on before us. I know that in my own strength, it would be impossible for me to endure, but in God’s strength, it will be impossible for me, or you, to fail! “Circumstances may separate us from every earthly friend, but no circumstance, no distance, can separate us from the heavenly Comforter. Wherever we are, wherever we may go, He is always at our right hand to support, sustain, uphold, and cheer.” DA 669-670.

“If you are called to go through the fiery furnace for His sake, Jesus will be by your side even as He was with the faithful three in Babylon. Those who love their Redeemer will rejoice at every opportunity of sharing with Him humiliation and reproach. The love they bear their Lord makes suffering for His sake sweet.” MB 30.

May each of us stand firm when persecution comes!

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.
PERFECTION IN CHRIST

By Raymond F. Cottrell

Editor’s Note: The following was published by the Review and Herald Publishing Association in 1965 with several sections. We will be repeating these sections over the next few magazines.

PERFECTION IN CHRIST

The high ideal to which God calls His people now, during the great antitypical day of atonement, is perfection in Christ. This has ever been the goal to which He summons His earthborn sons and daughters. But in view of His purpose to prepare a people who will stand loyally for Him amid the great climatic scenes of the great controversy between good and evil, it is more important today than ever before that those who love Him shall experience a thoroughgoing commitment of heart and life to this end. God invites us to make this our first business from now until our Lord returns in the clouds of heaven. The Saviour would meet each of us as He met Paul on the Damascus road. And when He does, may the response “What shall I do, Lord?” rise from the depths of each of our hearts as it did from that of the apostle.

The Christian must differentiate between Satan’s imitation brands and Christ’s genuine
A right understanding of what Christian perfection is, and the means by which it becomes a reality in the life, is doubly important in view of certain mistaken ideas that are forever returning to trouble sincere-hearted men and women. The enemy of our souls would, if possible, fetter us in a state of careless unconcern about the attainment of perfection in Christ. “The enemy of God and man is not willing that this truth should be fully presented; for he knows that if the people receive it fully, his power will be broken.” GW 161. But when the desire to teach Christ’s ideal bursts these bonds asunder, Satan presents his own
imitation brand as a substitute for the genuine. The Laodicean Christian must steer a true course between the rocks of careless indifference and the treacherous whirlpool of fanaticism. To err either to the right hand or to the left is to invite disaster, and our only safety is to have Christ’s steady hand at the helm of our lives.

God’s is a lofty ideal
God has never held up before His people an ideal that is short of absolute perfection. “You...must be perfect as your heavenly Father is perfect.” (Matt. 5:48) “Higher than the highest human thought can reach is God’s ideal for His children. Godliness—godlikeness—is the goal to be reached.” Ed. 18. Those who in sincerity accept as their own the ideal that God has for them, will never be content with a low standard. To the contrary, they will set out each day to “grow in the grace and knowledge of our Lord and Savior Jesus Christ”. (2 Peter 3:18)

Through cooperation with Christ we will be complete in Him
It is the power of Christ that accomplishes the task for us, not our own; nevertheless He calls upon us to unite our puny strength with his infinite might. Unless we will that this experience be ours, He cannot do anything for us. But if we choose that it shall be so, He can do everything for us. His grace will be sufficient for our need, and His power will be made perfect in our weakness (see 2 Cor. 12:9). Through cooperation with Christ we will be complete in Him, and in our own human weakness we will be enabled to do the deeds of Omnipotence (see the Desire of Ages p. 827). But we must never forget that while God calls us upward to perfection, this perfection is in Christ, who will be at work in us “both to will to do of his good pleasure” (Phil. 2:13). We do not have, we cannot have, we shall never have—in this life—righteousness of our own, sufficient to meet God’s approval.

Satan is ever on our heels
When we do set our hand in hand with Christ to scale the height of His ideal for us, Satan follows at our heels in a sly and persistent effort to trip us up and to tempt us to give up in despair. Tired and weary of repeatedly stumbling we begin to wonder whether Christ’s grace is, after all, “sufficient” for us. Why, we ask, is the Christian journey so deplorably hard and discouraging?

Without Christ we can do nothing
When the mists of life lift in moments of great spiritual enlightenment, as they did for Paul near Damascus, we experience a surge of joy and hope as we contemplate the great opportunity and privilege of scaling the heights of Christian experience, hand in hand with Christ. But the evil one is at hand to dim the heavenly vision with one or the other of the two great temptations. Having glimpsed a distant height, the inexperienced mountain climber may become discouraged and think it impossible ever to reach the height, and thus never make the attempt. Or he may set out in a foolhardy way to reach it at once, and run himself out of breath. Our response to the first temptation will be the confident declaration “I can do all things in him who strengthens me” (Phil. 4:13, R.S.V.); and to the second, the humble acknowledgment “I can will what is right, but I cannot do it” in my own strength. (Rom. 7:18, R.S.V.).
Showing what trial is made of men’s hearts by Adversity

Section I. That ADVERSITY is adapted to try men’s hearts none can doubt who have either studied the Scriptures or observed human experience. When the dross of corruption and the rust of hypocrisy had nearly eaten out the heart of religion among the Jews, God said, “I will melt them and try them;” accordingly they were cast into the furnace of affliction and tried.

Prosperity multiplies professors, but adversity brings them to such a test that the precious are separated from the vile. Job was tried by adversity, and although some dross was discovered, he came forth as gold. By adversity is brought out to view not only the hypocrisy and corruption of the wicked, but also the sincerity and holiness of the righteous; it manifests the faith and patience of the saints.

In discussing this topic it will be necessary to inquire what effects are common both to the sound and unsound, and what are peculiar to each, from the trial of adversity.

Section II. The following particulars relating to adversity may apply both to saints and sinners.

1. Both may entertain fears of adversity when they perceive its approach. While impending judgments cause sinners in Zion to tremble, and fill hypocrites with fearfulness; saints also, though for different reasons, may be agitated with concern and apprehension.

2. When the cup of affliction comes, the holy as well as the sinful may receive it with reluctance. The wicked will, indeed, ever loathe and resent it; and though accompanied by a thousand mitigations to the righteous, they also may shrink from it.

3. Troubles, disappointments, and pain may sometimes produce impatience in saints as well as in sinners. Flesh and blood can hardly endure anguish and privation with composure. But if in such circumstances grace is not always so powerful in God’s people as to overcome the propensity to disquiet, it will restrain them from such indulgence as the wicked allow.

4. The ungodly as well as the godly may be driven to their closets and their knees by their adversity; the former perhaps for the first time, the latter with increased punctuality and engagedness.

I need not detail the different motives of saints and sinners when in similar conditions their external appearance and conduct is in some respects alike; I therefore pass on to those things which are peculiar to each.

Section III. Here, in the first place, let us consider the discoveries made by adversity of the hearts of unsanctified men.

1. An unsanctified man is not easily made to recognize and acknowledge the hand of God in the calamities and troubles which have befallen him. He is prone to refer them to some natural cause, or to suppress the idea of any producer of them, or to charge them to the malice or negligence of men. Thus the creature bounds his horizon; and he contrives to secure his conscience from alarm.
2. Unsanctified men are not apt in seasons of adversity to retire into their closets, to search their hearts, to ascertain what they have done, to repent of their wickedness, and submit themselves to God. Afflictions rarely lead them to self-examination; they do not choose to think that they have done anything to occasion their troubles.

3. A man destitute of real religion, if left to his own choice, would prefer sin to affliction, and really consider it less evil; he can contemplate the defilement of his soul with composure, rather than suffer the loss of his goods, his pleasures, or his present case; and thus the unsoundness of his heart is discovered. The saints, on the contrary, will never, knowingly, consent to the commission of sin, if it might prevent ever so much personal suffering or loss.

4. Unregenerate men in adversity will turn from creature to creature in pursuit of comfort and relief, instead of leaving all creatures and repairing to God for support; and when all their creature-comforts fail they sink in despondency.

5. An unsanctified man never comes out of the furnace of affliction purified, humbled and made better than when he was cast into it; the fire does not consume his dross, but the more he is afflicted the worse he becomes. The reason is plain; afflictions themselves cannot purify men’s souls, and those which come upon the wicked are not sanctified to them. Think of this, ye that have had numberless afflictions of one kind or other, but have derived no benefit from any of them!

June 17, 1858
Adventist Review, and Sabbath Herald
The Resurrection

Forth from the grave at break of day
Jesus the Conqueror treadeth the way;
Vain is the tomb, the watch, or the seal,
Death hath he spurned 'neath the touch of his heel.
Saw you the gleam of the messenger bright,
As back from the tomb in his wonderful might,
With a sweep of his arm, the grim stone he rolled,
While the guards fall affrighted his face to behold?

O Death, thy dominion forever is lost,
When Christ paid all debts at such infinite cost;
No longer the grave shall boast of its slain,
For Jesus the crucified liveth again.
He lives, and because of his life we shall live,
For vict'ry to all who believe he shall give;
When he cometh to reign, we shall reign with him there,
With our glorified Lord, whom we'll meet in the air.

But O, my beloved, the midnight is here,
Long pauses the stroke we are waiting to hear,
While the world and the careless sleep on to their doom,
And the messenger cries, “Behold he shall come!”
Then watch while you wait for that glorious dawn,
As heirs of the kingdom to which you are born;
For the King in his beauty shall come to his own,
And the saved of all nations shall serve at his throne.

--Colwell Townsend
Christian Crossword

ACROSS
6. “To every thing there is a _____”
8. The black man that helped Jeremiah
10. The author of the Book of Acts
11. The first word of the handwriting on the wall
12. The tree that withered away
14. The island on which John was exiled
16. King Ahab stole the vineyard of ____
19. “In the beginning was the ____”
22. The Lord had Moses make the trumpet of ____
23. Amos, the prophet, was from ____
24. Which judge had Barak as military leader?
26. A main god of the Philistines
27. One who prophesied the destruction of Nineveh
28. The king that put Daniel in the lion’s den
29. The prophet in King Ahab’s day
30. What kind of vow did Samson take?

DOWN
1. He had the vision of the dry bones
2. One of Joseph’s two sons
3. The number of tribes of Israel
4. He prophesied the 70-year captivity of the Jews
5. “House of God”
7. The father of Isaiah the prophet
9. The author of the proverbs
13. Who ate Jezebel’s body
15. Peter’s brother
17. David mourned for this traitor son
18. “Surely he hath borne our ____”
20. “Blessed are the ____ in spirit”
21. The occupation of Amos the prophet
25. One of the writers of the Psalms, other than David

Answers from Christian Crossword published in the January 2012 issue of Our Firm Foundation
‘Tis only a piece of marble,  
Awkward and rough and tall,  
All covered with dust, and unnoticed,  
It seems of no use at all.  
Some tired, way-worn traveler  
May rest in its kindly shade,  
And at its base, on the greensward,  
May his weary head be laid.

‘Tis passed by the high and noble,  
By the rich, the poor, the lone,  
To them a blot on the landscape  
Is that block of ugly stone.  
One day a far-famed sculptor  
By chance passed by that way;  
He pauses, examining closely  
That giant so dusty and gray.

He sees not the grimy surface,  
He sees not unyielding rock;  
Nay, he sees a beautiful image  
In its rough exterior locked.  
To his workshop he has it taken,  
Where the hammer and chisel he plies,  
Till a white-robed, winged angel  
Stands before admiring eyes.

So many of us, like that marble,  
Seem worthless and in the way;  
But there is a wise, true Sculptor  
Who can chisel the worthless away;  
The blows may fall fast and heavy,  
But the quicker the work will be done,  
And then God will see perfected  
The image of his dear Son.

Hettie L. Olsen
**Barberry**

- Barberry has a long history of helping liver dysfunction and promoting bile flow. In fact, this herb was used so often throughout history for jaundice that it became known as “jaundice berry.” Considered one of the most effective herbs when used to relieve digestive disorders, barberry contains berberine, an alkaloid which stimulates digestion and reduces gastrointestinal pain. Barberry also contains an array of nutrients such as calcium, iron, selenium and B vitamins.

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**Black Cohosh**

- A member of the buttercup family, this plant is a mild liver and stomach tonic credited with improving the absorption of nutrients and the elimination of wastes through the digestive tract. Its sweet and bitter flavors stimulate bile flow and promote digestion. Black cohosh also exerts antioxidant effects and is thought to protect liver cells from oxidative damage, while reducing swelling and fluid buildup throughout the body.

- It acts as an antispasmodic to muscles, nerves, and blood vessels and as an anti-inflammatory, which is why it may be helpful for cramping and pain from digestive disturbances. Black cohosh contains salicylic acid (the anti-inflammatory base for the active ingredient in aspirin), among several other constituents that help give it pain-relieving and muscle-soothing properties.

---

**Celandine**

- Historically celandine has been used for appetite loss and liver and gallbladder problems, due to its alkaloids which assist in managing bile duct and gall bladder swelling, irritation and narrowing. Celandine:
  - Stimulates the production of bile in the liver
  - Encourages the production of enzymes by the pancreas
  - Promotes cleansing and detoxification of the liver
  - Motivates a sluggish gallbladder
  - Relieves spasms in the gallbladder
  - Acts as a mild sedative to soothe the entire body
  - Provides relief for abdominal cramping, nausea, and other symptoms of indigestion

---

**Dandelion**

- A member of the sunflower family, dandelion is an herb very famous for its beneficial affects on the digestive system and its help with liver and gallbladder ailments. It acts as a tonic and a gentle diuretic to purify the blood, cleanse the system, protect the kidneys, and otherwise improve gastro-intestinal health. The nutrients and compounds in dandelion can stimulate digestion and increase the production and flow of bile from the gallbladder and the liver, and can help relieve indigestion, constipation, gas, and even gallstone pain.

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**Goldenseal**

- Goldenseal cleanses and promotes healthy glandular functions by increasing bile flow and digestive enzymes, therefore regulating healthy liver and spleen functions. This herb also has an anti-inflammatory action on the mucous membranes lining the gut, which helps subdue pain and inflammation in the stomach, gallbladder, and colon.

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**Uva Ursi**

- Uva ursi, also known as bearberry, is beneficial for disorders of the spleen, liver, pancreas, and small intestine, and also for bladder and kidney health. Uva ursi has powerful cleansing properties, which can help remove toxicity, while its diuretic properties promote fluid excretion, relieving swelling and fluid buildup.

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**Plantain**

- Another herb that contains salicylic acid, plantain is very helpful for relieving pain and inflammation, which cools and soothes the entire digestive tract. The plant’s high content of mucilage also helps calm the stomach, ease the feeling of indigestion and heartburn, and alleviate inflamed tissues in the lower intestine.

- A natural diuretic, plantain helps to increase urine flow, which is beneficial in cases of excess water weight. This increase in urine flow also aids in the function of the kidney, liver, spleen, and bladder by flushing out impurities and removing obstructions from the liver.

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**HepaDrops**

HepaDrops is a special blend of herbs that soothe, nourish, and revitalize the entire digestive tract. This formula focuses on strengthening and restoring liver, spleen and gallbladder function, and improving overall digestion. HepaDrops also helps protect the liver cells against oxidative damage, maximize liver function, and gently relieve constipation.

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Did you know? The liver is the only internal human organ capable of natural regeneration of lost tissue; as little as 25% of a liver can regenerate into a whole liver! Keep your liver healthy and strong with HepaDrops!
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.

Excitotoxins Part 6: Cover-up: Proof of Damage and Who Owns What?

Last month we began the MSG/Ajinomoto timeline from its humble beginnings, all the way to 1972. From 1957 through 1972 studies had been surfacing showing that MSG was very harmful, but that didn’t stop business. In fact, it was expanding exponentially! When we left off last month in 1972, over 272,000 tons of poisonous MSG had been produced. So what happened next?

A little review first:

1969: Published in the journal ‘Science’ were studies where Olney found not only lesions on the hypothalamus, but also described stunted skeletal development, obesity, and female sterility, as well as many observed pathological changes found in several brain regions associated with endocrine function in maturing mice which had been given monosodium glutamate as newborns. (1)

1969: More studies are done, repeatedly supporting Olney’s early findings of abnormal development, behavioral problems, and neuroendocrine disorders. Animals treated with monosodium glutamate as newborns or in the first 12 days of life were shown to suffer neuroendocrine disturbances including obesity and stunting, abnormalities of the reproductive system, and underdevelopment of certain endocrine glands. Studies are repeated in 1970, ’73, ’74, ’76, ’77, and ’79 confirming these findings. (2-22)

1969: Studies done in 1969 and repeated in 1972, ’77, and ’79 demonstrate that at least 25% of the population reacts to MSG or free glutamic acid in processed foods. (23-26)

On to the 1970s...

Timeline of MSG and Aspartame Use (Continued):

1971: Studies show that monosodium glutamate induces damage to the hypothalamus when taken orally. Remember when we talked about the hypothalamus a few months ago? It is the region of the brain that regulates an immense number of bodily functions primarily through control of the endocrine system and nervous system. Damage to the hypothalamus can result in devastating health problems and diseases. Results of these studies showing damage to this area of the brain are re-confirmed in 1972, ’74, and ’79. Printed in the following journals: Nature, Journal of Neuropathology & Experimental Neurology, and Toxicology Letters. (27-35)


1973: Ajinomoto launched Ajinomoto General Foods products in alliance with General Foods Corp. (Now Kraft Foods) (45)

1974: Aspartame was approved for certain uses by the FDA, although it was highly contested, with critics alleging that the quality of the initial research supporting its safety was inadequate and flawed and that conflicts of interest marred the approval of aspartame. (46-48)

Side note: There just isn’t enough time to go into all of the studies done on aspartame and its devastating effects, but suffice it to say this company has no problem whatsoever selling dangerous substances to the unsuspecting public. And they pay big, big money on marketing campaigns aimed at making us (the public) believe that these ingredients are safe. But moving on with MSG…
1974: Studies show brain lesions and obesity occurring in newborn mice caused by their mothers ingesting MSG during pregnancy. This is published in the journal ‘Congenital Anomalies’. (49)

1975: Reports of behavioral reactions to MSG including excessive fatigue, drowsiness, and seizures confirm previous findings recorded in major journals in 1966, '68, '70, '71, and '73. (50-56) Due to space restrictions, I will not be naming the journals from here on out, but feel free to check them out in the bibliography. These are not some fly-by-night random journals. These studies were all published in highly respected scientific and medical journals by some of the most elite scientists and physicians in the scientific and medical communities.

1977: Reports of tail auto-mutilation and dopamine neuron damage in rats receiving MSG as newborns or early in life. Studies show similar results in 1979. (57, 58) These rats had received such serious damage from the MSG that they were chewing their own tails off.

1977: Studies show emotional changes and irritability to touch in rats after receiving MSG as newborns. (59) These are common symptoms of autism as well, which has reached epidemic proportions in this country! Many leading doctors and scientists claim there is a link between excitotoxin consumption and autism.

1981: Aspartame was approved by the FDA for general use.

1982: Ajinomoto started to export aspartame to U.S.

1983: Ajinomoto established NutraSweet AG

1984: Study demonstrates that MSG can cross the placental barrier during pregnancy and can cause damage to the unborn baby. Since it is widely accepted that the young are particularly susceptible to brain damage from MSG, this is outrageously alarming! Similar studies in 1994 and 1997 verify these findings. (60-62) If we understand that excitotoxins are in nearly every single processed food at this point, and now it is shown that these harmful substances can cross the placental barrier, that means that any pregnant woman eating processed foods containing these dangerous additives may be unknowingly harming her growing baby’s brain! As noted above, autism rates are rising at an astronomical rate. While much of this is due to increased volume and frequency of vaccinations, an additional culprit appears to be excitotoxic damage. The baby receives it in the womb when the mother unknowingly eats foods containing these ingredients, then after the baby is born he or she receives it through infant formulas and baby foods, later from toddler foods, and even more so when they transition to adult foods (particularly when they start eating snack foods like crackers, chips, cookies, boxed dinners like flavored pasta or rice and macaroni and cheese, jello and pudding (aspartame) – foods which are so easy to feed a small child. I and many of my peers believe that this toxic diet along with an increased vaccination schedule are most certainly at fault for the increasing rise of autism in the past 20 years.

1986: Ajinomoto launched Lentinan (an anti-cancer drug). Yes, this same company that is selling MSG and aspartame, products that are proving more dangerous by the day, is now making pharmaceuticals. Gives you a different mental image of drug companies that are “just trying to find cures”, doesn’t it?

1988: United Nations food agencies puts MSG on the list of ‘safest food additives’. (Yes, after all the studies mentioned above, the UN food agencies decide that MSG is one of the “safest”. It’s one thing not to say anything about it at all. To stay out of it, cry “Switzerland!” and remain neutral on the subject, but to label it as one of the “safest” food additives?! This is a crime against humanity.

1991: Ajinomoto established Euro-Aspartame S.A. (By the 1990s, the FDA had a list of 92 symptoms reported to them by 10,000 consumers of aspartame).
1992: Ajinomoto launched the enzyme ACTIVA or transglutaminase, also known as “meat glue”. Meat glue is an enzyme, often made from cow or pig blood (specifically the coagulant that makes blood clot) that is frequently used in the meat industry. When sprinkled on a protein, such as beef, it forms cross-linked, insoluble protein polymers that essentially act like super-glue, binding the pieces together with nearly invisible seams. With this, they can take leftover cheap cuts of meat and “glue” them together to form what appears to be one large piece, which can then be sold at a higher price. Often manufacturers are so good at this practice, even expert butchers cannot tell a real single cut piece of meat from a piece that is made up of many small pieces glued together. This ingredient is said to cause improper blood clotting when ingested by humans. But then again, what is another dangerous product to Ajinomoto? It’s practically all they have sold for the previous half a century!

1995: By this time it is widely recognized that MSG-reactions range from mild and transitory to debilitating and/or life threatening. After nearly 30 years and dozens of studies, the evidence is no longer ignorable.

1999: Ajinomoto established Ajinomoto Pharmaceuticals Europe Ltd. and Ajinomoto Pharma Co., Ltd. Now they can sell more drugs. Probably drugs to counteract the effects of the ingredients they have been putting in our food supply for years. To add insult to injury, now binders and fillers for prescription and non-prescription medications may even contain MSG.

2000: Ajinomoto acquired aspartame business from Monsanto and becomes the world’s largest manufacturer of aspartame. Like I mentioned earlier, there just isn’t enough time to deal with aspartame today, but if you do some research on your own you will find that this substance is just as dangerous and poisonous as MSG, causing innumerable debilitating health problems.

2001: Ajinomoto was involved in a scandal in majority-Muslim Indonesia when it emerged that a pork-based enzyme had been used in its production of MSG. Not surprising since they also sell meat glue, which can come from cow or pig blood.

2002: Ajinomoto established J-OIL MILLS, INC. Founded to capture the fat and oil market, the company researches and develops, produces, processes, and sells about 600 products, including oils, fat, foods, and starches. It extracts its oils from soybeans, grapes, peanuts, and walnuts, as well as from other fruits and grains. Ok, personally, at this point I wouldn’t trust any of their products! They obviously have no issue with selling poisons in the form of aspartame and MSG, who knows what they might add these ingredients to, if it would mean more sales!

2005: In 2005, the European Ramazzini Foundation published new findings of a long-term feeding study on aspartame conducted in rats. Scientists from ERF concluded from their study that aspartame causes cancer and that current uses and consumption of the sweetener should be re-evaluated. A dozen toxicology and epidemiology experts and the nonprofit ‘Center for Science in the Public Interest’ called on the Food and Drug Administration (FDA) to immediately review the study, which found increases in lymphomas, leukemias, and breast cancers in rats. The FDA concluded that aspartame is “not a carcinogen” and that there is “no need to further review its
earlier scientific opinion on the safety of aspartame or to revise the Acceptable Daily Intake”. (64, 65) No need to even review its earlier opinion? Are you kidding me?! It should be becoming blatantly obvious to you that information is being suppressed in an egregious way!

2008: Ajinomoto announces a business alliance with Itoham (this company is acquired by Otsuka the same year – remember this name, you will hear it again soon).

2010: The United States Dept. of Agriculture and Ajinomoto launch the “Sodium Glutamate Research Collaboration”. This same year, Ajinomoto and Kellogg Company create a “Research and Development Alliance”.

2010 till now:

**Where does the food industry currently stand on MSG?**

Generally, the food industry claims that there are no comprehensive studies that have been completed that would suggest that MSG is harmful. And as we told you before, MSG is currently listed by the FDA as “Generally Recognized as Safe”. However, as you have seen, there is an abundance of research and studies that point to MSG and other excitotoxins such as aspartame as being harmful and unsafe. Calling it “safe” is downright criminal!

Then again, it’s typical of big business. Remember the tobacco industry denying that cigarettes had anything to do with cancer for years? The lies, deceit, and attempted cover up? Don’t you think similar things would happen if another multi-billion dollar industry found out a product it was selling was also harmful?

Because, the fact is, there’s a mountain of evidence. There are studies that have connected excitotoxins with many symptoms, some of which you may suffer from, as well as diseases such as: ADHD, obesity, Parkinson’s disease, Type II diabetes, Alzheimer’s disease, ALS (Lou Gehrig’s disease), Multiple Sclerosis, brain tumors, and many more. So how do more people not know??

One of the problems seems that there isn’t a direct cause and effect with the use of excitotoxins. You just don’t eat them and get sick. This is the same as with the use of cigarettes and the resulting cancers or health problems. It may take 20 to 30 years of continuous use of excitotoxins for the final results, such as Type II diabetes, or Alzheimer’s disease to set in. But make no mistake; there is a direct link between excitotoxins and major diseases.

Today, the toxic effects of glutamic acid on certain brain cells are so well understood that researchers interested in brain function and the development of pharmaceuticals that might block the effects of glutamic acid, often use glutamic acid as an ablative tool to kill selected brain cells. They literally use MSG with the express intent of killing brain cells, because it does it so well. (66, 67)

**What about Ajinomoto?**

At this point, Ajinomoto Co., Inc. produces food seasonings, cooking oils, foods, sweeteners, amino acids, cosmetics, toiletries, industrial chemicals and pharmaceuticals. It is the world’s largest producer of aspartame with a 40% market share. (68) Ajinomoto is active in 100 countries and regions worldwide, employing around 24,861 people as of 2004. Yearly revenue stands at US$9.84 billion. That’s a big company right? Pretty huge? That’s child’s play. It gets better! So who owns what?!

Unfortunately, we’ve run out of time today so you’re gonna have to join us next month to find out who owns what? Who is actually calling the shots and overseeing what goes into our foods, drugs, and beverages? Stay tuned next month for another article in this exciting series!

Editor’s Note: If you would like a copy of the extensive, four-page bibliography to round out your study on this article topic, please contact the Editor at Hope International.
1. **Editor's Note:** The following information dates back to October 2009, but was recently brought to my attention by a good friend. **U.S. News and World Report, October 2009, Cover Note—** “How To Live to 100—pp. 82 & 83, by Deborah Kotz.”

Health and Lifestyle—10 Tips for Living to 100—Tip # 9— “Live like a Seventh-day Adventist—Members of the denomination have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it’s important to cherish the body that’s on loan from God, which means no smoking, alcohol, or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans, and nuts and get plenty of exercise. They’re also very focused on family and community.”

**End Time Perspective #1:** “Right physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen-so, no chance, about this matter. Nature’s God will not interfere to preserve men from the consequences of violating nature’s laws. There is much sterling truth in the adage, “Every man is the architect of his own fortune.” CD 29.

**End Time Perspective #2:** “The health reform, I was shown, is a part of the third angel’s message and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God’s people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work; one cannot do it for another. “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” 1 T 486.

2. **Time Magazine, January 9, 2012, pp. 26 & 27—A Map of Trouble by Carl DeTorres—** “What will the Middle East look like in a year?” 13 countries in the middle east are then listed separately, each pointing out the troubles that they face in the coming year of 2012—All troubles are major.

End Time Perspective: “The nations are in unrest. Times of perplexity are upon us. Men’s hearts are failing them for fear of the things that are coming upon the earth. But those who believe God will hear His voice amid the storm, saying, ‘It is I, be not afraid.’” ST Oct 9, 1901.
BORAGE

- Borage is a cooling, cleansing herb used for detoxifying the whole body. It works by increasing sweat production, promoting healthy kidney function, and acting as a diuretic, hastening excretion of toxins and excess fluid via the skin and the urinary system.

- Borage also contains essential minerals such as calcium and potassium that make it a powerful blood purifier and is particularly rich in omega-6 essential fatty acids, which are needed for proper cardiovascular function and healthy skin and nails.

- In addition to all this, borage is an adrenal gland booster. The adrenal glands are two small, but very important glands, situated one above each kidney. They produce over 50 essential hormones, including adrenaline, estrogen, testosterone, progesterone, cortisol and DHEA. The adrenal glands give us our “get up and go”. When the adrenal glands aren’t functioning right and they produce more or less hormones than your body needs, they can become exhausted and begin to deteriorate - and you will feel it. A tiredness or fatigue that never seems to go away no matter how much rest you get may be a sign your adrenals aren’t functioning properly.

- This is where borage can help! Borage acts as a balancing and restorative agent on the adrenal cortex (the part of the gland that produces steroid hormones), which means that it will revive and renew the cortexes, stimulating them to produce their own steroid hormones, even after steroid therapy or after they have become exhausted.

SARSAPARILLA

- Sarawaparilla has long been used as a blood purifier and tonic that boosts stamina and energy levels. As an anti-inflammatory and cleansing herb, it promotes sweating to release harmful pathogens, stimulates the kidneys to increase urine production that will flush deposits and toxins, and binds to toxins in the gut to stop them from entering the bloodstream, which will help restore the health of the liver and the quality of blood.

BURDOCK

- One of the best known and longest used of the blood-cleansing herbs, burdock may be nature’s single best blood purifier and cleansing agent available! Considered a powerful “alterative” (a blood purifier and herb that nourishes and improves the overall health of the body), burdock works specifically with the lymph, skin, kidneys, liver, gallbladder, and colon (basically all the major detoxifying organs) to efficiently eliminate waste and toxins from the body and blood. As a potent purifier, it helps remove the buildup of toxins and heavy metals responsible for causing skin problems, joint pain, digestive sluggishness, headaches, fatigue, and much more.

- Your lymphatic system is a dense drainage network of tiny vessels and nodes throughout the entire body that help cleanse the body and defend it against foreign invaders. By stimulating the natural flow of lymph (the fluid in which germs and toxins are absorbed and neutralized), burdock helps promote faster cleansing and draining of the lymphatic system and supports the excretion of toxic wastes and metabolic by-products, which enhances overall immune function.

- As a diaphoretic and diuretic, burdock promotes sweating, which helps to release toxins through the skin and also promotes increased urine flow, further eliminating toxins via the kidneys and bladder. The increased flow has many beneficial effects, ridding the body of excess water weight and relieving swelling throughout the body. It also gently urges the body toward alkalinity by assisting the kidneys in removing uric acid more efficiently.

- The gastrointestinal system is one of the most abused and toxic systems of the human body (often self-inflicted due to poor diet), causing innumerable health conditions when it is not functioning properly. But burdock effectively stimulates and cleanses the digestive tract by improving functioning of the liver, providing a gentle laxative effect, contributing nutritional support for normal, healthy digestion, and stimulating proper colon, liver, pancreas, and gallbladder function.

- Burdock is not only an excellent cleansing plant, it is also a rich source of valuable nutrients, with vitamins, minerals, carbohydrates, protein and fiber. It is a nutritious and re-mineralizing herb that should be used gently, over a period of time (for several weeks or months) to assist the body’s fluids to return to a state of balance.

CHAPARRAL

- Known as “nature’s detergent”, chaparral is considered a gentle, yet very effective blood purifier that cleanses deep into the muscles, tissues, and lymphatic system to assist the body in eliminating toxic debris and heavy metals. It is particularly helpful for cleansing the liver and urinary tract and is known for its strong pain-relieving and anti-inflammatory properties.

RED CLOVER

- Well-known for its ability to cleanse and purify the blood, red clover is believed to keep arteries and blood vessels clean and free of debris, improving circulation and overall cardiovascular health. According to the University of Maryland Medical Center, red clover purifies the blood by cleansing the liver and kidneys. As it aids the liver in detoxification, it has been reputed as a safe and useful remedy for a variety of health complaints associated with poor liver health or ‘dirty blood’. An excellent blood purifier, red clover works gradually, over time, to cleanse the bloodstream and support the circulatory system.

Most of us bathe regularly to cleanse the outside of our bodies, but how often do we think about cleansing the inside? PuriDrops is an excellent blood purifier and nourishing formula that cleanses the entire system internally, while improving the overall look and tone of the skin externally. A potent, synergistic blend of 5 powerful herbs, PuriDrops can help with a variety of health issues.

PuriDrops can help: Detoxify the body, cleanse the blood, support healthy skin and digestion, reduce pain and inflammation, aid in balancing the body’s pH, stimulate the immune system, and support healthy liver, kidney, lung, and digestive function!
The Shaking

I saw some, with strong faith and agonizing cries, pleading with God. Their countenances were pale and marked with deep anxiety, expressive of their internal struggle. Firmness and great earnestness was expressed in their countenances; large drops of perspiration fell from their foreheads. Now and then their faces would light up with the marks of God's approbation, and again the same solemn, earnest, anxious look would settle upon them.

Angels of God had charge over His people

Evil angels crowded around, pressing darkness upon them to shut out Jesus from their view, that their eyes might be drawn to the darkness that surrounded them, and thus they be led to distrust God and murmur against Him. Their only safety was in keeping their eyes directed upward. Angels of God had charge over His people, and as the poisonous atmosphere of evil angels was pressed around these anxious ones, the heavenly angels were continually wafting their wings over them to scatter the thick darkness.

The indifferent, careless ones were abandoned by God's angels, while the earnest, praying ones were aided

As the praying ones continued their earnest cries, at times a ray of light from Jesus came to them, to encourage their hearts and light up their countenances. Some, I saw, did not participate in this work of agonizing and pleading. They seemed indifferent and careless. They were not resisting the darkness around them, and it shut them in like a thick cloud. The angels of God left these and went to the aid of the earnest, praying ones. I saw angels of God hasten to the assistance of all who were struggling with all their power to resist the evil angels and trying to help themselves by calling upon God with perseverance. But His angels left those who made no effort to help themselves, and I lost sight of them.

The shaking would be caused by the straight testimony

I asked the meaning of the shaking I had seen and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. This will have its effect upon the heart of the receiver, and will lead him to exalt the standard and pour forth the straight truth. Some will not bear this straight testimony. They will rise up against it, and this is what will cause a shaking among God's people.

I saw that the testimony of the True Witness has not been half heeded. The solemn testimony upon which the destiny of the church hangs has been lightly esteemed, if not entirely disregarded. This testimony must work deep repentance; all who truly receive it will obey it and be purified.

The company of guardian angels around the praying, agonizing ones had been doubled

Said the angel, “List ye!” Soon I heard a voice like many musical instruments all sounding in perfect strains, sweet and harmonious. It surpassed any music I had ever heard, seeming to be full of mercy, compassion, and elevating, holy joy. It thrilled through my whole being. Said the angel, “Look ye!” My attention was then turned to the company I had seen, who were mightily shaken. I was shown those whom I had before seen weeping and praying in agony of spirit. The company of guardian angels around them had been doubled, and they were clothed with an armor from their head to their feet. They moved in exact order, like a company of soldiers. Their countenances expressed the severe conflict which they had endured, the agonizing struggle they had passed through. Yet their features, marked with severe internal anguish, now shone with the light and glory of heaven. They had obtained the victory, and it called forth from them the deepest gratitude and holy, sacred joy.

The numbers of this company had lessened

Some had been shaken out and left by the way. The careless and indifferent, who did not join with those who prized victory and salvation enough to perseveringly plead and agonize for it, did not obtain it, and they were left
behind in darkness, and their places were immediately filled by others taking hold of the truth and coming into the ranks. Evil angels still pressed around them, but could have no power over them.

Those who had hungered for truth now eagerly laid hold upon it

I heard those clothed with the armor speak forth the truth with great power. It had effect. Many had been bound; some wives by their husbands, and some children by their parents. The honest who had been prevented from hearing the truth now eagerly laid hold upon it. All fear of their relatives was gone, and the truth alone was exalted to them. They had been hungering and thirsting for truth; it was dearer and more precious than life. I asked what had made this great change. An angel answered, “It is the latter rain, the refreshing from the presence of the Lord, the loud cry of the third angel.”

Great power was with these chosen ones

Said the angel, “Look ye!” My attention was turned to the wicked, or unbelievers. They were all astir. The zeal and power with the people of God had aroused and enraged them. Confusion, confusion, was on every side. I saw measures taken against the company who had the light and power of God. Darkness thickened around them; yet they stood firm, approved of God, and trusting in Him. I saw them perplexed; next I heard them crying unto God earnestly. Day and night their cry ceased not: “Thy will, O God, be done! If it can glorify Thy name, make a way of escape for Thy people! Deliver us from the heathen around about us. They have appointed us unto death; but Thine arm can bring salvation.” These are all the words which I can bring to mind. All seemed to have a deep sense of their unworthiness and manifested entire submission to the will of God; yet, like Jacob, every one, without an exception, was earnestly pleading and wrestling for deliverance.

Soon after they had commenced their earnest cry, the angels, in sympathy, desired to go to their deliverance. But a tall, commanding angel suffered them not. He said, “The will of God is not yet fulfilled. They must drink of the cup. They must be baptized with the baptism.”

The faithful, tried company were changed in a moment, in the twinkling of an eye, from glory to glory

Soon I heard the voice of God, which shook the heavens and the earth. There was a mighty earthquake. Buildings were shaken down on every side. I then heard a triumphant shout of victory, loud, musical, and clear. I looked upon the company, who, a short time before, were in such distress and bondage. Their captivity was turned. A glorious light shone upon them. How beautiful they then looked! All marks of care and weariness were gone, and health and beauty were seen in every countenance. Their enemies, the heathen around them, fell like dead men; they could not endure the light that shone upon the delivered, holy ones. This light and glory remained upon them, until Jesus was seen in the clouds of heaven, and the faithful, tried company were changed in a moment, in the twinkling of an eye, from glory to glory. And the graves were opened, and the saints came forth, clothed with immortality, crying, “Victory over death and the grave”; and together with the living saints they were caught up to meet their Lord in the air, while rich, musical shouts of glory and victory were upon every immortal tongue.

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