Return of the Days of Lot

ALSO IN THIS ISSUE:
• Build on a Sure Foundation
• The Bible
• Don’t Be Ignorant of Satan’s Devices!
• The Created
• The Power Of Meekness
• The Point of View
• Health Gem: 8 More Skin-Smoothing and Beautifying Foods!
• Ellen White’s Vision: The Great Apostasy
What a wonderful God we have! Even the worst of sinners can come to Him and be forgiven. Recently I reread a book that was the life story of Harry Orchard. Harry Orchard lived back in the early 1900s. This was a time of great disputes between capital and labor in the mining industries located in Colorado and Idaho.

Harry Orchard became an assassin for labor against certain marked people. In one instance he planted dynamite at a railway station in a train waiting area and killed or maimed several of those men that came to work at the mines to replace the striking miners. Harry was involved in blowing up some of the expensive mining buildings located at one of the mines.

His most noted crime was the assassination of the governor of Idaho through the use of a trip wire and explosives. He was, however, caught in connection with this terrible murder.

It was while in the custody of the authorities that Mr. Orchard again began to think about the God his mother had spoken of. He knew that he was headed for the fires of hell for his crimes. He felt, initially, that it was too late to receive forgiveness for those terrible things he had done.

In Micah 7:18, 19, it reads, “Who is a God like unto thee, that pardonneth iniquity, and passeth by the transgression of the remnant of his heritage? He retaineth not his anger for ever, because he delighteth in mercy. He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the seas.”

And in the New Testament in Hebrews 8:12, God speaks: “For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.” In Acts 3:19, we are encouraged: “Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.”

Not only does God forgive us of our sins, but He also will “cleanse us from all unrighteousness”. 1 John 1:9. His promise is, “I have blotted out, as a thick cloud, thy transgressions, and as a cloud, thy sins: return unto me, for I have redeemed thee.” Isaiah 44:22. In Isaiah 43:25, God promises not only to blot out our sins, but to remember them no more. Then we are told that “Blessed is he whose transgression is forgiven, whose sin is covered.” Ps. 32:1. See also Isa. 55:7, Neh. 9:17, Col. 1:14, Ps. 103:3, and Luke 7:47.

Harry Orchard, as witnessed by many, had a true experience of conversion. He fully recognized the sinfulness of his acts and character. People around him even noticed that his features took on a softer look. He confessed to everything that he had done, the murders committed, and the crimes against property. He knew that he would be executed for his crimes. He pled guilty and was sentenced to be hung. The judge, however, recognizing the very clear change in Harry Orchard’s appearance and manner recommended that his sentence be commuted to life in prison, and it was.

The governor of Idaho’s widow and children were Seventh-day Adventists. The widow visited Harry and forgave him. In Ephesians 4:32, we are counseled, “Be ye kind one to another, tenderhearted, forgiving one another as God for Christ’s sake hath forgiven you.”

Harry lived for many years in the State Penitentiary. He became a Seventh-day Adventist through the kindnesses shown by Seventh-day Adventists, and the strength and beauty of the Bible message. During his life, until his death, Harry Orchard was not only a model prisoner, but a great witness for the Lord. He actually started certain enterprises in the prison that added to the financial support of the prison.

Dear brothers and sisters, if any of you have sins that you feel cannot be forgiven, think of Harry Orchard and the terrible things that he did, and was forgiven. Think of the change of life God brought about in him. Or if there has been someone who has injured you in some way, be willing to forgive them. Lives are changed and people won to the kingdom of God through the process of confession and forgiveness.

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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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Contents
April 2013 • Volume 28, Number 4

cover story
04 Return of the Days of Lot
Patricia J. Smith

features
08 Build on a Sure Foundation
Mrs. E. G. White
11 The Bible
12 Don’t Be Ignorant of Satan’s Devices!
Joe Olson
16 The Created
James Edson White
18 The Power Of Meekness
Emmanuel Machakaire
22 The Point of View
Edith Virginia Bradt

departments
02 Editorial
23 Christian Crossword
26 Health Gem:
8 More Skin-Smoothing and Beautifying Foods!
25 News Watch
30 Ellen White’s Vision:
The Great Apostasy

ad features
24 Broccoli Sprout Powder
29 Carrot Powder

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Every serious Bible student today knows the prophecy of Jesus concerning the last days of earth’s history, before He shall come to get His people, when He shall be revealed. (Luke 17:30).

In verses 28-30 of Luke 17, Christ uses the example of Lot’s day to show how it will be in our day. He says, “Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.”

These activities of the people in Lot’s day seem innocent enough. Why then, were they destroyed by fire and brimstone from heaven, and why did Lot have to escape with his family to the mountains?

Comparing scripture with scripture we come to a full knowledge of the truth

In our study of His Holy Word, God teaches us that we may “know the things that are freely given us of God...comparing spiritual things with spiritual” (1 Cor. 2:12, 13), that is, comparing scripture with scripture, allowing the voices of the inspired prophets to harmonize and explain each other. We must put together all the scriptures on the subject of Lot in order to get a true picture of how the conditions in the days of Lot have returned, and have even escalated past their wickedness and will continue to worsen until the coming of Jesus and the destruction of this evil world.

Second Peter 2: 6-8 gives further insight into the destruction of Sodom and Gomorrah and the unlawful deeds that led to their destruction - “And turning the cities of Sodom and Gomorrah into ashes condemned them with an overthrow, making them an example unto those that after should live ungodly. And delivered just Lot, vexed with the filthy conversation of the wicked; (for that righteous man, dwelling among them, in seeing and hearing, vexed his righteous soul from day to day with their unlawful deeds ;).”

The desires of the men surrounding Lot’s house were wicked

Lot himself described what the men of Sodom wanted to do to the angels, who were in the form of men, as “wicked”. He said in Genesis 19:7, “...I pray you, brethren, do not so wickedly.” Surely what Lot described as “wicked” was among the deeds Peter called “unlawful”! Peter also described their lives by a term modern readers would think
only refers to their talk - “filthy conversation.” However, the Greek term - “anastrophe” translated “conversation” means “behavior”. Therefore their deeds that Lot described as “wicked” would include the “filthy behavior” Peter spoke about. Exactly what were these deeds and desires of the men of Sodom, “both old and young, all the people from every quarter,” that both Lot and Peter denounced as “filthy”, “wicked”, and “unlawful”?

Genesis 19:5 tells us the request of the men surrounding his house to Lot that he refused and called “wicked”. They desired him, concerning the angels, to “bring them out unto us, that we may know them”. From Lot’s response to their request and his proposal in verse 8 that they take instead of the visitors his two virgin daughters, we know that the men of Sodom wanted something more than a mere introduction to become better acquainted. They wanted to “know” them in a sexual way - in what today is known as homosexual activity. This is the activity that is described as “unlawful”, “filthy behavior”, and “wicked”.

Lot’s suggestion to the men shows how depraved his own mind had become

To see that this is the case, all we have to do is compare with Genesis 19:5 two other texts of Scripture, Genesis 4:1 - “And Adam knew Eve his wife; and she conceived...”, and Luke 1:34 - “Then said Mary unto the angel, How shall this be, seeing I know not a man?” Clearly sexual relations are referred to by the term, “know”, showing that the men of Sodom wanted to engage in homosexual relations with the two angels, in the form of men. Lot called the homosexual act “wicked” and wanted them instead to engage in heterosexual relations with his daughters. (We see in this suggestion a lowering of the standards of God’s Holy Law in Lot’s mind, since he suggested that they commit fornication with his daughters, thus violating the seventh commandment. Being in the wicked city of Sodom had led him to compromise with evil.)

How did the men of Sodom respond to Lot’s suggestion of engaging in normal heterosexual relations? They rejected his proposal and resorted to violence against Lot. It got so bad that the angels had to rescue Lot, pulling him into the house and smiting the crowd of desperate men, bent on homosexual acts, with blindness. Both old and young, “small and great” wearied themselves trying to find the door, even after they were struck blind! This desperation shows clearly that they were bound and determined to have their own way.

Even though God hates the sin, He loves the sinner

Dear reader, if you find that you share the same desires of the men of Sodom for homosexual behavior and feel that you cannot help who you are, do not despair. The Lord who made you desires to save you from all that His Holy Word condemns as sin and unnatural. By your own power, you cannot be changed, but only “the blood of Jesus Christ his Son cleanseth...from all sin.” 1 John 1:9. “But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.” Matthew 19:26. Even though God hates the sin, He loves the sinner without reserve! The account of Genesis 19 is not the only place in Holy Scripture where homosexuality is condemned. God very clearly forbade His people to engage in homosexuality. He said, “Thou shalt not lie with mankind, as with womankind; it is abomination.” Leviticus 18:22. The Hebrew word translated “abomination” is “toebah” and means “something disgusting (morally), i.e. (as noun) an abhorrence.” Homosexual acts are disgusting in God’s sight.

The Word of God condemns such acts

Judges 19:22 records the fact that the men of Gibeah also desired to “know” a man who had come to stay with an old man. They were evil, worthless men. The Hebrew word “Beliyaal” translated “Belial”, which is used to describe these men, means “without profit; worthlessness, evil, naughty, ungodly, wicked.” Like the men of Sodom, they surrounded the house and demanded that the visitor be brought out to them, so they could “know” him. Surely the same desire for homosexual acts of the men of Sodom is expressed here, and God lets
us know how evil such activity is in His sight, for the Holy Spirit inspired the writer of Judges to describe these men as “of Belial”. It is those who are evil and ungodly who desire to commit homosexual acts. This truth is clear from this passage in Judges 19. God’s Holy Word condemns homosexuality.

A very strange and sad Biblical account

How did the old man respond to the demand of the men of Belial? In words echoing the denunciation of Lot, he said, “Nay, my brethren, nay, I pray you, do not so wickedly; seeing that this man is come into mine house, do not this folly.” Judges 19: 23. He called the homosexual act they desired to do “wicked” and “folly” and later in verse 24, he described it as “vile”. The Hebrew word translated “vile” in verse 24 is “nebalah” and means “foolishness, i.e. (morally) wickedness; a crime; folly, vile, villainy.” Webster’s Collegiate Dictionary defines “villainy” as “1. A villainous act, action, or conduct; a deed of deep depravity; a crime. 2. Quality or state of being villainous, or evil; extreme depravity.”

The same dictionary defines “depravity” as “1. State of being depraved; corruption. 2. A corrupt act or practice.” It also defines “depraved” as “Characterized by corruption; esp. perverted; evil. Syn. Evil, immoral, vicious, vile, wicked.”

From these definitions we can understand that the old man did not want the men of Belial to commit the evil, immoral, deeply corrupt, foolish and vile crime of homosexuality against his guest who had come under his roof.

Also, like Lot, he offered to them two females to engage in heterosexual activity with - his daughter, and the guest’s concubine. They only took the concubine after the visitor brought her forth to them, and “they knew her, and abused her all the night until the morning” (verse 25).

This story is one of the strangest and saddest in all Biblical history. The men had no regard for the desires and well-being of the women involved and as for the concubine, their disregard led to her gang rape by the men of Belial and ended in her death.

Even in the minds of these men - the old man and his guest, who forced the concubine to fornicate with the gang of men - homosexual acts were roundly condemned as a vile, wicked, corrupt crime.

The love of God which led Him to send His only begotten Son Jesus Christ to this dark sinful world to rescue sinners from their sins is well able to cleanse His children from all immorality. If you, my friend, find your lifestyle condemned in His word, ask the Lord Jesus to come into your heart and make you a new creature in Him. Then you will be able to say with the apostle Paul these encouraging words: “And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory forever and ever. Amen.” 2 Timothy 4:18.

The New Testament shows no more favor to homosexual behavior and lifestyle than does the Old. If the question was put to Jesus concerning whether God’s people should practice homosexuality, He most definitely would give the same answer that He gave the Pharisees when they asked Him about divorce. “Have ye not read, that he which made them at the beginning made them male and female, And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?” Matthew 19:5, 6. (Emphasis mine). He also said, “But from the beginning of the creation God made them male and female.” Mark 10:6. Clearly, God’s plan for the human race was for men to marry women, for husband and wife to cleave to each other and become one flesh. He placed Adam and Eve in the Garden of Eden, not Adam and Steve or Ellen and Eve! Homosexuality and lesbianism is contrary to God’s plan for the human race and goes against nature as created by the Godhead.

Paul gives us a detailed list of those who will not inherit His kingdom

The fact that these devious sexual behaviors are against nature is strongly brought out by the apostle Paul under divine inspiration of the Holy Spirit. In Romans 1:26, 27, he condemns homosexuality and lesbianism in these words, calling such activity “vile affections”, “against nature”, and “error”. “For this cause God gave them up unto vile affections; for even their women did change the natural use into that which is against nature:
And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.”

In his first letter to the Corinthian church, he details those who will not inherit the kingdom of God. Among the unrighteous that will not inherit God’s kingdom are listed these sinners by the apostle Paul in 1 Corinthians 6:9, 10 - fornicators, idolaters, adulterers, effeminate, abusers of themselves with mankind, thieves, covetous, drunkards, revilers, and extortioners.

**Homosexuality is acting against nature and contrary to how God created us**

When we look at the Greek, we will see clearly where homosexuality - being gay and the gay lifestyle - fits in this list and how Paul describes this activity. The Greek word translated as “effeminate” is “malakos”, and means “soft, i.e. fine, (clothing); figuratively, a catamite”. The definition of “catamite” is “a boy or youth who is in a sexual relationship with a man”. In other words, a catamite is a passive male homosexual. The Greek word translated “abusers” is “arsenokoites” and means “- abuser of (that defile) self with mankind. – homosexual”. This Greek word is made up of two words - arsen (male) and koith (bed). “Koith” is a euphemism for sexual intercourse, sexual excesses, and seminal emissions.

Both the passive male homosexual and the active male homosexual are condemned as unrighteous and are listed among those who will be shut out of the kingdom of God. The passive male homosexual is called effeminate, for he is acting the part of a female. He is acting against his nature as a man, contrary to how God created him. The active male homosexual is an abuser, who defiles himself with mankind, for homosexual acts are abominations, something disgusting to God. To engage in homosexual acts as a gay man or a lesbian woman is against nature and is disgusting in God’s sight.

**Some in the Corinthian church had been among the unrighteoues in the past**

But there is hope of salvation and redemption for the homosexual and the lesbian in the precious and powerful blood of Jesus Christ. In the very next verse of 1 Corinthians 6, Paul declares that some of the Corinthians in the church were among these unrighteous people in the past, “but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.” (verse 11).

Homosexuality and lesbianism are among the unrighteous acts (sins) that the blood of Jesus can cleanse a person from, turning him or her to righteousness. Christ Jesus is our only Savior from all sin and unrighteousness. To all who turn to Him with true repentance He gives this promise: “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17).

**The days of Lot have returned to our society**

Surely, dear reader, you now clearly see that the days of Lot have returned to our society in America today. But despite the growing popularity of gay and lesbian “marriage”, gay and lesbian “couples” adopting and raising children and being looked upon as fully equal to heterosexual couples, God’s word still condemns both homosexuality and lesbianism, and offers cleansing and salvation from such vile, wicked, and foolish practices through the precious blood of our Savior from all sin, Jesus Christ of Nazareth. Even though God condemns homosexuality and lesbianism, He deeply loves those who are caught up in these deceptive lifestyles. He hates their unnatural actions and calls for them to renounce them. But He loves each one of them personally, and is “not willing that any should perish, but that all should come to repentance.” 2 Peter 3:9.

Patricia is a second -generation SDA writer who loves to study and share the Bible and the Spirit of Prophecy. She enjoys biking, rock collecting, and spending time with family. She resides in Louisiana with her husband and two children.
The story of a crucified and risen Saviour is the great central theme of the Word of God. In the Psalms, in the prophecies, in the gospels, and in the epistles, God has by revelation made prominent the vital truths concerning the agreement between the Father and the Son in providing for the salvation of a lost race.

Christ was crucified to save the world. For his enemies, for a race in rebellion against God, our Saviour suffered the most excruciating agonies that human flesh could endure. He has made ample provision for sinners that they need not perish. In the light of his death-agony on the cross, we may know that whosoever will truly repent and receive him as a personal Saviour will receive everlasting life.

**OUR HIGHEST PRIVILEGE IS TO HONOR JESUS CHRIST**

We need now, in this year 1908 (2013), a continual spirit of submission to the will and requirements of God. His Word is plain. If we will seek for a personal experience in submitting to its requirements, we may appropriate the promise, “The meek will he guide in judgment: and the meek will he teach his way.” As we study the Word prayerfully, with an obedient heart, the Holy Spirit will be with us to make upon our minds the correct application.

This is a privilege that the world can not receive or understand; for they have not the “Spirit of truth, whom,” Christ declared, “the world can not receive, because it seeth him not, neither knoweth him.” But to his disciples he says, “Ye know him; for he dwelleth with you, and shall be in you.” You have the mind of Christ.

**MANY PROFESSING CHRISTIANS WILL BE DISAPPOINTED**

In the parable of the marriage of the king’s son, Jesus relates how, after earnest efforts, “the wedding was furnished with guests.” He continues: “When the king came in to see the guests, he saw there a man which had not on a wedding-garment: and he said unto him, Friend, how camest thou in hither not having a wedding-garment? And he was speechless. Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth. For many are called, but few are chosen.”

It has been repeatedly revealed to me that many professing Christians will, in the time of the final test, be greatly disappointed. Many, many will fail to provide themselves with that righteousness of Christ represented in the parable by the wedding-garment. They have trusted in their own righteousness, and have not manifested the humility of Jesus Christ. They may be seated at the supper table with others, but Christ will recognize them, and will say to them, “How camest thou in hither not having on a wedding-garment?”

Unless those who profess to be Christians become sanctified through the truth, and learn to reveal the likeness of Christ in words, in deeds, in spirituality, in their relation to their fellow men, the great day of test and trial will find them unprepared to enter through the golden gates into the city of God. And unless they can now be made to feel their great need, they will not have a spirit to
seek for the essential righteousness of Christ.

**KING BELSHAZZAR’S MIND WAS HARDENED IN PRIDE**

When called before King Belshazzar to explain the mysterious writing on the wall, Daniel reminded the king of matters with which he was familiar, but which had not taught him the lesson of humility that might have saved him. “O thou king,” said the prophet, “the most high God gave Nebuchadnezzar thy father a kingdom, and majesty, and glory, and honor: and for the majesty that he gave him, all people, nations, and languages, trembled and feared before him: whom he would he slew; and whom he would he kept alive; and whom he would he set up; and whom he would he put down. But when his heart was lifted up, and his mind hardened in pride, he was deposed from his kingly throne, and they took his glory from him: and he was driven from the sons of men; and his heart was made like the beasts, and his dwelling was with the wild asses: they fed him with grass like oxen, and his body was wet with the dew of heaven; till he knew that the most high God ruled in the kingdom of men, and that he appointeth over it whomsoever he will.”

**THE KING HAD FAILED TO LEARN THE LESSON OF HUMILITY**

Then the enormity of Belshazzar’s guilt was thus emphasized: “And thou his son, O Belshazzar, hast not humbled thine heart, though thou knewest all this; but hast lifted up thyself against the Lord of heaven; and they have brought the vessels of his house before thee, and thou, and thy lords, thy wives, and thy concubines, have drunk wine in them, and thou hast praised the gods of silver, and gold, of brass, iron, wood, and stone, which see not, nor hear, nor know: and the God in whose hand thy breath is and whose are all thy ways hast thou not glorified: then was the part of the hand sent from him; and this writing was written. “And this is the writing that was written, Mene, Mene, Tekel, Upharsin. This is the interpretation of the thing: Mene, God hath numbered thy kingdom, and finished it. Tekel; Thou are weighed in the balances, and art found wanting. Peres; Thy kingdom is divided, and given to the Medes and Persians.”

**MEN IN HIGH PLACES CONTINUE TO EXALT THEMSELVES**

The Lord does not suffer wicked practices to go on without sending reproof and warning. There are men in high places who know of the reproofs, of warnings, of judgment sent, who know the example of God’s dealings with others who have been disobedient, yet who have not sought to correct their ways before God. They have endeavored rather to make of none effect the messages that God has sent. They have continued to exalt themselves, and to carry out their own ways in defiance of the words of God. They have not been ignorant of the right way, but they have allowed their eyes to be blinded. In pronouncing judgment upon these, God will say, as he said to the wicked king, “Thou . . . hast not humbled thine heart, though thou knewest all this.”

Many have continued in a wicked course of action, until the Lord Jesus can not accept their services unless there is a genuine conversion. His people today have no excuse for turning away from the counsels of his Spirit. In his Word, he has given us examples that should be warnings to us, yet although we have known all this, many of God’s people have not taken heed to the warnings of God.

**WE SHOULD NOT LUST AFTER EVIL THINGS**

“Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; and were all baptized unto Moses in the cloud and in the sea; and did all eat the same spiritual meat; and did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. But with many of them God was not well pleased: for they were overthrown in the wilderness. “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted. Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play. Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand. Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents. Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

**THESE THINGS ARE WRITTEN FOR OUR ADMONITION**

“Now all these things happened unto them for
ensamples: and they are written for our admonition, upon whom the ends of the world are come. Wherefore let him that thinketh he standeth take heed lest he fall."

Among the many discordant elements, some have been unable to discern the voice of God in the messages of warning and reproof that have been sent for the guidance of the church.

Men who have refused to walk in the plain counsel of the Lord, are not the ones who should be entrusted with the care of his sheep and lambs. Those who, while professing to believe the truth, resist the Holy Spirit, making light of the message from heaven, will surely be punished for their transgressions. They will not in the future have greater evidence of the truth of these messages than has been given in the past. The Lord forbids that they should be entrusted with responsibilities that they might have borne, had they heeded the messages that the Lord in mercy sent them.

**THE ONLY WORK WORTHY OF OUR ATTENTION IN THIS WORLD IS THE ADVANCEMENT OF THE KINGDOM OF GOD**

The angel of the Lord instructed me, “Go, stand before my people, and speak to them the words that I will give you for church-members and for unbelievers. I will give you tongue and utterance. You have been called from the needy field in Australia to bear a living testimony that, if heeded, will be the salvation of many souls. New agents must occupy the field you have left. I have a work for you among a people, many of whom have followed their own evil course, and refuse to come to the light.”

Christ was the greatest missionary this world has ever known. The Word has been made flesh, and dwelt among us as a minister of healing to both soul and body. His work is to be carried forward in the earth today. The only work worthy of our attention in this world is the advancement of the kingdom of God. To those who will unite as agents of Christ in the carrying forward of his work in the earth, the promise is sure that they shall receive souls for their hire. The salvation of fallen and sinful humanity is a grand co-operative work, in which every being from the loftiest angel to the lowliest saint has his appointed place. The innumerable company of angels are united with us, in co-operation with God and Jesus Christ, in the work of saving souls. Think of this, you who feel no burden to be united with Christ, that his church may be revealed as a body of laborers together with God.

**IT IS THE UNION OF THE HUMAN AND THE DIVINE THAT CONVICTS THE WORLD**

Let all draw together in unity, their dependence placed upon Christ Jesus. “Ye are the body of Christ, and members in particular.” The truth is a sanctifying, unifying power. We are baptized into one body, and united through the sanctification of the Holy Spirit. In carrying forward the work of the Lord, there will not be one indifferent member. If one member suffers, all the others will suffer with him. If one member receives a rich blessing, all the members will rejoice with him.

The Lord of heaven and earth is the strength of his people. He is the light and life of every truly converted soul. His Spirit, working with its quickening power, will be recognized by its inspiration, and its abiding influence. Christ our Lord identifies himself with the members of his church. It is this union of the human and the divine that convicts the world. Through the blessed union of those who are sanctified body, soul, and spirit, the truth is magnified. All are to blend in keeping the unity of the Spirit in the bonds of peace.

**A MUCH HIGHER STANDARD MUST BE REACHED BY GOD’S PEOPLE**

To the principalities and powers in heavenly places is made known by the church the manifold wisdom of God. Were all who profess to be church-members truly converted what a power for truth and holiness would be manifested. They would be laborers together with God in leading souls to Christ. There can be no repining when Christ is formed within, the hope of glory.

The message I have to bear is that a much higher standard must be reached by God’s people. I entreat all to heed this warning. I dare not cease to “cry aloud”, and “spare not”, and show God’s people “their transgression, and the house of Jacob their sins”. It is time that we all understood our true position, and that we give, in righteous characters, the evidence that we possess the truth.

RH, September 24, 1908

Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.
The Bible

Study it carefully,
Think of it prayerfully;
Deep in thy heart let its pure precepts dwell.
Slight not its history,
Ponder its mystery;
None can e’er prize it too fondly or well.
Accept the glad tidings,
The warnings and chidings,
Found in this volume of heavenly lore;
With faith that’s unfailing
And love all-prevailing,
Trust in its promises of life evermore.
With fervent devotion
And thankful emotion,
Hear the blest welcome, respond to its call,
Life’s purest oblation,
The heart’s adoration,
Give to the Saviour that died for us all.
May this message of love
From the Tribune above,
To all nations and kindreds be given,
Till the ransomed shall raise
Joyous anthems of praise—
Hallelujah! on earth and in heaven.

—Author Unknown
“And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.” Matt. 24:6. Don’t we hear of wars all the time? We have lived with some kind of war here in the U.S. for practically all our lives. And when you include the rest of the world, there is always some war going on every day of the week. I read somewhere that on any given day, there are like 20 wars going on. Some are short, some are long, some really never end.

In some places, they are always warring and fighting. What must it be like to be fighting all the time… no break, no stopping, no end? In the U.S. here, we are so tired of the war in Iraq, the war in Afghanistan, the war in Somalia; now maybe a war in Mali. What must it be like to be fighting all the time… no break, no stopping, no end? In the U.S. here, we are so tired of the war in Iraq, the war in Afghanistan, the war in Somalia; now maybe a war in Mali. What is it that has not yet ended? Where does it end? We want it to all end. We don’t want to send our young to fight wars over and over again. We want it over and done with… we want it to end. But Jesus said when you hear of these wars and even rumors of wars, the end is not yet. It’s still not over. The fighting isn’t finished. The tumults and chaos and death and destruction are not done. Jesus said, “… the end is not yet.”

But, the end of what? The end of time? No, time goes on eternally. The end of mankind? No, some of us will live forever. The end of the earth? No, the earth is going to be recreated and made new again. When Jesus said that the end is not yet, what did He mean? What is actually going to end soon? Another war.

**HOW CAN YOU FIGHT AGAINST GOD?**

But this one did not start here on this earth… it started in heaven itself! “And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,” Rev. 12:7. When we “earthlings” think of war, we think of guns and swords and bazookas and tanks and artillery and such. And it confuses us when we think of war in heaven because… what kind of war would they fight? I mean, how do you fight against a God who can create worlds with a word? There is no contest! The devil, or the dragon as he is known, and all of his host, or disobedient angels, are terribly outnumbered by just God alone. What kind of fight can there be when One controls the wind and the sea and everything else in existence? “He ruleth by his power for ever; his eyes behold the nations: let not the rebellious exalt themselves. Selah.” Ps. 66:7.

**WHAT KIND OF WAR COULD YOU HAVE AGAINST THE CREATOR OF THE UNIVERSE?**

God Almighty rules forever, so what kind of “war” could anyone… even angels, fight? “He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion.” Jer. 10:12. When One can create worlds and even the starry heavens, there is not much anyone can do against that Creator.

But the Bible says that there was “war” in heaven. Then what kind of war could there have been? It’s obvious there was no physical war. Even the disciples were able to subdue evil angels by the name of Jesus… “And the seventy returned again with joy, saying, Lord, even the devils are subject unto us through thy name.” Luke 10:17.

**WHAT IS IT THAT HAS NOT YET ENDED?**

No, there couldn’t be much of a physical war against God. Then what was it? It was a war of allegiance. You see, the devil, or Lucifer as he was once known, became proud and wanted the glory that belonged to God alone. “For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north.” Isa. 14:13. When he was not allowed, he was angry and rebelled, and went all over heaven fomenting his rebellion. Lucifer started a controversy in heaven… that God was unfair… that He made a law that was not necessary. He stated that there was no need for a law in heaven that angels had to keep. “To the very close of the controversy in Heaven, the great usurper continued to justify himself. When it was announced that with all his sympathizers he must be expelled from the abodes of bliss, then the rebel leader boldly avowed his contempt for the Creator’s law.
He reiterated his claim that angels needed no control, but should be left to follow their own will, which would ever guide them right. He denounced the divine statutes as a restriction of their liberty, and declared that it was his purpose to secure the abolition of law; that, freed from this restraint, the hosts of Heaven might enter upon a more exalted, more glorious state of existence.” GC 499.

Satan wants us to side with him in the war

Lucifer, now named Satan because of his change of character, accused God. This started the “war” if you will. And that “war” has been going on ever since. This is what Jesus was referring to when He said, “... the end is not yet.” The war that started in heaven, is not over yet. But it’s close!

And just like all the wars on this earth... we long for an end. We are so tired of conflicts, of struggles, of fighting. We want it all to end. And the end is almost here. But we have to keep in mind what kind of war this is! The war that started in heaven is now being waged here on this earth. And the devil is trying to get us to be on his side of this war. He wants us to fight with him against God.

And what is it he wants us to agree with him about? That the law is unnecessary and not important. We don’t need to keep that law! The law that is the foundation of God’s kingdom does not need to be adhered to. As a matter of fact, the devil says that we would be better off without it. Remember, the war is not about bullets and bombs, it’s about allegiance! Who will you side with? Will you desire, like the devil, to be free from the restraint of the law, or will you desire to be molded and made in the image of that law?

Once you begin to recognize what the “war” is all about, then you can fight intelligently. Remember Paul’s words? “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” Eph. 6:12. It’s not a flesh and blood fight! We’re not going to sock anyone.

We aren’t dukiing it out! This war is a war over our minds and wills, and to whom we will decide to follow. It has always been over that. And it is coming to a close soon, and we will all have to decide whom we will give our allegiance to. That’s why God tells us what armor to put on for this fight... “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.” Eph. 6:11.

“Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverence and supplication for all saints;” Eph. 6:14-18.

We are told we need these pieces of armor so we can withstand the “wiles” of the devil.

The devil is wily and sneaky and deceptive and above all... a liar. He is the father of lies and we have to be very careful in this war to not be deceived. Satan will use all of his craft and arts and lies and manipulations to get us to give him our allegiance. He has all sorts of “devices” to ensnare us in his lies. The title of my message is “Don’t be Ignorant of Satan’s Devices!” Now you see why. He wants our allegiance, and he doesn’t care how he gets it. He will lie, cheat, steal, bribe, coerce, threaten, kill, destroy and anything else he needs to do to get us on his side. God, on the other hand, will only use love, truth and righteousness. There will be no underhanded methods with God. The devil, on the other hand, will use nothing but underhanded methods.

Let’s then look into some of the devil’s underhanded methods or “devices” that we might be “wise as serpents” recognizing his attacks. “Nothing disturbs Satan so much as our knowledge of his devices.” 3T572. You’ve heard me say so many times before that whenever there are words like: “always”, or “everything”, or “never”, or “nothing”, or “completely”, and others, that you really want to pay close attention to those sentences.
Here we are told that “nothing” disturbs Satan as much as our knowledge of his devices. Nothing!

Well, in this war, we would like Satan to be disturbed, wouldn’t we? Who wouldn’t want to know the devices of your enemy? If we could figure out the plans and methods and devices of our enemies, we would be in a much better position to win the war… right? “Satan’s plans and devices are soliciting us on every hand. We should ever remember that he comes to us in disguise, covering his motives and the character of his temptations. He comes in garments of light, clad apparently in pure angel robes, that we may not discern that it is he. We need to use great caution, to closely investigate his devices, lest we be deceived.” OHC 88.

THE DEVIL BRINGS LOW AND DEBASING THOUGHTS INTO OUR MINDS

So, what are some of the devil’s devices? “There are many who are really troubled because low, debasing thoughts come into the mind, and are not easily banished. Satan has his evil angels around us; and though they cannot read men’s thoughts, they closely watch their words and actions. Satan takes advantage of the weakness and defects of character that are thus revealed, and presses his temptations where there is least power of resistance. He makes evil suggestions, and inspires worldly thoughts, knowing that he can thus bring the soul into condemnation and bondage.” GW 417.

Okay, let’s take a minute and really go over these words… The devil brings low and debasing thoughts into our minds! How often have you had a thought that was not right or pure, and then felt terribly condemned because of it? You are so convicted that you are such a bad person to have such thoughts. You feel yourself the basest of sinners! And the devil wants you to feel this way. Then he tempts you to feel you have no chance to make it to heaven with these evil thoughts. But he was the one who put them there in the first place!

SATAN CLOSELY WATCHES US AND KNOWS EVERY SHORTCOMING WE HAVE

How often has something come into your mind, seemingly from out of the blue, that was a bad thought? It was very likely the devil! This is one of his greatest devices! HE makes evil suggestions to your mind. HE inspires worldly thoughts in you. And then he turns right around and accuses you of being an evil, rotten person with no chance for redemption. This is huge!!! One of the devil’s greatest tricks is to palm off his thoughts on to you and then make you think they were your thoughts. And remember, he cannot read our thoughts, but he has watched us very closely all our lives, and he knows what buttons to push. Some of us are impatient. Some of us are selfish. Some like to eat too much. Some are irresponsible. Some are lazy. Some have a wandering eye. Some are insecure. Pick whatever you want; the devil knows our failings and our defects and character flaws. And he makes the most of them!

FIGHTING IS NEVER EASY

And don’t forget the end of the quote… “...knowing that he can thus bring the soul into condemnation and bondage.” Now, he can’t really bring us into condemnation and bondage, but he can suggest that we are, and if we believe it, we will give up on God.

That’s exactly what he wants! He wants us to give up! He wants us to view God’s law with contempt, like he does, because we appear to ourselves as such low-lifes we couldn’t possibly keep the law. And we are told that these thoughts the devil impresses upon us are not easily banished. We are not told they are impossible to banish… but that it is not “easy”.

Well, what war is ever easy? Fighting is never “easy”. It takes effort and stamina and exercise and strength and the right armor!

TRAIN YOUR MIND TO DWELL UPON THE SCRIPTURES

Now we can see more clearly the need for that armor God was talking about through Paul. “The mind must be restrained, and not allowed to wander. It should be trained to dwell upon the Scriptures, and upon noble, elevating themes. Portions of Scripture, even whole chapters, may be committed to memory, to be repeated when Satan comes in with his temptations. The fifty-eighth chapter of Isaiah is a profitable one for this purpose. Wall the soul in with the restrictions and instructions given by inspiration of the Spirit of God. When Satan would lead the mind to dwell upon earthly and sensual things, he is most effectually resisted with “It is written.”” OHC 88. The scripture is our sword! Use it against the devil’s insinuations and suggestions and temptations! We are told he is most effectively resisted by God’s word! Resist the devil with the name of Jesus! “And the seventy returned again with joy, saying, Lord, even the
devils are subject unto us through thy name.” Luke 10:17. (emphasis supplied)

Cast the devil’s suggestions and temptations from you in the powerful name of Jesus Christ our Lord! “For every class of temptations there is a remedy. We are not left to ourselves to fight the battle against self and our sinful natures in our own finite strength. Jesus is a mighty helper, a never-failing support… None need fail or become discouraged, when such ample provision has been made for us.” RH, April 8, 1884. Praise the Lord! Ample provision has been made! We need to avail ourselves of it in this war.

PRAYER IS OUR CONNECTION TO THE SOURCE OF WISDOM IN ALL THINGS

Here’s another of Satan’s devices… “The idea that prayer is not essential is one of Satan’s most successful devices to ruin souls. Prayer is communion with God, the Fountain of wisdom, the Source of strength, and peace, and happiness.” CG 518.

Do we need wisdom and strength and peace and happiness? It all comes from prayerful communion with God - and by the way, not some heebie-jeebie mantra or saying that you repeat over and over again.

Prayer is talking with God! Talk to Him! Tell Him your sorrows; tell Him your temptations; tell Him what the devil is doing to you; tell Him what you need. Talk to Him, like you would talk to a friend. And please don’t get caught up in all this “centering prayers” and repeating phrases and spiritual formation nonsense. “We do not want to be ignorant of his devices; neither do we want to be overpowered by his devices. He is pleased with the pictures that represent him as having horns and hoofs, for he has intelligence; he was once an angel of light.” UL 101.

THE ENEMY HAS CONTROL OF OUR BRAINS WHEN WE QUESTION HIS EXISTENCE

Many people question if the devil is actually real or not. And the devil is very pleased to have people think that. If he can get people to think he is some small imp with a pitchfork, he knows that they won’t worry about him.

What a great deception to get people to believe that he doesn’t exist! Don’t be fooled by that lie! “And now Satan comes with his temptations to the children of men, who are often ignorant of his devices, and here he has better success. One of his most successful devices is to keep men in ignorance of his devices; for they will not be on their guard against an enemy of whose existence they are ignorant.” (emphasis supplied) ST, Aug. 19, 1886. I love that… One of his most successful devices is to keep men in ignorance of his devices! That’s the point of this message, to reveal the devil’s devices that we might not be ignorant.

“Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man’s physical, mental, and moral powers, and so overcome the senses that Satan should have full control… Satan is taking the world captive through the use of liquor and tobacco, tea and coffee… The brain is no longer able to distinguish correctly. The enemy has control. Man has sold his reason for that which makes him mad. He has no sense of what is right.” CCh 101, 102.

The devil has devised not just deceptions, but also ways to make those deceptions hidden from view. If he can destroy the brain and the reasoning powers, people will not be able to perceive his lies and wily ways. And now they are trying to legalize marijuana!

UNDERSTANDING THE STATE OF THE DEAD IS A PROTECTION AGAINST HIS DEVICES

Here is yet another of the devil’s devices… “The forms of the dead will appear through the cunning device of Satan, and many will link up with the one who loveth and maketh a lie.” UL 317. The “lie” here is that the dead aren’t really dead. “For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten.” Ecc. 9:5. The dead are dead! Period! If someone comes back claiming to be Grandma or your son or daughter or anything or anyone else… it is the devil’s deception. Only the scripture can keep you safe from this Satanic delusion!

ONE MORE OF SATAN’S TACTICS...

“One effort more, and then Satan’s last device is employed. He hears the unceasing cry for Christ to come, for Christ to deliver them. This last strategy is to personate Christ, and make them think their prayers are answered.” LDE 165. “Disguised as an angel of light, he will walk the earth as a wonder-worker. In beautiful
The Created

By James Edson White

“Thus the heavens and the earth were finished, and all the host of them.” Genesis 2:1. “In six days the Lord made heaven and earth, the sea, and all that in them is.” Exodus 20:11

The first chapter in the Bible tells of the most wonderful week the world has ever known. In it this earth was made. At first it was all dark, surrounded by mists, and covered with water.

On the first day of this week the voice of God caused the light to shine where all was darkness before. On the second day the mists were collected into clouds, and the firmament was made. On the third day the dry land appeared, and out of it God made to grow the trees, the grass, the beautiful flowers, and all vegetation.

On the fourth day He appointed the sun to shine by day, and the moon and stars to rule the night. On the fifth day He made great whales, the fish, and all the animals that live in the sea, and the birds and fowls that fly in the air.

The most wonderful work of all

The work done on the sixth day of creation week was the most wonderful of all. On this day God made the beasts of the field, the cattle, and all creeping things. But last, and best of all, God made man, the “noblest work of God,” because he was made “in His own image.” Gen. 1:27.

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.” Gen. 1:28.

Not only was man made king of this earth, and absolute ruler of everything in it, but the earth itself was

Language he will present lofty sentiments; good words will be spoken by him and good deeds performed. Christ will be personified. But on one point there will be a marked distinction—Satan will turn the people from the law of God.” FCE 471, 472.

Satan tries his best to impersonate Christ, but he can’t come the way Christ is going to return. “Satan is not permitted to counterfeit the manner of Christ’s advent.” GC 625. “Satan . . . will come personating Jesus Christ, working mighty miracles; and men will fall down and worship him as Jesus Christ. We shall be commanded to worship this being, whom the world will glorify as Christ. What shall we do? Tell them that Christ has warned us against just such a foe, who is man’s worst enemy, yet who claims to be God, and that when Christ shall make His appearance it will be with power and great glory, accompanied by ten thousand times ten thousand angels and thousands of thousands, and that when He shall come we shall know His voice.” 6SDABC 1106.

Healings; sicknesses removed, people appearing to be raised from the dead… all will be done to deceive. And remember… the whole point is to gain our allegiance! Don’t let him turn you from God and His word! Study to show yourself approved!

AND FINALLY, ONE LAST DECEPTION...

“The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. “Where there is no vision, the people perish” (Proverbs 29:18). Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God’s remnant people in the true testimony.” 1SM 48. And why? Because God has given us, through these testimonies, the way to unmask the devil’s deceptions. 1 Peter 5:8, 9 “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist stedfast in the faith.” 1Pet. 5:8,9.

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given to him. David says: “The heaven, even the heavens are the Lord’s: but the earth hath He given to the children of men.” Ps. 115:16.

There was no curse on any part of the garden

“And the Lord God planted a garden eastward in Eden; and there He put the man whom He had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food.” Gen. 2:8, 9.

What a beautiful garden home this must have been! No curse rested upon it, no weeds nor briars grew in its soil. Everything that nature required, or the heart could desire, was provide for our first parents.

And God caused to grow “the tree of life also in the midst of the garden.” This was a wonderful tree, for its fruit would keep one alive as long as he had the privilege of eating from it. But the length of time the man would be allowed to eat of the tree of life, was to be decided by his own conduct. As long as he would obey God, he could eat of the fruit, but as soon as he should disobey, he would no longer have any right to it, and so would become subject to death.

The tree of the knowledge of good and evil was in the garden

In the garden was another tree, called the tree of the knowledge of good and evil. The fruit which it bore appeared luscious, and as inviting as that which grew elsewhere. But God said, “Thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” Gen. 2:17. God could have prevented man from eating of that fruit; but had He done so it could not have been shown whether man intended to obey Him or not. God is pleased only with willing obedience. Nothing else satisfies Him, because it is only by willing, cheerful obedience, that we show our love for Him. “God is love,” and loving service only is acceptable to Him. So God gives to every one the power of choice, to obey Him and live, or to disobey Him and die.

Those who truly obey God serve Him because they love Him, and love His ways. Those who dislike God’s ways will not walk in them. He who walks in God’s ways grows to be like Him, and so becomes fitted to dwell with God, and to be associated with the sinless angels who live with Him.

God always gives us the freedom to choose to do right

But we are just as free to disobey as we are to obey. God tells us, as He told Adam and Eve in Eden, what He wants us to do, and what disobedience will bring us; then He leaves us to choose what we will do. If God should force men to obey Him against their will, their hearts would not be changed. If compelled to act in a way contrary to their choice, they would hate God still more; thus their service would neither benefit themselves nor aid the cause of God. For this reason man is left perfectly free to do as he chooses.

Adam and Eve, tempted by Satan, failed to obey God. They chose to eat of the forbidden fruit, and in consequence lost their Eden home. God mercifully expelled them from the garden, and carefully guarded every avenue of approach to the tree of life, in order to prevent their partaking of its fruit, and thereby perpetuating an existence in sin. See Genesis 3:22-24.

By our first parents’ choice to follow Satan, all came under the sentence of death

Thus deprived of the life-giving properties of this wonderful fruit, they had no hope of life. The sentence of death was even then being carried out. How changed their condition! From a state of innocent happiness they passed into a state of guilt and sorrow, having chosen Satan as their leader and king.

But the effects of their mistake did not cease with themselves. All that were born of them, yea all the human race, came under the same sentence of death. Paul tells the story in few words: “As by one man sin entered into the world, and death by sin; … so death passed upon all men.” Rom. 5:12.

Christ is our refuge

All the race would have been lost, had God provided no way of escape from eternal death, but His love found a refuge for all who would enter it. Speaking of this refuge the apostle says: “We see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honor; that He by the grace of God should taste death for every man.” Heb. 2:9.

If we, too, see Jesus, as the One who has tasted death for us, and flee to the refuge He has provided, we may confidently hope in His salvation.
By Emmanuel Machakaire

“Blessed are the meek: for they shall inherit the earth.” Matthew 5:5

Once again we have a quality of character that is completely contrary to the thinking of the modern world. It is opposed to everything which the natural man thinks. “Blessed are the meek: for they shall inherit the earth.” The world thinks in terms of strength and power, of ability, self-assurance and aggressiveness. Yet Jesus said “Blessed are the meek; for they shall inherit the earth.”

TO UNDERSTAND WHAT MEEKNESS IS, IT IS NECESSARY TO EXPLAIN WHAT IT IS NOT

Meekness is not weakness. When the Greeks spoke of meekness, a picture they liked to use was of the taming of an animal, a strong ox, or a spirited stallion. Such an animal was still powerful, but now under a master’s control. In the same way, a meek person is not a weakling, but rather one whose strength is controlled for use in a constructive purpose.

The meek person may have strong opinions, strong emotions, but he or she knows how to channel them.

Meekness is compatible with great strength. It is compatible with great authority and power.

The Bible describes only two people in particular as “meek”, and these two are Moses and Jesus. “Now the man Moses [was] very meek, above all the men which [were] upon the face of the earth.” Num. 12:3. “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” Matt. 11:29. Both Moses and Jesus were certainly not weak. Both Moses and Jesus were angry on several occasions, but they did not “fly off the handle”; instead, they confronted wickedness with firmness and love, obedient to God’s direction. The opposite of meekness is tough, pushy, self-assertive, ambitious, haughty, and egotistical and prideful.

Pride is defined in the Sage dictionary as, “Unreasonable and inordinate self-esteem (personified as one of the deadly sins).” Corrie Ten Boom used to tell the story about a proud woodpecker who was tapping away at a dead tree when the sky unexpectedly turned black and the thunder began to roll. Undaunted, he went right on working. Suddenly a bolt of lightning struck the old tree, splintering it into hundreds of pieces. Startled but unhurt, the haughty bird flew off, screeching to his feathered friends, “Hey, everyone, look what I did! Look what I did!”

This old woodpecker reminds us of people who think more highly of themselves than they should. Usually they are so busy bragging about their achievements and their greatness that they fail to recognize God is the source of all our abilities. They are suffering from spiritual deficiency of meekness. “Let those upon whom the Lord bestows rich gifts be guarded, lest pride and self-sufficiency obtain the control. The person who exerts a wide influence, the one that people are willing to follow, needs to be constantly prayed for and admonished by other workers. Let them pray that he or she may be kept from pride and self-exaltation.”—Manuscript 164, 1902, CTr 158.7.

MEEKNESS, TRULY DEFINED

During the American Revolution a man in civilian
clothes rode past a group of soldiers repairing a small defensive barrier. Their leader was shouting instructions, but making no attempt to help them. Asked why by the rider, he retorted with great dignity, “Sir, I am a corporal!” The stranger apologized, dismounted, and proceeded to help the exhausted soldiers. The job done, he turned to the corporal and said, “Mr. Corporal, next time you have a job like this and not enough men to do it, go to your commander-in-chief, George Washington, and I will come and help you again.”

What then is meekness? The Greek word used by Jesus means “gentle, humble, considerate, patient, courteous”. Our natural inclination is to be defensive, critical, rebellious ready to become angry, upset and irritated in all kinds of circumstances. Meek people are long on endurance and patience. They are willing to bear a cross without grumbling. “Meekness” is a humble attitude that expresses itself in the patient endurance of offenses. “Gentleness” is a virtual synonym. It implies leniency and long-suffering. True meekness is to do with inward discipline.

MEEKNESS IS NOT WEAKNESS; IT IS POWER UNDER CONTROL

As the writer of Proverbs says, “He who is slow to anger is better than the mighty and he who rules his spirit, than he who captures a city” (16:32). In contrast, the individual who is not gentle is likened to “a city that is broken into and without walls”. Prov. 25:28. Gentleness always uses its power appropriately, unlike the out-of-control emotions that so often are destructive and have no place in our lives as believers. Gentleness characterizes our Lord Jesus Christ. He always defended God’s glory, and ultimately gave Himself in sacrifice for others Jesus didn’t lash back when criticized, slandered, or treated unjustly, but He did respond fittingly and firmly when God’s honor was profaned or His truth was perverted or neglected.

When His time of suffering came, however, Jesus submitted to the will of His Father, and endured the abuse and murderous intentions of the hypocritical leaders. He demonstrated meekness to the very end. “When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.” 1 Pet. 2:23.

THE CHRISTIAN WHO HAS DIED TO SELF, IS A MEEK PERSON

Like Christ, the gentle person does not defend himself. That’s because he has died to self, and therefore does not worry about insult, material loss, or even personal injury. The believer who embraces meekness knows that in himself he does not deserve defending, and that in the long run, all his possessions are not worth fighting for. In that sense, gentleness is the opposite of violence and vengeance. The meek person chooses to simply stand in the promise of Romans 8:37: “No, in all these things we are more than conquerors through him who loved us.”

Staying “cool” and being “gentle” in tough situations requires not less strength, but more! It requires tremendous courage and power not to lose your temper in a tight spot. Our world needs more such people today. If there were more meekness on the part of world leaders, many tense situations could be defused. If there were more meekness exercised by husbands and wives, many a stormy household would be calmer. There would be fewer divorces. That’s what Proverbs recommends: “A soft answer turns away wrath.” Proverbs 15:1.

If there were more meekness in the hearts of Pastors and church leaders many divided congregations might still be together. Our Lord knew that. And so, to encourage the practice of such disciplined meekness, He added a promise: “Blessed are the meek; for they shall inherit the earth.” Matt. 5:5. “The meekness that is born of sorrow, when the heart has been exercised aright through yielding submission to the will of God, brings forth the peaceable fruits of righteousness. Those who have humbly sought God for comfort and peace in the midst of trial, have had imparted to them the gentleness of Christ. Those who have learned of Him who is meek and lowly of heart, express sympathy, and manifest gentleness toward those who are in need of consolation; for they can comfort others with the consolation wherewith they are comforted of God. In seeking to save souls who are ready to perish, they make Jesus their pattern in all things. They respond to the comfort given them of God, and become inheritors of his kingdom. Through the operations of the Holy Spirit a new nature is implanted within them, and they are sanctified of soul, and the Lord gives grace for grace.” ST, August 22, 1895.

THERE IS NO TIME IN LIFE WHEN WE SHALL NOT NEED TO CULTIVATE MEEKNESS

“Jesus expects that his gentleness and condescension will be reproduced in those whom he blesses. Jesus came to our world, and chose the lowest life, took the humblest position, leaving us an example that...
we should follow in his steps. The Majesty of heaven was meek and lowly in heart, and he expects all his followers to catch his spirit of meekness and lowliness, and become wise in helping those that mourn. There is no time in life when we shall not need to cultivate meekness and lowliness of heart. Those who minister in connection with Christ will be called upon to manifest meekness and lowliness, that they may reveal this attribute to those who are learners in the school of Christ. A possession of the gentleness of Christ means the possession of true dignity. The adorning that is of value with God is a meek and quiet spirit, and it is of more value than gold and silver and precious gems. The attributes of God are goodness, mercy, love, long-suffering, and patience, and his followers are to possess the same attributes of character, representing Christ in true spirituality. Meekness, the treasure of inward wealth, may be possessed in the midst of poverty and sorrow. The soul reveals the source of its strength in the manifestation of meekness and lowliness of heart; for the grace of meekness has its origin in the source of all blessedness, and those who possess this grace are in harmony with Christ and the Father. The followers of Christ thus become one with each other. If meekness and love are not a part of our character, we are not the disciples of the Lord Jesus Christ, and our whole experience is feeble and uncertain.” ST, August 22, 1895.

LOWLINESS OF HEART AND MEEKNESS SERVE AS A SHIELD, AND BREAK THE FIERCE DARTS OF THE ENEMY

Meekness is a fruit of the Spirit, and an evidence that we are branches of the living God. The abiding presence of meekness is an unmistakable evidence that we are branches of the True Vine, and are bearing much fruit. It is an evidence that we are by faith beholding the King in his beauty and becoming changed into his likeness. Where meekness exists, the natural tendencies are under the control of the Holy Spirit. “Meekness is the spirit which Christ manifested when suffering injury, when enduring insult and abuse. To be meek is not to surrender our rights; but it is the preservation of self-control under provocation to give way to anger or to the spirit of retaliation. Meekness will not allow passion to take the lines.” ST, August 22, 1895. In the audience to whom Jesus spoke in his sermon on the mount there were not only those who were weary and heavy laden, but the Pharisees, the Sadducees, the rabbis and rulers, and the so-called great men, who were ambitious to receive the honor of men. He knew that there was strife in the Jewish nation, and desire for supremacy in the hearts of men. He knew that there was unhappiness in homes because the precious jewel of meekness had been lost. Meekness and lowliness of heart serve as a shield, and break the fierce darts of the enemy. The meek often have a thorny path to travel; for meekness is often set down as weakness or insensibility, while those who lose self-control conclude that their pride is sensitiveness. But Jesus is our pattern, and it is from him that we receive strength and grace to walk in humility and contrition before God. But whatever may be our trials, God understands them, and invites us to share the blessing that he has pronounced upon the meek and lowly in heart.

YEARS OF HARD WORK WILL NOT TEACH US MEEKNESS

Being meek means living a life under control, and the secret lies in who does the controlling. It’s either you allow yourself to control your own life or you submit your life to Jesus and allow Him to take control. Meekness is not a virtue that we learn through years of hard work. It is the Gift of the Holy Spirit to those who put their trust in Jesus. Jesus said, “Learn of me, for I am meek…” Matthew 11: 29. Jesus was a strong man who submitted Himself to the control of His heavenly Father, as Peter writes: When he was reviled, he did not revile in return; when he suffered, he did not threaten; but he trusted to Him who judges justly. 1 Peter 2:23. He submitted himself to the cross with bravery and strength. That’s meekness in action for you and for me, meekness like that can tame the wildest of people. It can win them over. It can turn them from snorting, raging beasts or stallions into calm, productive work horses for God! Paul admonishes us to: “Speak evil of no one, to be peaceable, gentle, showing all humility (meekness) to all men.” Titus 3:2.

"BLESSED ARE THE MEEK" IS A CALL FROM CHRIST, TO EXPERIENCE THE POWER AND JOY OF A LIFE UNDER HIS CONTROL

When we are meek it should come to expression in three areas. First of all, we should be meek towards God. When He tests our faith, we should not act as children who start
screaming and kicking because they are disciplined. Think of it this way: The Greek word for “meek” describes an animal which has been trained by its master. Wild and unruly animals are worthless but when trained they become meek, that is teachable and quiet. Likewise, people who are meek are open to the Lord’s leading, guidance, and direction. Those who are meek are under the control and discipline of God. And those who aren’t meek are not under the instruction of the Lord. Second, we should be meek towards our fellow man. This does not stand up for what is right. We are allowed to seek justice, appealing to the authorities who are established by God. But at the same time, as individuals, we should not be vengeful, taking the law into our own hands. Meekness meets evil with good and answers harm with love. Third, we should be meek towards ourselves. The man who is meek is not always watching himself and his own interests. He is not always on the defensive. He is not overly sensitive. One of the greatest curses of man’s fall into sin is this sensitivity about the self, pride. We spend the whole of our lives watching ourselves, preoccupied with ourselves. But when the child of God becomes meek, he or she is finished with all that; he or she no longer worries about self and what others say and think. The man who is truly meek doesn’t blow his own horn.

**MEEKNESS BEGINS WHEN WE PUT OUR TRUST IN GOD**

Then, because we trust him, we commit our way to him. We roll onto him our anxieties, or frustrations, our plans, our relationships, our jobs, our health. And then we wait patiently for the Lord. We trust his timing and his power and his grace to work things out in the best way for his glory and for our good.

The result of trusting God and the rolling of our anxieties onto God and waiting patiently for God is that we don’t give way to quick and fretful anger. But instead, like Moses we give place to wrath and hand our cause over to God and let him vindicate us if he chooses. And then, as James says, “In this quiet confidence we are slow to speak and quick to listen.” James 1:19. We become reasonable and open to correction. Meekness loves to learn. And it counts the blows of a friend as precious. And when it must say a critical word to a person caught in sin or error, it speaks from the deep conviction of its own fallibility and its own susceptibility to sin and its utter dependence on the grace of God. Meekness begins with God and ends with God. None of us can make ourselves meek. Nothing but the Holy Spirit can make us one of the blessed meek. It is the Spirit, and only the Spirit, who renews us poor selfish people to be meek like Christ.

**WE NEED TO HUMBLE OURSELVES BEFORE GOD SO HE WILL NOT HAVE TO HUMBLE US**

The world cannot easily comprehend the quality of meekness because it causes a real Christian to live an odd life from that of this world. The world says, “I have to grab, I have to fight, I have to conquer, it is up to me.” But the Christian knows better. He or she knows that the battle is the Lord’s. We ought to be humble enough to leave it up to Him and not to us. A meek Christian feels love for One whom he has never seen; talks with familiarity to Someone he cannot see; expects to go to heaven on the virtue of Another; empties himself in order to be full; admits he is wrong so he can be declared right; goes down in order to get up; is strongest when he is weakest; richest when he is poorest; and happiest when he feels the worst. He dies so he can live, forges in order to have; gives away so he can keep; sees the invisible, hears the inaudible.

Meekness is something every Christian is supposed to have. Every child of God, regardless of his temperament or psychology, is meant to be meek. Every child of God, regardless of position or power, is meant to be meek. Every child of God, regardless of gifts or abilities, is meant to be meek. All children of God, whether they are in or out of church office, whether they are young or old, whether they are for or against certain issues, are meant to be meek. God is the source of all our abilities. Without the Lord no one amounts to anything, and in our own strength we cannot please Him. We need to humble ourselves before God so He will not have to humble us. It is my prayer that we desire God, to plant in us this quality attribute of meekness, an attribute that is of more value than gold and silver and precious gems. There is power in the precious jewel of meekness! Blessed are the meek.

**Emmanuel Machakaire, originally from Zimbabwe, is a devoted member of the Seventh-day Adventist church in South Africa.**
A pessimist, we’re told,  
Is one that sees the cloud that lowers,  
But not its fringe of gold;  
Blind to the silver lining,  
We hear his sad repining;  
E’en through the sun’s clear shining  
He sees the distant showers.

An optimist, they say,  
Finds rainbow tints in any sky,  
Let storms beat as they may;  
What if the dark cloud lowers!  
He knows the cooling showers  
Will bring the fruits and flowers  
In God’s good by and by.

Life may be gold or gray;  
Aflame with light or overcast  
May be our pilgrim way,  
As we may choose to view it;  
Trouble—well, why pursue it?  
A cloud—why not look through it?  
The storm will soon be past.

~Edith Virginia Bradt
Christian Crossword

**ACROSS**
1. Which Mary went to Jesus’ tomb early the first day of the week?
2. The widow of Nabal who married David
3. Brother of James, Joses, Judas and Simon
4. He requested Abishag as a wife
5. Prophet in the Old Testament that said “the just shall live by faith”
6. Jesus was buried in his tomb
7. He will be bound 1000 years
8. David’s first born son in Hebron
9. The father of John the Baptist
10. In which gospel is the temple tax spoken of in the fish’s mouth?
11. He was executed by Solomon for going from Jerusalem to Gath
12. He denied Jesus three times
13. Abinadab was the son of which king?
14. The angel that announced Jesus’ birth to Mary
15. He pulled the temple pillars down on the Philistines
16. In which Book is the virgin birth of Jesus prophesied?
17. The mother of John the Baptist
18. The prophet during the time of Ahab and Jezebel
19. He spoke of God doing nothing without revealing His secrets to the prophets
20. Samuel’s father
21. The city that fell to the Israelites after Jericho
22. In which gospel are the ten leper’s cleansing mentioned?
23. He tried to walk on the sea with Jesus
24. They used old sacks and old wineskins to turn back
25. He allowed any fearful soldiers to turn back
26. A ruler of the people, but not his own household
27. Samuel’s mother
28. The parable of the good Samaritan is in which gospel?
29. He made the iron ax head float
30. He took spoils of war in opposition to the orders of God

**DOWN**
1. In which gospel is the temple tax spoken of in the fish’s mouth?
2. He raped Dinah, Jacob’s daughter [SHECHEM]
3. An Egyptian magician who opposed Moses [JANNES]
4. The home of Simon the cross bearer [CYRENE]
5. Prophet in the Old Testament that said “the just shall live by faith” [JARED]
6. Capital of Syria during David’s time [RAMAH]
7. Father of Enoch [JARED]
8. Ephesian Christian commended for his service [ERASTUS]
9. The father of John the Baptist [ETHBAAL]
10. In which gospel is the temple tax spoken of in the fish’s mouth?
11. Highest mountain in Syria (9,166 feet) [HERMON]
12. A prophet of Samaria [ODED]
13. The brook by which Elijah was told to hide by the Lord [CHERITH]
14. A son of Zebedee, called as a disciple [JAMES]
15. Father of King Saul [KISH]
16. In which Book is the virgin birth of Jesus prophesied? [In Isaiah]
17. The father of Zerubbabel [SHEALTIEL]
18. The prophet during the time of Ahab and Jezebel [ANANIAS]
19. He spoke of God doing nothing without revealing His secrets to the prophets
20. Samuel’s father
21. The city that fell to the Israelites after Jericho [JERICHO]
22. In which gospel are the ten leper’s cleansing mentioned?
23. He tried to walk on the sea with Jesus
24. City of Judah, captured by Joshua [DEBIR]
25. Prophet during reigns of Uzziah, Jotham, Ahaz, and Hezekiah [ISAIAH]
26. A ruler of the people, but not his own household

Answers from Christian Crossword published in the March 2013 issue of Our Firm Foundation

Volume 28, Number 4
Broccoli Sprout Powder contains 100% pure and natural broccoli sprouts in an easy-to-digest powder! They are low in calories, nutritionally dense, fat-free, and offer a wide range of health benefits! Incredibly energizing, this powder supports normal digestion, promotes healthy cholesterol levels, enhances detoxification, and contributes to healthy cell growth!

Broccoli Sprout Powder

BROCCOLI SPROUT NUTRITION
- One ounce of broccoli sprouts contains 4% of the recommended daily value of dietary fiber, 15% of the recommended amount of vitamin C, and 2% of the recommended intake of calcium!

BROCCOLI SPROUTS AND FIBER
- Broccoli sprouts are rich in fiber, a nutritional characteristic that provides a variety of benefits. Fiber helps ensure healthy digestion, promotes feelings of fullness and helps maintain healthy blood sugar levels. You hear all the time how fiber is vital to good health. Get yours today, with Broccoli Sprout Powder!

SUGGESTED ADULT DOSAGE:
- Mix 1 tablespoon with water, juice, or your favorite smoothie once or twice a day with meals.

Price:
10 oz. powder ....................................................$25.99

BROCCOLI SPROUTS AND VITAMIN D
- Are you taking large supplemental doses of vitamin D to correct a deficiency? Did you know that a sufficient supply of vitamin K and vitamin A help keep vitamin D metabolism in balance? Broccoli sprouts have a perfect combination of both vitamin A (in the form of beta-carotene) and vitamin K. For people needing to rebuild vitamin D stores, Broccoli Sprout Powder is a must!

BROCCOLI SPROUTS AND OXIDATIVE STRESS
- Free radicals are chemical compounds that interact with other molecules within the cells. This can cause oxidative damage to proteins, membranes and genes. Oxidative damage has been linked to various health conditions, however, according research published in the May 2011 edition of “European Journal of Clinical Nutrition”, consumption of 5 to 10 grams of broccoli sprout powder, taken daily, can increase antioxidants in the blood while decreasing oxidative stress.

BROCCOLI SPROUTS AND CHOLESTEROL
- According to a study published in the February 2011 edition of “Journal of Agricultural and Food Chemistry”, the antioxidant content of broccoli sprouts may help promote healthy cholesterol levels. If you are one of the many people concerned about keeping your cholesterol levels in check, Broccoli Sprout Powder is an invaluable nutritional tool!

WHAT ARE BROCCOLI SPROUTS?
- Broccoli sprouts are three- to four-day-old baby broccoli plants that look like alfalfa sprouts, but taste like radishes. The radish flavor comes from a phytochemical that may act as protection while the broccoli plant is still young. This phytochemical not only benefits the young plant, but also, when eaten by humans, may act as an antioxidant to stimulate the ability of cells to protect against illness.

- If you are looking for a super health food, you most certainly want to consider broccoli sprouts! You have probably heard of the wonderful health benefits of (mature) broccoli, but you may not have known that there are many other cell-protective compounds found abundantly in the baby sprouts which provide an arsenal of health benefits!

BROCCOLI SPROUTS AND SULFURPHANE
- In 1992, scientists at Johns Hopkins University identified sulforaphane, which is a compound that reduces the risk of unhealthy cell growth in the body. They found that it is abundant in broccoli.

- In 1997, the same researchers announced they found the same health-boosting compounds, but in much greater quantities, in broccoli sprouts!

- One researcher, Paul Talalay, M.D., (the J.J. Abel Distinguished Service Professor of Molecular Pharmacology) states “Three-day-old broccoli sprouts consistently contain 20 to 50 times the amount of protective compounds found in mature broccoli heads” while another study in the journal “Proceedings of the National Academy of Sciences” backs this up by stating: “Three-day-old sprouts of certain crucifers including broccoli and cauliflower contain 10–100 times higher levels of (sulforaphane) than do the corresponding mature plants.” Did you hear that? Up to 100 times the amount of this cell-protecting compound!

SULFURPHANE AND THE LUNGS
- In the March 2009 issue of “Clinical Immunology,” researchers reported that sulforaphane may help protect against respiratory inflammation brought on by poor lung health. The researchers prepared a solution ranging from 25 grams to 200 grams of broccoli sprouts, or a placebo. The preparations were administered to 65 men and women for three days. Participants who received the highest dose of broccoli sprouts had a 199 percent improvement in their ability to clean pollutants from their lungs! These enzymes help clean your lungs and keep your airways free of tissue damage!

Combining nature, faith, and love to bring healing to the world.
After Rancorous Debate, Colorado Senate Advances Strict New Measures on Gun Control

By JACK HEALY
Published: March 9, 2013

DENVER — Colorado took a major step late Friday toward enacting some of the toughest new gun measures that have been introduced since the mass shooting at Sandy Hook Elementary School in Connecticut touched off a national debate about gun control.

After more than 12 hours of emotional and bitterly divided debate, the Democratic-controlled State Senate gave preliminary approval to a package of gun bills. At its heart are measures that would require universal background checks for private gun sales and limit ammunition magazines to 15 rounds.

Other measures would create a fee for background checks; require those convicted of domestic abuse to surrender their firearms; and require residents applying for permits to carry concealed weapons to take in-person training classes, outlawing the handful of online-only courses now offered in the state.

END-TIME PERSPECTIVE: “By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself fully from righteousness. When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near.” 5T 451.
8 More Skin-Smoothing and Beautifying Foods!

1. Sweet Potatoes
   You should be eating this superfood more often than Thanksgiving! Sweet potatoes are packed with beta-carotene, an antioxidant that fights aging and vitamin C that erases lines and wrinkles by stimulating collagen production! A recent study in the American Journal of Clinical Nutrition found that volunteers who consumed 4 milligrams of C daily for 3 years decreased the appearance of wrinkles by 11 percent! Hate them mashed? Try them cut up and roasted with herbs or onions for an easy, awesome side.

2. Carrots
   Think of carrots as orange wonder wands - good for the eyeballs, and good for clearing up breakouts. No magic here, though, just plenty of beta carotene, which prevents overproduction of cells in the skin’s outer layer. That means fewer dead cells to combine with sebum and clog pores. Plus, when the body converts the beta carotene in these orange blemish-blasters to vitamin A, it halts the development of skin-cancer cells! Try them in a salad, juiced, steamed with other veggies, or by themselves, crunchy and raw!

3. Orange and Yellow Peppers
   Fight crow’s feet with peppers! According to dermatologists Wu and Bank, women who eat orange and yellow vegetables regularly tend to have fewer wrinkles, especially around the eyes, and studies have found that carotenoids - the antioxidants in yellow and orange veggies - can decrease skin’s sensitivity to the sun! So make sure your salad is colorful by adding peppers or add it to stir fry for enhanced nutrition!

4. Brazil Nuts
   Your favorite nut has a little skin-tightening secret: Selenium. Brazil nuts, which are also rich in magnesium, are a great source of this mineral, with 562μg (910% DV) per ¼ cup, and 96μg (137% DV) in a single kernel or nut! Selenium helps preserve elastin, a protein that keeps your skin smooth and tight. The antioxidant is also believed to buffer against sun damage, as it stops free radicals created by UV exposure from damaging your cells!

5. Sunflower Seeds
   Slow down the development of saggy, wrinkled skin by spooning sunflower seeds on your salad. These seeds are replete with vitamin E - a powerful antioxidant that decelerates the aging of skin cells and protects the skin from the sun, keeping us looking younger for longer! Vitamin E is also known for its ability to diminish the appearance of scars, so eat a small handful daily. Quick tip: Pair unsalted sunflower seeds with raisins for a snack that strikes a perfect balance between savory and sweet!

6. Olive Oil
   Indulge in Olive Oil! If you avoid fat for the sake of your waistline, your face could be paying the price. Joy Bauer, a nutritionist in New York City, says that a lot of young women have dry, flaky skin because they don’t eat enough fat! Despite all the hype about the supposed benefits of fat-free diets, it turns out that we need essential fatty acids for good health as well as for more elastic, dewy skin. While certain kinds of fats are bad for us, rather than using saturated

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 herbalist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.
or hydrogenated fats for cooking and eating, switch to extra-virgin organic olive oil: it is rich in healthy monounsaturated “good” fats. These fats strengthen our cell membranes, helping our skin to look nourished and radiant. Did you know? If you’re getting fewer than 20 grams of fat a day (roughly 2 tablespoons of oil), your skin may not be able to lubricate itself and your body may not absorb enough vitamin A, causing you to age more rapidly! Simple food switch: Rather than unhealthy dressings loaded with chemicals and sweeteners, sprinkle your salad with olive oil and toss in some avocados and nuts for glowing, radiant, younger-looking skin!

7. Pomegranates

Protect your skin with pomegranates! These odd-looking red fruits are packed with polyphenol antioxidants that fight free radicals and regulate skin’s blood flow, giving it a healthy rosiness. If you have dark spots such as freckles and skin stains, you know they often get darker after exposure to sun. The ellagic acid found in pomegranates can help with this by fading dark spots and smoothing the complexion. Research published in the October 2006 issue of the “Journal of Nutritional Science and Dermatology” evaluated the benefits of pomegranate in 13 women. The study noted improvement in skin stains and freckles, as well as increased skin brightness, in the subjects who consumed pomegranate. Eating pomegranates regularly can also help prevent acne and eliminate its root causes by correcting digestive problems and promoting healthy circulation of the blood. The fruit is rich in iron, a constituent part of hemoglobin that helps absorb oxygen, which is then carried to the skin cells, making the skin look fresh and smooth. In addition, the pomegranate is a good source of vitamin C, a powerful antioxidant that is necessary for regulating the production of sebum, an oily secretion of the sebaceous glands of the skin, which when not regulated, can contribute to acne formation. To treat acne or improve your skin using pomegranates, eating just one pomegranate or drinking a couple glasses of its juice daily should do the trick. And when applied topically, the fruits’ antioxidants help smooth lines, clear up blemishes, prevent the formation of scars, rejuvenate the skin cells, and moisturize. For acne, apply pomegranate extract or juice on the affected areas and you will see favorable results in a few days.

8. Beans

Actually, legumes, to be more precise. This is the class of plants that includes black beans, chickpeas, lentils, soybeans, and peanuts. And how do these puny pods protect your face? By smoothing out wrinkles! Australian researchers analyzed the diets of more than 400 elderly men and women and found that high intakes of legumes—alongside vegetables and healthy fats—resulted in 20% fewer wrinkles over time. The effect is likely a result of isoflavones—potent antioxidants—concentrated in the beans.

More Do’s and Don’ts for Flawless Skin

1. DO drink plenty of water.

Nothing will improve the appearance of your skin better than consuming enough water!! It’s a pity women spend so much money on skin products, while neglecting the cheapest and most effective one – water. Water is the single most important element for cellular integrity. Drinking water moisturizes your skin from the inside out and is essential to maintaining elasticity and suppleness while helping prevent dryness. The real fountain of youth
28

Our Firm Foundation

2. DO get some exercise. It's hardly news that exercise is great for your heart, lungs, and mental outlook. Here's another reason to get moving: Regular exercise is one of the keys to healthy skin! "We tend to focus on the cardiovascular benefits of physical activity, and those are important. But anything that promotes healthy circulation also helps keep your skin healthy and vibrant," says dermatologist Ellen Marmur, MD, associate professor of dermatology at Mount Sinai School of Medicine.

Exercise gives your complexion a beautiful, natural glow. When you exercise, your skin begins to produce more of its natural oils that help skin look supple and healthy. While that can naturally moisturize skin, remember to cleanse your face gently as part of your skin care routine when you shower to prevent any breakouts. Exercise also boosts oxygen and blood flow to the skin. Studies have shown that regular exercise boosts blood flow enough in type 2 diabetics to help reduce the risk of skin problems that lead to amputation. Exercise gets the blood flowing, and that increased blood flow carries more oxygen to the skin. The boost in blood flow and oxygen to the skin cells also carries nutrients that improve skin health, supporting all the effort you make with moisturizers and other skin care products on the skin surface. Make exercise your secret skin care ingredient for a young, healthier, and smoother complexion.

3. DO get plenty of sleep. Lack of sleep ages your skin! Most people have experienced sallow skin and puffy eyes after a few nights of missed sleep. But it turns out that chronic sleep loss can lead to lackluster skin, fine lines, and dark circles under the eyes! One of the reasons for this being: when you don't get enough sleep, your body releases more of the stress hormone cortisol. In excess amounts, cortisol can break down skin collagen, the protein that keeps skin smooth and elastic. Sleep loss also causes the body to release too little human growth hormone. When we're young, human growth hormone promotes growth, but as we age, it helps increase muscle mass, thicken the skin, and strengthen the bones. "It's during deep sleep - what we call slow-wave sleep - that growth hormone is released," says sleep expert Phil Gehrm, PhD. "It seems to be part of normal tissue repair -- patching the wear and tear of the day." So if you want to smooth out those lines and brighten your skin (not to mention strengthen it) then make sure you're in bed by 9 or 10 getting plenty of Z's!

4. DON'T reach for the salt shaker. Salt causes tissues to swell and may make your face seem puffy and unhealthy. Iodized salt is especially bad in high doses as it has been shown to aggravate acne.

5. DON'T smoke. When doctors compared smoking and nonsmoking identical twins, the results were undeniable: Smoking ages skin faster than almost any other factor! Wrinkles, deep lines, and furrows were more numerous in smokers. How does smoking lead to wrinkles? The nicotine in cigarettes causes narrowing of the blood vessels in the outermost layers of your skin. This impairs blood flow to your skin. With less blood flow, your skin doesn't get as much oxygen and important nutrients, such as vitamin A. Many of the more than 4,000 chemicals in tobacco smoke also damage collagen and elastin, which are fibers that give your skin its strength and elasticity. As a result, skin begins to sag and wrinkle prematurely!

6. DON'T load up on candy and junk food. Candy is loaded with sugar and overeating sugar causes wrinkles and dull skin. How? Sugar damages your collagen and elastin, the super important fibers that keep your skin firm and youthful, causing it to become dry, leading to premature wrinkles and sagging. Remember, many of the best foods for healthy skin also promote good health overall. Rather than focusing on specific foods for healthy skin, concentrate on a healthy diet in general. Eat plenty of fruits and vegetables, nuts, seeds and beans in your favorite meals. Limit or eliminate sweets and junk food. Strive for a variety of color in your diet and you'll be on your way to a healthy body and beautiful skin!

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http://www.care2.com/greenliving/five-best-foods-for-skin.html#ixzz26S1Qz6Qn
http://www.livestrong.com/article/469522-kiwi-fruit-for-skin-care/
A powerful detoxifier and loaded with nutrients! Carrot juice powder supports eyesight and healthy cholesterol levels, while balancing the body’s pH. With its naturally sweet, fresh taste, carrot juice is one of the most popular vegetable juices, yet juicing carrots can be expensive, messy, and time-consuming. With Hope for Health’s Organic Carrot Powder, you simply mix a scoop with water, juice, or a smoothie and enjoy! Try mixing our Organic Carrot Powder, Broccoli Sprout Powder, and Organic Beet Powder for a tremendously nutritious drink!

**HOPE FOR HEALTH’S CARROT POWDER HELPS BY:**
- Promoting healthy adrenal glands
- Strengthening and supporting colon health
- Maintaining acid-alkaline balance within the body
- Supporting healthy cholesterol and blood pressure levels
- Revitalizing & purifying the blood
- Supporting healthy eyesight
- Promoting healthy kidney function
- Enhancing the quality of breast milk in lactating women
- Improving the appearance of skin, hair and nails

**Price:**
10 oz. powder .................................................... $21.99

**Suggested Adult Dosage:**
- One scoop in water or juice once or twice a day with meals.

NOTE: 100% pure organic raw carrot powder has a tendency to clump so it is not unusual to find some clumps in this powder.

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

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

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

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**VITAMIN A**
- Carrots are nutritional heroes; storing a gold mine of nutrients. For starters, no other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A. The high level of beta-carotene is very important and gives carrots their distinctive orange color.

**CARROT POWDER FOR PREGNANCY**
- Vitamin A is essential for growth and differentiation of a number of cells and tissues. Notably during pregnancy and throughout the breast-feeding period, vitamin A has an important role in healthy development, with lung development and maturation being particularly important. It is recommended that a 40% increase in vitamin A intake for pregnant women and a 90% increase for breast-feeding women is important. So reach for Hope for Health’s Organic Carrot Powder to supplement your diet with a safe and rich source of beta-carotene to benefit the health of not only you, but also for your precious bundle!

**MORE NUTRITION**
- In addition to being a great source of beta carotene, our Organic Carrot Powder is rich in alkaline elements which purify and revitalize the blood. They nourish the entire system and help in the maintenance of acid-alkaline balance in the body. Carrot powder contains a very complete nutritional profile which helps provide our body with essential vitamins, minerals and enzymes such as:
  - Vitamins: B1 (thiamine), B2 (riboflavin), B6 (niacin), B7 (biotin) B9 (folic acid), C, and K
  - Minerals: Magnesium, and potassium
  - Phytonutrients: Lutein, lycopene, alpha, beta and gamma carotenes (converted to vitamin A in the body), zeaxanthin and xanthophyll.

**CARROT POWDER & EYES**
- Carrot Powder is excellent for the eyes and may improve eyesight and help with night vision, due to the beta-carotene (vitamin A) content. In fact, if a person is deprived of vitamin A for too long, the outer segments of the eye’s photoreceptors begin to deteriorate, and the normal chemical processes involved in vision no longer occur. And an extreme lack of vitamin A can even cause blindness! In the developing world, vitamin A deficiency is the leading cause of blindness. Restoring your vitamin A levels can help bring back vision lost due to a vitamin A deficiency. Lack of vitamin A can also lead to xerophthalmia, a condition in which the eyes can no longer produce tears, causing dryness in the eyes, swollen eyelids, and corneal ulcers. So make sure you’re getting enough of this beneficial vitamin with our Organic Carrot Powder!

**CARROT POWDER FOR LUNG FUNCTION**
- In addition to high levels of beta carotene, our Organic Carrot Powder is a great source of vitamin C. Studies show that high intakes of beta carotene with vitamin C were found to increase lung capacity and relieve respiratory problems, as well as protecting you from breathing difficulties.

**CARROT POWDER AND IMMUNITY**
- Beta carotene helps activate your thymus gland, one of your most important sources of immune protection. The thymus gland stimulates your immune system to fight off infections and destroy unhealthy cells before they can spread. Not only that, but the lignin found in our Organic Carrot Powder also helps to strengthen our immune system to fight against cell damage. In fact, two glasses of carrot juice a day can increase your immunity by as much as 70%!

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

Combining nature, faith, and love to bring healing to the world.
I was carried forward to the time when heathen idolaters cruelly persecuted and killed the Christians. Blood flowed in torrents. The noble, the learned, and the common people were alike slain without mercy. Wealthy families were reduced to poverty, because they would not yield their religion. Notwithstanding the persecution and sufferings which these Christians endured, they would not lower the standard. They kept their religion pure. I saw that Satan exulted and triumphed over their sufferings. But God looked upon His faithful martyrs with great approbation. The Christians who lived in that fearful time were greatly beloved of Him, because they were willing to suffer for His sake. Every suffering endured by them increased their reward in heaven.

Satan fought against the government of God to overthrow the church

Although Satan rejoiced because of the sufferings of the saints, yet he was not satisfied. He wanted control of the mind as well as the body. The sufferings that they endured only drove them closer to the Lord, leading them to love one another, and causing them to fear more than ever to offend Him. Satan wished to lead them to displease God; then they would lose their strength, fortitude, and firmness. Although thousands were slain, yet others were springing up to supply their places. Satan saw that he was losing his subjects; for although they suffered persecution and death, yet they were secured to Jesus Christ, to be the subjects of His kingdom. Satan therefore laid his plans to fight more successfully against the government of God and overthrow the church. He led the heathen idolaters to embrace a part of the Christian faith. They professed to believe in the crucifixion and resurrection of Christ, and proposed to unite with the followers of Jesus, without a change of heart. Oh, the fearful danger of the church. It was a time of mental anguish. Some thought that if they should come down and unite with those idolaters who had embraced a portion of the Christian faith, it would be the means of their full conversion. Satan was seeking to corrupt the doctrines of the Bible.

The Christians united with the heathen and the church lost its purity and power

I saw that at last the standard was lowered, and that the heathen were uniting with the Christians. Although these worshipers of idols professed to be converted, they brought their idolatry with them into the church, only changing the objects of their worship to images of saints, and even of Christ and of Mary His mother. As the followers of Christ gradually united with them, the Christian religion became corrupted and the church lost its purity and power. Some refused to unite with them; such preserved their purity and worshiped God alone. They would not bow down to an image of anything in the heavens above or in the earth beneath.

Satan exulted over the fall of so many; and then he stirred up the fallen church to force those who would preserve the purity of their religion either to yield to their ceremonies and image worship or be put to death. The fires of persecution were again kindled against the true church of Christ, and millions were slain without mercy.

A great slaughter ensued between the two companies

It was presented before me in the following manner: A large company of heathen idolaters bore a black banner, upon which were figures of the sun, moon, and stars. This company seemed to be very fierce and angry. I was then shown another company bearing a pure white banner, upon which was written, “Purity and holiness unto the Lord.” Their countenances were marked with firmness and heavenly resignation. I saw the heathen idolaters approach them, and there was a great slaughter. The Christians melted away before them; and yet the Christian company pressed the more closely together, and held the banner more firmly. As many fell, others rallied around the banner and filled their places.

There was compromise in the Christian ranks

I saw the company of idolaters consulting together. Failing to make the Christians yield, they agreed to another plan. I saw them lower their banner and then approach that firm Christian company and make propositions to them. At first their propositions were utterly refused. Then I saw the Christian company consulting together. Some said that they would lower the banner, accept the propositions, and save their lives, and at last they could gain strength to raise their banner among
the heathen. A few, however, would not yield to this plan, but firmly chose to die holding their banner rather than to lower it. Then I saw many lower the banner and unite with the heathen; but the firm and steadfast would again seize it and bear it on high. I saw that persons were continually leaving the company of those who bore the pure banner, and were uniting with the idolaters under the black banner, to persecute those bearing the white banner. Many were slain, yet the white banner was held high, and believers were raised up to rally around it.

The Jewish nation called down a curse upon their own heads

The Jews who first aroused the rage of the heathen against Jesus were not to escape unpunished. In the judgment hall, as Pilate hesitated to condemn Jesus, the infuriated Jews cried, “His blood be on us, and on our children.” The fulfillment of this terrible curse which they called down upon their own heads, the Jewish nation has experienced. The heathen and those called Christians alike have been their foes. Those professed Christians, in their zeal for Christ, whom the Jews crucified, thought that the more suffering they could bring upon them, the better would God be pleased. Many of the unbelieving Jews were therefore killed, while others were driven from place to place and were punished in almost every manner.

Individuals among the Jews will yet be converted

The blood of Christ and of the disciples, whom they had put to death, was upon them, and they were visited with terrible judgments. The curse of God followed them, and they were a byword and a derision to the heathen and to so-called Christians. They were degraded, shunned, and detested, as if the brand of Cain were upon them. Yet I saw that God had marvelously preserved this people and scattered them over the world that they might be looked upon as specially visited by the curse of God. I saw that God had forsaken the Jews as a nation; but that individuals among them will yet be converted and be enabled to tear the veil from their hearts and see that the prophecy concerning them has been fulfilled; they will receive Jesus as the Saviour of the world and see the great sin of their nation in rejecting and crucifying Him.

EW 210
“Faith, hope, and love are sisters, and their works blend perfectly to shine amid the moral darkness of the world.” TDG 131

“And now abideth faith, hope, and charity, these three; but the greatest of these is charity.” I Cor. 13:13