



*our firm*  
**FOUNDATION**

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

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**Miracles and  
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# Editorial

Clark Floyd

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*We should have Christ's love for others, even gay people, but not give approval to their unbiblical lifestyle.*

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In this month's *News Watch* I comment on the *Time* magazine account of the great acceptance of gay marriage in the world today and point out how unacceptable it is to God as recorded in the Bible. Homosexuality is described as a sin in more than one place in the Bible, but again we are informed that it will be more prominent in the last days before the Lord comes a second time—"as it was in the days of Lot".

Sometimes it seems like people are more in favor of something the more they see other people that are in favor of it—gay marriage has gone from an unfavorable position to a position of favor by more than ½ the Americans according to the article in *Time*. The problem is that by our accepting something like the gay lifestyle in others, even though we may not be gay, we, as Christians can lose our salvation by consenting to sin.

We should have Christ's love for others, even gay people, but not give approval to their unbiblical life style. We should instead encourage people to seek the power of Jesus Christ to overcome their sin, even as we would an alcoholic or other sinner.

Christ can give victory—I know of two different men who have overcome in their gay lifestyle—one is married and is now a Seventh-day Adventist pastor with two children, and the other has appeared on television speaking of the power that Jesus furnished in his life to overcome.

Many of the gay people I have met are very friendly and likeable people,

but so are others who are alcoholics, or involved in other sin. I want to see these people in the earth made new, but they will only be there if they are overcomers here.

Ellen White states in the *Desire of Ages* at page 806: "Warn every soul that is in danger. Leave none to deceive themselves. Call sin by its right name. Declare what God has said in regard to lying, Sabbath breaking, stealing, idolatry and every other evil."

And in *I Timothy* 1:9 & 10, we read: "Knowing this, that the law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers of fathers and murderers of mothers, for manslayers, for whoremongers, for them that defile themselves with mankind (sodomites in the NKJ), for menstealers, for liars, for perjured persons, and if there be any other thing that is contrary to sound doctrine."

It can be readily seen that the gay life style is listed among the worst of sins, but notice the following promises from the writings of Ellen White:

"None are so low, so corrupt and vile, that they cannot find in Jesus, who died for them, strength, purity and righteousness, if they will put away their sins, cease their course of iniquity, and turn with full purpose of heart to the living God." 2T453.

"The fallen must be led to feel that it is not too late for them to be men. Christ honored man with His

confidence and thus placed him on his honor. Even those who had fallen the lowest He treated with respect. It was a continual pain to Christ to be brought into contact with enmity, depravity and impurity; but never did He utter one expression to show that His sensibilities were shocked or His refined tastes offended. Whatever the evil habits, the strong prejudices, or the overbearing passions of human beings, He met them all with pitying tenderness." MH 165.

"Satan may whisper, 'You are too great a sinner for Christ to save.' While you acknowledge that you are indeed sinful and unworthy, you may meet the tempter with the cry, 'By virtue of the atonement, I claim Christ as my Saviour. I trust not to my own merits, but to the precious blood of Jesus, which cleanses me.'" SD 224.

And to each of our readers comes the following promise: "When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven. No one sees the hand that lifts the burden, or beholds the light descend from the courts above. The blessing comes when by faith the soul surrenders itself to God. Then that power which no human eye can see creates a new being in the image of God." DA 173.

**Our Mission:**

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

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# Miracles and Management

By Joe Olson

Today, I'd like to talk about end time events. Now, not in the ordinary, or the usual sense, delineating the latest happenings in the Church or the weather or the world or in Catholicism, etc.

Not that these things are not important or don't deserve attention, but frankly, none of them matter if we do not understand what God expects of us, whether it is today or when everything comes apart in this world. In my mind, what is the most important is our relationship with Jesus and knowing, hearing, and understanding His voice.

Doesn't it make sense to you with the two great powers opposing one another that we'd better make sure we know whose voice we are listening to? There is only one single way to make absolutely sure we know whose voice we are listening to, and it's not dreams or visions or feelings or senses or anything else that can be either manipulated or twisted by ourselves or the devil. It is only the unerring

word of God. The more you study it, the more you read it, the more you memorize it, the better you will be prepared for these last days.

## **Satan will be using miracles to deceive us**

We are told that we will not be able to believe our own eyes towards the end. The Bible says that Satan will appear as an angel of light. He will look good, sound good, even act good, just like you would expect an angel to be like. But it will be the devil.

Then how can we tell who is who and what is what; the *only* arbiter of right and wrong; the *only* thing that cuts to the marrow to see what's inside; the *only* thing that we all have access to and will keep us walking in the light; the *only* thing we are told will be a light unto our path... this path at the end of time - the word of God. It may, and I may, sound like a broken record, and if there were another



way to know, I would certainly tell you, but there is absolutely no other answer to give. God's holy word is the cleaver that divides truth from error.

That being addressed, I'd like to talk about miracles today. I'd like to talk about what miracles we can expect, and what we cannot expect. From my talks with people, both locally and nationally and internationally, there seems to be a lot of hope and dependence upon what God is going to do for them. And let me make this perfectly clear... no one will make it through these last days without God!

But I am afraid that the culture of today, and sadly, of a lot of Christian people, is that God is going to have to fix it for them. Now here is a fine line, because God *IS* going to help you make it through... but He will not do it while *we* do nothing for ourselves.

### What do you think you are entitled to?

This world, unfortunately, is filled with people who expect something for nothing. I remember reading an article about the groups of people who would protest about the greed of Wall Street and bankers and evil corporate people, etc., and this young man was asked what he expected, and to my utter amazement, he said he felt his education should be paid for. When asked, "By who?", he said he didn't care... just that it should. Then he was asked if he should be provided a car too, and he said he thought that would be nice.

Many people have heard that we are becoming an "entitlement" society. That means people feel entitled, or owed something... or many things. And why do they believe they are owed these things? Because they *want* them. Not because they have done something to deserve them or that they have worked hard for them, but simply because they want them.

### Cheap grace tells us that we are entitled to heaven, regardless

And one of the main culprits in this, "you deserve this" culture is the Church. Cheap grace, or the idea that Jesus is going to take you to heaven while you just keep on being evil and doing evil things, or sinning, is part of what has caused this "entitlement" society. I mean, the way some people think about it, Jesus practically owes them heaven! After all, they have *said* they love Jesus! They have gone to church all their lives! They tithe, for crying out loud! Who could be more worthy of heaven? And so, as things come to a close on this earth, there is going to be a



lot of expectation of miraculous intervention from heaven. I mean, when you're a child of God, He is going to pave the way for you... right? God will hide us and protect us and feed us and provide whatever else we need... right? And our contribution to this miraculous intervention is what? The fact that we deserve it? The fact that we want it? Maybe the fact that we have worked so hard for it?

### What does scripture say about our part?

Again I ask, what is our contribution, or our duty, in all of this? The Bible gives us the answer. The Bible always gives us the answers. Let's turn to the Book of Nehemiah. To give you a short sketch of where we are in Nehemiah, he has come from Babylon to help the Jews restore and rebuild Jerusalem and the city's walls and the temple. And they have started the work, and things are going pretty well, but then there is opposition from the area tribes and peoples.

We pick up the story in chapter four... "But it came to pass, that when Sanballat heard that we builded the wall, he was wroth, and took great indignation, and mocked the Jews. And he spake before his brethren and the army of Samaria, and said, What do these feeble Jews? will they fortify themselves? will they sacrifice? will they make an end in a day? will they revive the stones out of the heaps of the rubbish which are burned? Now Tobiah the Ammonite was by him, and he said, Even that which they build, if a fox go up, he shall even break down their stone wall. Hear, O our God; for we are despised: and turn their reproach upon their own head, and give them for a prey in the land of captivity: And cover not their iniquity, and let not their sin be blotted out from before thee: for they have provoked thee to anger before the builders. So built we the wall; and all the wall was joined together unto the half thereof: for the people had a mind to work. But it came to pass, that when Sanballat, and Tobiah, and the Arabians, and the Ammonites, and the Ashdodites, heard that the walls of Jerusalem were made up, and that the breaches





began to be stopped, then they were very wroth, And conspired all of them together to come and to fight against Jerusalem, and to hinder it. Nevertheless we made our prayer unto our God, and set a watch against them day and night, because of them.” Neh. 4:1-9.



important. Why didn't they just pray for God to protect them, and then go to sleep, knowing God would fix everything? Why did they set up a watch? I mean, really, doesn't God know their needs and their predicament? Isn't He acutely aware of the situation? All He has to

## The task of the Jews after returning to Jerusalem was to clean up and rebuild

The story so far is that the leaders of the other tribes and nations are not happy with what's going on. The city of Jerusalem, the city walls round about, and the temple itself have been in ruins for 70 years. These tribes' wretched enemies, the Jews, have been captive in Babylon for 70 years.

The tribes have had the run of the land for 70 years. Now these Jews have returned, and Sanballat and Tobiah, and the rest of the people are really unhappy about it. First, they use ridicule to try to embarrass the Jews into stopping their work. And finally, when they see that did not stop them, they threatened violence. They decided they would gather together and fight the Jews.

And this is where I'd like to focus our attention for a few minutes. The Jews have been allowed to return home after their 70 years of captivity. They have been tasked with cleaning up and rebuilding everything again. In the beginning, they are successful and everything is going well. But then there comes the opposition. They ridicule and snicker and laugh at the people to try to shame or embarrass them into stopping the work. Then they make physical threats to their safety and plan to go to war with them. And we notice that Nehemiah and the people pray to God for help. They know their help lies *only* in the God of heaven. They are His children and He wants them to call on Him in times of distress and suffering.

## Nehemiah knew God was not going to just “fix” everything without their involvement

But there was something else they did that we must not overlook. Nehemiah set a “watch” against them. In other

words, they set guards around to watch for their enemy. They didn't just pray... they also did what they could to prevent this attack. This is very



do is send one angel and that angel can wipe out hundreds of thousands of their enemies. He can strike them all blind. He can cause confusion and have them end up killing each other. Each one of these scenarios I have mentioned has actually been done before by God. So, why not do it again? Why did *they* have to do anything?

Now, before we answer this question, let's continue in the story a little further... “And Judah said, The strength of the bearers of burdens is decayed, and there is much rubbish; so that we are not able to build the wall.” Neh. 4:10. Apparently, these jibes and jabs and jeering have had an effect. Their strength is decayed and there is a lot of trash around, so they can't build the wall.

## The enemies' mind games were working

Wait a minute! Verse 6 of this same chapter said that they have already built half the wall. That's why the enemy was so upset... because the wall was already halfway done! Now the Jews can't finish because there is a lot of trash around? There must have only been half as much trash now because they were half done. No, this had nothing to do with trash. This had everything to do with trash *talk*. The mind games that Sanballat and Tobiah and the others were playing were having the desired effect. The threats were working. “And our adversaries said, They shall not know, neither see, till we come in the midst among them, and slay them, and cause the work to cease.” Neh. 4:11.

Okay, now we have clear evidence what the real problem was... and it was not trash. The Jews repeated the threats that their enemies cast at them. “They said that we would not know or see them until they were right in the middle of us and then they would kill us to stop the work.” They were ready to quit at the first sign of trouble. “And besides the threats,” they said, “there is a lot of trash around here, too.”

## Most of us live by excuses

How often have you heard someone make an excuse for something, when the excuse has nothing to do with the situation? “Why haven't you finished your homework?” -



“My teacher is mean.” What does that have to do with anything? “Why are you working so slow?” - “The other people are working slow.” What does that have to do with your work ethic? “Why did you go out to eat on the holy Sabbath day?” - “The pastor does it.” None of those are reasons for what we do. What others do has nothing to do with what we should do. “Everyone else is doing it” is not a justifiable reason to God.

We’ve all heard our parents say, “So, if your friend jumps off the cliff and kills himself, you are going to do the same?” Of course, when we heard that, we thought it was a stupid question, but they were right, weren’t they? The real reason we do things is because we *want* to do them. Or... we *don’t* want to do them. Everything else is just excuses. When we learn that, we are going to have real character change come into our lives.

Most of us live by excuses. And most of us blame others for what we do. “It’s not my fault...” “Billy said...”, or “Someone told me...”, or “I didn’t know”, or whatever.

How about this one? - “I didn’t have time.” You didn’t have time? Who took your time from you? Did someone steal time? What we actually mean is that we had time of course, but we chose to do something else with our time. “Oh, I didn’t have time to call...”. You had time, you just chose to watch the movie, play ball, make a nice meal, go shopping and then, when you got home, it was too late. There was plenty of time... you just used it up doing other things. But, who wants to say, “Oh, I had time, but you just weren’t that important to me.” Yet, that is the truth, isn’t it? The Jews were scared and they didn’t want to admit their fear, or have it be the only reason. They did admit that the Samaritans and others threatened to kill them, but the real reason is that there is a lot of trash around... you know.

**Our families can sometimes be our worst enemies**

Let’s return to the story... “And it came to pass, that when the Jews which dwelt by them



came, they said unto us ten times, From all places whence ye shall return unto us they will be upon you.” Neh. 4:12. Here is another perfect example of letting others dictate your actions... Their countrymen, the

Jews who were not taken to Babylon 70 years ago, came to their brethren and said to them, “They’re gonna get you, they’re gonna get you, they’re gonna get you...” Ten times they said it. If threats are going to work, ten threats are better... right? And even better, have the threats repeated by family members! Yes, often our worst enemies are our own families. Sad, isn’t it?

But again, nothing has been done... it has all been ridicule or threats. Nothing has actually happened to anyone. But Nehemiah is not cowed down by these

threats. He has prayed to God and he does what he can to avert the threatened action. “Therefore set I in the lower places behind the wall, and on the higher places, I even set the people after their families with their swords, their spears, and their bows. And I looked, and rose up, and said unto the nobles, and to the rulers, and to the rest of the people, Be not ye afraid of them: remember

the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses.” Neh. 4:13, 14.

**Nehemiah did not expect God to do it all**

Nehemiah was always very careful to point out that the Lord was with them... the “great and terrible” Lord. But, he did not expect to do nothing. He set the families up in various places on the wall with weapons. And he told them to fight for their brothers and sons and wives and homes. He did not expect God to wipe out their enemies while they sat in idle expectation. He expected to fight, and for the Lord to help.

This is crucial! Do what you can, and then expect the Lord to help. “And it came to pass, when





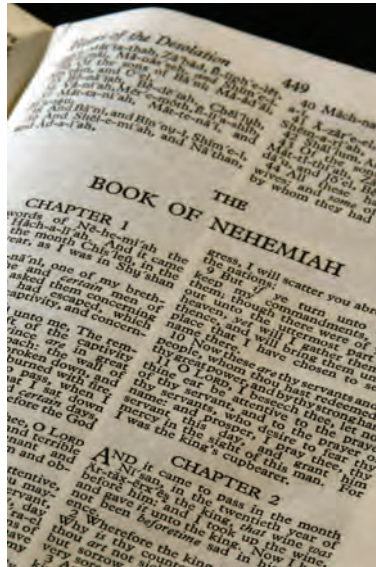
our enemies heard that it was known unto us, and God had brought their counsel to nought, that we returned all of us to the wall, every one unto his work.” Neh. 4:15. When the Jews stood up and prepared to defend themselves, their enemies thought better of going to war with them.

Now, I have a question... Had Sanballat and Tobiah seen the Jews all resting comfortably in their beds, assuming God would take care of everything for them, would they have been in as much fear about fighting them? Was this, then, a miracle of God, or proper management by Nehemiah? Did God protect the Jews? Absolutely! But not in the miraculous way we might have expected. He protected them by giving Nehemiah proper management tools. God instilled in Nehemiah that the work would be done by hard, arduous labor and not by simply waiting for God to do it for them.

### Why doesn't God just do everything Himself?

Let me ask you this... If God would just wipe out the enemies of the Jews when they prayed, without doing anything to protect themselves... then why not rebuild the temple and walls for them too? Why does God want *them* to rebuild the walls? Why not just blink His eyes and make it all brand new for them? Because they needed the character development. The rest of this chapter goes into more detail about the precautions that Nehemiah and the people took to ward off any possible attack. But the point of chapter four here is that we need to do all we can to get ready ourselves, and *then* depend upon God for the rest. But the devil doesn't want you to know that. He wants you to do nothing, and then expect God to do everything for us. Then, when God doesn't intervene like we think He will, Satan will blame God for our terrible situation so we will turn from our only Hope. That's why we can't give our children every thing they want... they have to work for it. Otherwise, they grow up like the young man I mentioned before. They think it should be theirs... you know... because.

If we teach an entire generation that they deserve things just because they exist, what will happen to them when God does not do it for them? They will not want to serve



a God that will not give them everything and do everything for them. If they grow up expecting it to be handed to them, they will despise a God who asks them to put some effort into it.

### Our character development depends on our knowing what our part is, and doing it

And just for a second... let's again address why God wants *us* to work for it, whatever "it" is. God knows that we need to work and think and act like it is all upon us so that we will grow and learn and stimulate our minds and characters so we can be like our Father in heaven. What good will we be to anyone, much less God, if all we are good for is to continually ask for everything and we are nothing but users and takers?

Now, since we know that we have to do all we can, like Nehemiah, to prepare for the events shortly to come to pass, what should we be doing? Obviously, first, we need to make sure we know our Father and our God by study and prayer and meditation upon His word. And after that, we need to do what we can to answer our own prayers, and *then* depend upon God for what we cannot do. And we absolutely need to help our children see that they need to do all they can to help themselves, and then to ask us for what they cannot do. That way, they will be prepared to accept a God who does not just hand them everything on a silver platter. They will recognize the virtue of a God that values the results of applying oneself and working hard to achieve. Then, by Jesus' power, and our effort, all of our characters can be molded in the form that God can accept. And we will see miracles in the management of the talents God has blessed us with. When we work and struggle to achieve and put

forth the most strenuous effort to answer our own prayers, THAT will be the greatest miracle God can ever do for us!



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# CHRIST, OUR MEDIATOR AND ADVOCATE

By James Edson White

“For there is one God, and one mediator between God and men, the man Christ Jesus.”  
1 Timothy 2:5

If two persons are involved in a difficulty, and can not agree, it is a common custom for some friend to act as a mediator, arbitrator between the two. In this capacity Jesus Christ acts between God and man. Man is estranged from God. In his sinful condition he is not reconciled to the government of God; for we read that the “carnal” (natural) mind is enmity against God: for it is not subject to God’s righteous government, and that can be done only by the power of God. Since the fall of man by sin, all men are carnal. Even the apostle Paul

said, “I am carnal, sold under sin.”  
Rom. 7:14.

### **The death of Christ alone could not save man**

In order to save man it was necessary that a divine sacrifice should be made for the sins of the world. This was provided by the death of Jesus Christ. But the death of Christ alone could not save man. Christ must rise from the dead, and then, in His divine and human nature blended, act as the Mediator between every

repenting sinner and the Father, pleading in the sinner’s behalf the merits of His sacrifice.

Before Christ came in the flesh, this office of mediatorship was represented by the priesthood, especially by the high priest of the Jewish nation. As the high priest was to bear upon his shoulders, graven in stone, the names of all the tribes of Israel, representing the people of God (Ex. 28:9-12), so Christ takes upon Himself the task of bearing all His people, and bringing them into harmony with the government of God.



## **God feels no hatred toward the sinner**

We should not forget that God, so loving mankind that He gave His own Son to die in the sinner's place, has no feeling of hatred toward the sinner. He is not a hard master, whose anger must be placated. He loves the sinner, and because of that love, He gave His Son to die for him, that the sinner might be separated from his sin, which, if not removed, must for ever separate him from God and happiness. Through Jesus Christ as mediator, God, thought the author of all things, and the one who has been wronged by sin, takes the first step toward a reconciliation.

So we read: "All things are of God, who hath reconciled us to Himself by Jesus Christ, and hath given to us the ministry of reconciliation; to wit, that God was in Christ, reconciling the world unto Himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation." And Christ, having shown by His sacrifice that God still loves the sinner, now sends out His ministers, praying us, praying all mankind, to be reconciled to God. 2<sup>nd</sup> Cor. 5:17-20.

## **Christ gives us His righteousness**

Christ comes to us as a friend and helper, as one who has influence and power with God. He brings to us the terms by which, if we accept them, we may be restored to favor with God. These conditions are honorable to God and merciful to us. Since He has died for us, the law of God



will not be lowered by our salvation. He can "be just, and the justifier of him which believeth in Jesus". Rom. 3:26. Christ, in answer to our faith, gives us His righteousness, which is just what the law of God demands, to cover all our sins. So we have His death for our death, and His life for



our life. Accepting this gracious offer, sinners and aliens become children and saints of God.

## **We must all appear at the judgment seat of Christ**



Christ is also our advocate. Hence we read: "If any man sin, we have an advocate with the Father, Jesus Christ the righteous." 1 John 2:1. An advocate is one who pleads the cause of another. Every being has a case at the bar of God. "We must all appear before the judgment-seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." 2<sup>nd</sup> Cor. 5:10. If we have Christ for our advocate, why should we fear? He is the only begotten of the Father; but it is as a man that He represents us and pleads for us. The mediator, the advocate, is the "man Christ Jesus." He was made like us. "Wherefore in all things it behooved Him to be made like unto His brethren, that He might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. For in that He Himself hath suffered being tempted, He is able to succor them that are tempted." Heb. 2:17 & 18.

## **Christ will give us rest**

Behold the wonderful provisions of divine grace! The Son of God dies as a sacrifice for our sins. He is also the mediator, pleading with us to accept the gospel of salvation, which, at so great a price, He has made it possible for us to secure. With the sweat of Gethsemane upon His brow, with the blood of the sacrifice dripping from pierced hands, feet, and side, from suffering unspeakable, and with love unutterable, He appeals to us, saying, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." Matt. 11:28. Then when we come to Him, He bears our case upon His heart; and when we repent, He pleads our case before the Father, and obtains for us a pardon.



# Lessons From a Hymn

By Patricia J. Smith

“Moment by Moment” is one of my all-time favorite Christian hymns. It describes the new birth experience and the resultant abiding presence of the Lord Jesus Christ in every situation of life that one may encounter.

“Dying” is the very first word of stanza one. Death and dying are for their very nature hated and feared topics for the human race. We who are in the land of the living desire to avoid thinking about dying, about death, until forced to do so by the terminal illness or death of a loved one or by hearing of a tragedy.

The death that is spoken of in this hymn is not the wages of sin, the ceasing of this earthly life. No, this death is the beginning of the Christian life; the start of following Jesus wheresoever He goes. This death is denial of self and all selfish desires. In Scripture, Jesus describes self-denial as a cross. “If any man will come after me, let him deny himself, and take up his cross, and follow me.” (Matt. 16:24).

In this well-beloved hymn, the sting of this death to self is relieved and eased greatly by the next two words in stanza one: “with Jesus”. By these two most precious words we are reminded of just who Jesus is, “God with us.” All throughout the entire Bible, we are told of Christ’s abiding presence with His children,

strengthening them. Here are three of these most encouraging promises:

- “For this God is our God forever and ever: he will be our guide even unto death.” (Psalm 48:14)
- “Fear thou not; for I am with thee: be not dismayed; for I am thy God...” (Isaiah 41:10)
- “And, lo, I am with you always, even unto the end of the world. Amen” (Matthew 28:20)

This death that each person must die with Jesus in order to become a true child of God, is in the words of this hymn, “a death reckoned mine.” When we understand what took place

on Calvary, we will know without a doubt, that our Savior paid the redemption price on that old rugged hill when He shed His precious blood, in our place, dying our death. Each and every person, excluding infants, has sinned, has transgressed God’s holy law by which the universe is governed—the Ten Commandments. Thus each of us who have

sinned deserve to be crucified for these sins, for “the wages of sin is death.”

We deserve to suffer the same cruel, agonizing death that Jesus suffered when He took our place.

As we realize the depth of love that Christ has for us, His wicked enemies who sinned against Him and crucified

Him, we will love Him as He first loved us. It is then that we will understand that this unfathomable love, this yearning compassion for us led Him to die the death of the guilty, even though He was completely sinless and innocent. It was His amazing, totally unselfish love for us that led Him to leave His

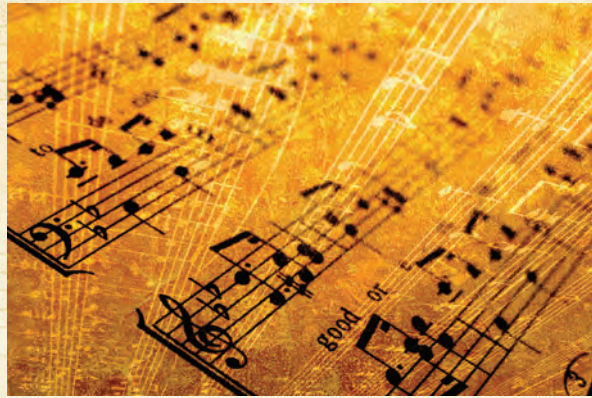
riches in Heaven and become a poor man on this earth, that we through His poverty might gain eternal riches. When we truly see what He has done for us who deserve only a cruel death, our stony hearts are broken up and we are given hearts of flesh, contrite and repentant minds influenced by the convicting Spirit of God, the third Person of the Godhead. Thus we are led to yield our entire lives to the loving Savior who redeemed us, brought us back to God from the evil clutches of Satan on Calvary, to remake us in His image, that we may become “new creatures” in Him. It is after we have accepted His substitutionary death on the cross for us, after He has become our personal Savior, that He calls us to our own crucifixion.

Only through “Dying with Jesus by death reckoned mine,” that we can





begin “living with Jesus a new life divine.” Both Jesus and His faithful servant, the apostle Paul speak of this crucifixion that is entailed in accepting and believing in Christ. Earlier we noted Jesus’ comment to His disciples about cross-bearing (self-denial) in Matthew 16:24. In true Christianity, the disciple is as the Master. Since our



Master was crucified, we also must be crucified. This death, this putting to death the old nature (the old man) is symbolized by the cross of Christ, and this cross each of us as believers is called to bear, yea, must bear, for there is no Christianity without a cross.

Paul declares regarding this crucifixion of self with Christ these most powerful words: “I am crucified with Christ: nevertheless I live: yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” (Galatians 2:20).

This new life that is lived by the born-again believer, who has died to self and sin, and risen to “newness of life” from the watery grave of baptism by immersion, is centered in Christ Jesus. Everything now revolves around Christ, as we die daily to self. (1 Corinthians 15:31). Focused on Christ, we die and live with Him, even “moment by moment.”

The first stanza concludes with these thrilling words: “Looking to Jesus till glory doth shine, moment by moment, O Lord, I am thine.” The refrain chimes in: “Moment by moment I’m kept in His love; Moment by moment I’ve life from above; Looking to Jesus till glory doth shine; Moment by moment, O Lord, I am thine.” Every moment of every day our lives are in the hands of our Lord and as we receive new life from above, we are kept in His love.

Jesus makes it very plain that the only way we can abide in His love

is to be commandment keepers, just as He is. As He kept His Father’s commandments here on earth, when He lives in us the new resurrection life of Christianity through the indwelling of the Holy Spirit, His representative on earth, He will keep the Ten Commandments in us, enabling us- His disciples- to fully obey all of the commandments, including the fourth regarding God’s sanctified seventh-day Sabbath of rest and worship. Jesus Himself declares, “If ye keep my commandments, ye shall abide in my love, even as I have kept my Father’s commandments, and abide in his love.” (John 15:10).

Throughout His life Jesus did no sin, keeping all of His Father’s Ten Commandments. All that the Father has belongs to Christ as well (John 16:15), so the Ten Commandments belong to Jesus and are the commandments that His disciples will obey if they love Him.

If we allow Jesus to dwell in our hearts by faith and live out His perfect law of love (the Ten Commandments) in our lives, we will abide in His love. On the other hand, if we shut our ears against hearing His Holy Law, if

we ignore and disobey His royal law of Ten Commandments, we will not abide in Jesus or be kept in His love. It is just that simple. The decision whether or not to keep all ten of the commandments is ours to make, for they stand or fall together as a unit, an entire whole. If we break or transgress one commandment, we have broken them all and are guilty of all. (James 2:10, 11). It is true love to both God and man that leads a believer in Christ to obey God’s moral law; not to be saved, but because one has already been redeemed on Calvary and has the love of the Infinite God in the soul. “By this we know that we love the children of God, when we love God, and keep His commandments. For this is the love of God, that we keep his commandments; and his commandments are not grievous.” (1 John 5:2, 3).

If, however, we turn away our ears from hearing the law of God, we do not truly understand who God is and we do not truly love Him, whose character of pure love is outlined in His law. It is then, when we thus shut our ears, that even our prayers become hateful and disgusting to God. “He that turneth away his ear from hearing the law, even his prayer shall be

abomination.” (Proverbs 28:9). Clearly, knowing disobedience to God’s law leads to our leaving Christ, not being able to abide in His love. Disobedience entails hatred for the law of God being in our hearts, our minds. We abide in hatred when we are disobedient to God. The





prime example of this reality is the experience of the first and oldest sinner, Satan.

Jesus declared of Satan, that he “abode not in the truth, because there is no truth in him.” (John 8:44). And what is truth? “Thy righteousness is an everlasting righteousness, and thy law is the truth.” (Psalm 119:142). So, the devil did not abide in the law of God, which is the truth. He became the first sinner, leaving the law of God behind him; for in order to sin, he had to transgress and break the law of God. (See 1 John 3:4). He loves to see human beings created in the image of God following his own evil example of law breaking. This is why he encourages preachers, teachers and ministers of the gospel to proclaim that the law was nailed to the cross and is no longer valid for the Christian. Many, so very many, Christians fall for this clever lie and for this reason sin is so rampant in the churches of today.

The Biblical truth that God’s commandments “stand fast forever and ever” (Psalm 111:7, 8) is hid from their eyes.

Moment by moment as we abide in His love, keeping His Ten Commandments in the strength Christ gives us, we can claim His promise, “I will never leave thee, nor forsake thee.” Always, in every situation, the power and presence of Christ is available to comfort, to heal, and to bless, according to His will. In the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> stanzas of this hymn we are reminded that in trials, burdens, and sorrows Christ is there. He does not leave us in our heartaches, tears, groans, moans or danger. In our weakness, our sickness, in woe or in weal, Jesus abides with us



still.

We get an even richer understanding of Christ’s abiding presence through all the varied circumstances of life if we connect the words of these last three stanzas to the experiences of God’s commandment-keeping people in His word. We will see how the promises of this hymn were fulfilled to them:

**2<sup>nd</sup> Stanza-**

“Never a trial that He is not there”- The three Hebrews in the fiery furnace- Daniel 3:25  
 “Never a burden that He does not bear”- The woman bent double with infirmity- Luke 13:10-16  
 “Never a sorrow that He doth not share”- The bereaved widow Naomi- Ruth 1<sup>st</sup> 20; 4:14-16  
 “Moment by moment I’m under His care.”

**3<sup>rd</sup> Stanza-**

“Never a heartache”- Barren Hannah praying for a child- 1 Samuel 1:6, 10, 20  
 “Never a groan”- The psalmist David weary with groaning\_ Psalm 6:6-9  
 “Never a teardrop”- Mary Magdalene weeping at Christ’s tomb- John 20:15-18  
 “Never a moan”- The children of Israel enslaved in Egypt- Exodus 3:9-10  
 “Never a danger”- The teenaged



David facing the giant Goliath-1 Samuel 17:37, 49,50  
 “But there on the throne, Moment by moment He thinks of His own.”

**4<sup>th</sup> Stanza-**

“Never a weakness that He doth not feel”- The apostle Paul’s thorn in the flesh (poor eyesight)- 2 Corinthians 12:7-9; Galatians 4:15  
 “Never a sickness that He cannot heal”- Man crippled for 38 years @ Pool of Bethesda- John 5:5-9  
 “In woe”- Isaiah the prophet, undone, of unclean lips- Isaiah 6:5-8  
 “In weal”- Abraham, greatly blessed of God with wealth- Genesis 24:34, 35  
 “Jesus my Savior abides with me still.”

God is no respecter of persons, so we know that these same blessings can be ours. “Moment by Moment” covers the experience of the born-again Christian: from crucifixion with Christ, resurrection in Christ, to abiding in the love of Christ moment by moment. As we continually choose to abide in Christ, He continually works in us, “to will and to do of His good pleasure”, keeping His Father’s Ten Commandments in us.

In every situation of life, in every conceivable experience, in all circumstances, no matter how trying, we must never forget that “Jesus, moment by moment, thinks of His own”, and strengthens us to endure. He bears our burdens, shares our sorrows, and “moment by moment I’m under His care.”



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.



# What Is It For God's People To Come Out Of Babylon?

By Charles Fitch

“Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.” To come out of Babylon is to be converted to the true scriptural doctrine of the personal coming and kingdom of Christ;

to receive the truth on this subject with all readiness of mind, as you find it plainly written out on the pages of the Bible: to love Christ's appearing, and rejoice in it, and fully and faithfully to avow to the world your

unshrinking belief in God's word touching this momentous subject, and to do all in your power to open the eyes of others, and influence them to a similar course, that they may be ready to meet their Lord. Christ has said, “Whoso is ashamed of me and of my words, in this adulterous and sinful generation, of him shall the Son of Man be ashamed when he shall come in the glory of his Father, with the holy angels. Who are you that you should be ashamed of what God has written in his word respecting the kingdom of Christ, and that you should wish to spiritualize it into some other meaning

than God has expressed, for the purpose of making it more popular with those that fear not God? Stand up before the world and dare honestly to avow your belief in what the Almighty God has spoken. Give up the lust of the flesh,

the lust of the eye, and the pride of life; wean yourself from the love of this present world, and be looking for that blessed hope and the glorious appearing of the great God and our Saviour Jesus Christ. Be just as ready, also, to receive and confess all that God has been pleased to reveal touching the time of the establishment of the kingdom of Christ, as any other part of the subject. Why be ashamed of the time of Christ's coming?

*To escape  
reproach  
some hide  
themselves  
in darkness*

Many are beginning to say, “We are satisfied that the usual notion about a spiritual kingdom of Christ and a temporal millennium, is altogether groundless, and that the coming of Christ is doubtless near;” but they feel a very great reluctance either to express or to hold any belief respecting the time. It is very popular not to know any thing about it, and a very convenient way of escaping reproach, to be able to say, “we know nothing about it.” Thousands are glad that they don't know any

thing about it, and are very fully determined that they will continue to know nothing about it; and some, though they profess to have examined the subject, are hindered from getting any light respecting the time, by the conviction that if they receive the light they must avow it, and this will subject them to reproach. To escape reproach, therefore, they skulk away



and hide themselves in darkness. Shame on these miserable skulkers! How will they bear the blazing light of Christ's face at His glorious appearing! They will want rocks and mountains to hide them in that hour.

*If you are a Christian,  
come out of Babylon!*

By this time many will begin to say with a sneer of contempt, "You are trying to make it out that none but Millerites can be saved." Hold one moment, for your soul's



Bible. It contains the wisdom of the infinite God as it is, and needs no alterations and emendations from men, as though they could tell what God means, better than He has been able to express it in his

own language. He has sworn with an oath that he would raise up the seed of David to sit on David's throne; and the kingdoms of this world shall become the kingdoms of our Lord and of His Christ, and He shall reign for ever and ever!

*God will never alter His word  
to suit your carnal desires*

And now a multitude of ministers of all the multiplied sects of Antichrist will begin to say, "Thus saying, thou reproachest us also," and will perhaps accuse me of dealing in wholesale denunciation, when I refuse to acknowledge them to be the true ministers of Christ. All I have to say is, if you are the true ministers of Christ, come out of Babylon, and no longer be opposed to the coming of Christ as the Bible declares he will come, to take his seat forever on the throne which God has sworn to give Him. I do not say that you and your hearers may not have been converted to Christ; but I do say, if you have, it remains for you to show it by coming out of Babylon, and by standing no longer opposed to the reign of Jesus. God never will alter His word to suit your carnal desires. He has written it, and as he has written it he will fulfill it; and if you are ashamed of it, he will be ashamed of you. Dare you believe the Bible? dare you preach it? Dare you bring out its plain testimony respecting the manner, the objects, and the time of Christ's coming, and tell the world that it is truth, and meet the consequences? Or will you turn away with a sneer, and call it Millerism, and go on prating about a spiritual reign of

sake, and tell, if you can, how he can be prepared for the kingdom of Christ, who is opposed to Christ's reigning in person on the throne which God has sworn to give him, and who is ashamed to believe and avow what God has revealed touching the time of Christ's appearing? If you can see any way into the kingdom of God for such a soul as that, I frankly confess you can see what I cannot. Do you still complain that I should try to make it appear that you are not a Christian? I have no such desire. I pray God that you may make it appear you are a Christian. But I do say, if you are a Christian, come out of Babylon! If you intend to be found a Christian when Christ appears, come out of Babylon, and come out Now! Throw away that miserable medley of ridiculous spiritualizing nonsense with which multitudes have so long been making the word of God of none effect, and dare to believe the

Christ? I tell you, if you continue in that course you will be reckoned with Antichrist, when the glorious Son of David comes to take his throne. "Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues." 1843 CF, CHMP 20.







# Waiting, Trusting

I am waiting, blessed Master,  
For thy discipline today;  
I am safe if thou but lead me,  
Gently lead me all the way;  
I will fear no storm of trial,  
Strong through faith my heart within;  
Walk beside me in the darkness,  
Only keep me free from sin.

Let some weary, erring brother  
See the Christ-light shine in me.  
I will bow to all thou sendest,  
Just that men may follow thee.  
Let me meet thee in the Garden  
Or on Calvary's rugged way,  
If some poor, lost, wandering sinner  
Only turn to thee today.

For my portion I will take thee;  
For my need trust thy supply,  
Let thy image grow within me;  
Be my life, that self may die.  
I am waiting for thy blessing;  
For without thee I must fall.  
Fill me with the Spirit's fullness;  
Thou, O Christ, art all in all.

--J. F. Baker





# Genuine Conversion

Mrs. E. G. White

In order to be saved, we must know by experience the meaning of true conversion. It is a fearful mistake for men and women to go on day by day, professing to be Christians, yet having no right to the name. In God's sight, profession is nothing, position is nothing. He asks, Is the life in harmony with my precepts?

There are many who suppose that they are converted, but who are not

able to bear the test of character presented in the Word of God. Sad will it be, in the day when every man is rewarded according to his works, for those who can not bear this test.

**Self must be dethroned so  
God can reign supreme**

Conversion is a change of heart, a turning from unrighteousness to righteousness. Relying upon the merits

of Christ, exercising true faith in him, the repentant sinner receives pardon for sin. As he ceases to do evil, and learns to do well, he grows in grace and in the knowledge of God. He sees that in order to follow Jesus he must separate from the world, and, after counting the cost, he looks upon all as loss if he may but win Christ. He enlists in his army, and bravely and cheerfully engages in the warfare,



fighting against natural inclinations and selfish desires, and bringing the will into subjection to the will of Christ. Daily he seeks the Lord for grace, and he is strengthened and helped. Self once reigned in his heart, and worldly pleasure was his delight. Now self is dethroned, and God reigns supreme. His life reveals the fruit of righteousness. The sins he once loved he now hates. Firmly and resolutely he follows in the path of holiness. This is genuine conversion.

**The conduct of many is not in harmony with the law of God**

In the lives of many of those whose names are on the church books there has been no genuine change. The truth has been kept in the outer court. There has been no genuine conversion, no positive work of grace done in the heart. Their desire to do God's will is based upon their own inclination, not upon the deep conviction of the Holy Spirit. Their conduct is not brought into harmony with the law of God. They profess to accept Christ as their Saviour, but they do not believe that he will give them power to overcome their sins. They have not a personal acquaintance with a living Saviour, and their characters reveal many blemishes.

Many a one who looks at himself in the divine mirror, and is convinced that his life is not what it ought to be, fails to make the needed change. He goes his way, and forgets his defects. He may profess to be a follower of Christ, but what does this avail if his character has undergone no change, if the Holy Spirit has not wrought upon his heart?

The work done has been superficial. Self is retained in his life. He is not a partaker of the divine nature. He may talk of God and



pray to God, but his life reveals that he is working against God.

**Man cannot transform himself in his own strength**

Let us not forget that in his conversion and sanctification, man must cooperate with God. "Work out your own salvation with fear and trembling," the Word declares; "for it is God which worketh in you both to will and to do of his good pleasure." Man can not transform himself by the exercise of his will. He possesses no power by which this change may be effected. The renewing energy must come from God. The change can be made only by the Holy Spirit. He who would be saved, high or low, rich or poor, must submit to the working of this power. As the leaven, when mingled with the meal, works from within outward, so it is by the renewing of the heart that the grace of God works to transform the life. No mere external change is sufficient to bring us into harmony with God. There are many who try to reform by correcting this bad habit or that bad habit, and they hope in this way to become

Christians, but they are beginning in the wrong place. Our first work is with the heart.

**Man's faculties are sanctified silently and steadily**  
The great

truth of the conversion of the heart by the Holy Spirit is presented in Christ's words to Nicodemus: "Verily, verily, I say unto thee, Except a man be born from above, he can not see the kingdom of God. . . . That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again. The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit."

The leaven of truth works secretly, silently, steadily, to transform the soul. The natural inclinations are softened



and subdued. New thoughts, new feelings, new motives, are implanted. A new standard of character is set up,--the life of Christ. The mind is changed; the faculties are aroused to action in new lines. Man is not endowed with new faculties, but the faculties he has are sanctified. The conscience is awakened.

**We must work in harmony with the Holy Spirit**

The Scriptures are the great agency in this transformation of character. Christ prayed, "Sanctify them through thy truth: thy word is truth." If studied and obeyed, the word of God works in the heart, subduing every unholy attribute. The Holy Spirit comes to convict of sin, and the faith that springs up in the heart works by love to Christ, conforming us, body, soul, and spirit, to his will.



A man sees his danger. He sees that he needs a change of character, a change of heart. He is stirred; his fears are aroused. The Spirit of God is working in him, and with fear and trembling he works for himself, seeking to find out his defects of character, and to see what he can do to bring about the needed change in his life. His heart is humbled. By confession and repentance he shows the sincerity of his desire to reform. He confesses his sins to God, and if he has injured any one, he confesses the wrong to the one he has injured. While God is working, the sinner, under the influence of the Holy Spirit, works out that which God is working in mind and heart. He acts in harmony with the Spirit's working, and his conversion is genuine.

**Christ longs to have you feel your need of His help**

The nobility and dignity of the man increase as he takes his position against the wily foe, who for so many years has kept him in slavery. He feels a holy indignation arising within him as he thinks that for so long he has been Satan's bond-slave, allowing the enemy to lead him to refuse to acknowledge his best friend.

Let the sinner co-operate with his Redeemer to secure his liberty. Let him be assured that unseen heavenly agencies are working in his behalf. Dear souls in doubt and discouragement, pray for the courage and strength that Christ waits to give you. He has been seeking for you. He longs to have you feel your need of his help. He will reach out his hand to grasp the hand stretched out for aid.



He declares, "Him that cometh to me I will in no wise cast out." Let mind and heart be enlisted in the warfare against sin. Let your heart soften as you think of how long you have chosen to serve your bitterest foe, while you turned from Him who gave his life for you, who loves you, and who will accept you as his, though you are sinners. Step out from under the rebel flag, and take your stand under the blood-stained banner of Prince Emmanuel.



**Self-surrender is a daily necessity**

He who would build up a strong, symmetrical character, must give all and do all for Christ. The Redeemer will not accept divided service. Daily he must learn the meaning of self-surrender. He must study the Word of God, getting its meaning and obeying its precepts. Thus he may reach the highest standard of Christian excellence. There is no limit to the spiritual advancement that he may make if he is a partaker of the divine nature. Day by day God works in him, perfecting the character that is to stand in the day of final test. Each day of his life he ministers to others. The light that is in him shines forth, and stills the strife of tongues. Day by day he is working out before men and angels a vast, sublime experiment, showing what the gospel can do for fallen human beings.

Let us not spare ourselves, but carry forward in earnest the work of reform that must be done in our lives. Let us crucify self. Unholy habits will clamor for the mastery, but in the name and



through the power of Jesus we may conquer. To him who daily seeks to keep his heart with all diligence, the promise is given, "Neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

**Great honor awaits those who conform to God's will**

"Thus saith the Lord, the Redeemer of Israel, and his Holy One, to him whom man despiseth, to him whom the nation abhorreth, . . . Kings shall see and arise, princes also shall worship, because of the Lord that is faithful, and the Holy One of Israel, and he shall choose thee." God himself is "the justifier of him which believeth in Jesus." And "whom he justified, them he also glorified." Great as is the shame and degradation through sin, even greater will be the honor and exaltation through redeeming love. To human beings, striving for conformity to the divine image, there is imparted an outlay of heaven's treasure, an excellency of power that will place them higher than even the angels who have never fallen.

RH, July 7, 1904



*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 ROAD LEADS HOME

O Pilgrim, as you journey, do you ever gladly say,  
In spite of heavy burdens and the roughness of the way,  
That it does not really matter—all the strange and bitter stress,  
Heat and cold, and toil and sorrow, 'twill be healed with blessedness,  
For the road leads home?

Home! the safe and blissful shelter where is glad and full content,  
And companionship of kindred; and the treasures early rent  
From your holding shall be given back more precious than before.  
O, you will not mind the journey with such blessedness in store,  
When the road leads home!

O, you will not mind the roughness nor the steepness of the way,  
Nor the chill, unrested morning, nor the dreariness of the day;  
And you will not take a turning to the left or to the right,  
But go straight ahead, nor tremble at the coming of the night,  
For the road leads home.

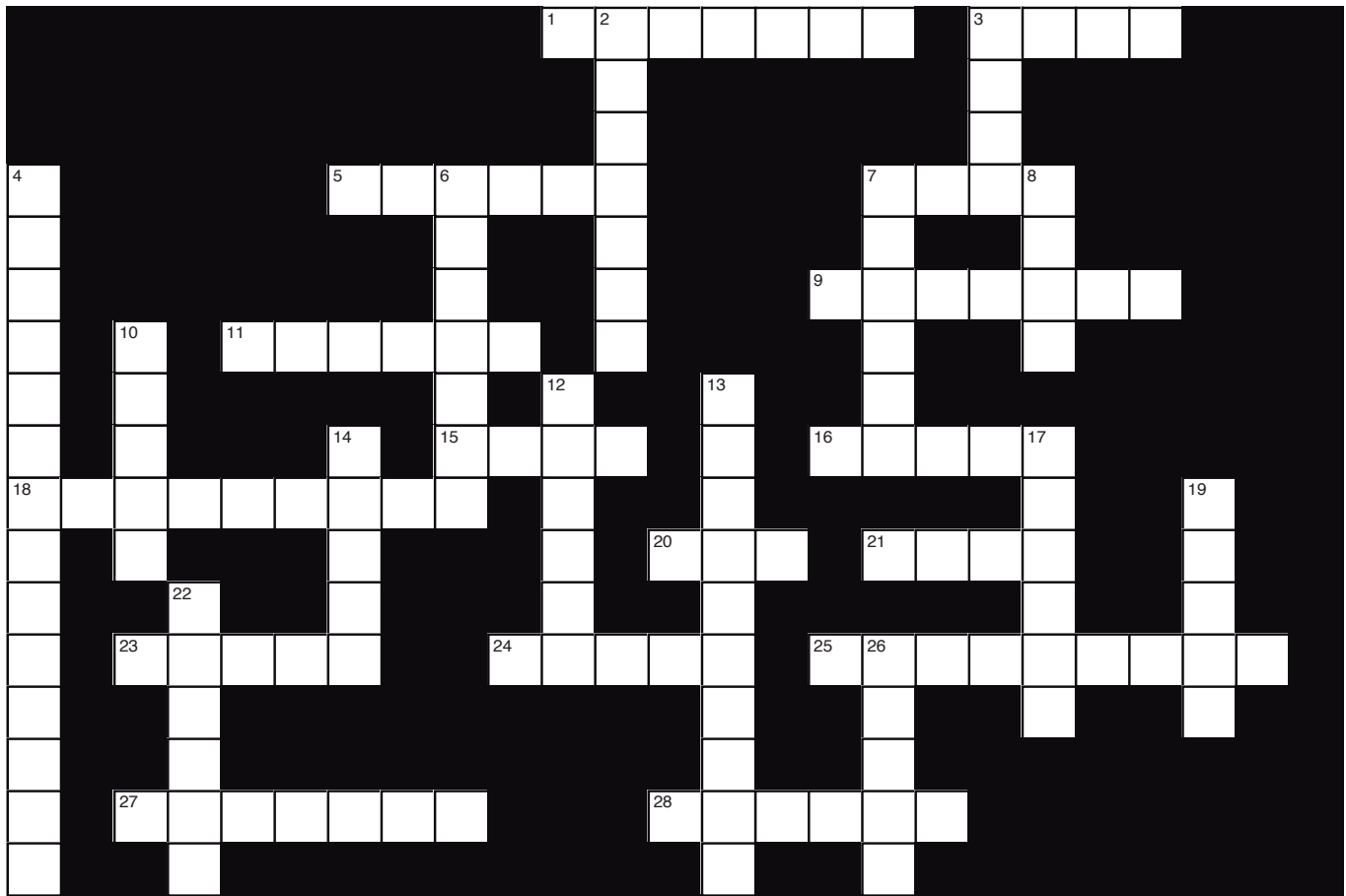
And often for your comfort you will read the guide and chart,  
It has wisdom for the mind and sweet solace for the heart;  
It will serve you as a mentor, it will guide you sure and straight  
All the time that you will journey, be the ending soon or late—  
And the road leads home.

--Unknown





# Christian Crossword



## ACROSS

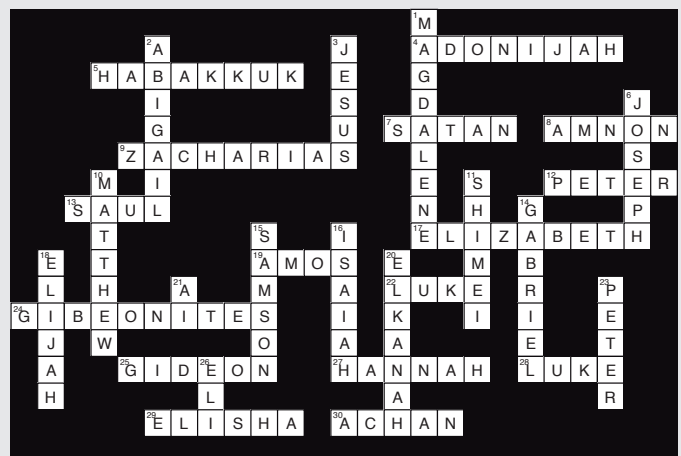
1. This king was instructed to build the temple at Jerusalem
3. A king that visited the witch of Endor
5. He saved Israel from the hand of the Midianites
7. He was a judge in Israel after Abimelech
9. Jehoida the priest drilled a hole in a chest to receive money for the temple at the request of this king
11. He picked men as soldiers by observing how they drank water
15. His father was Manasseh, an evil king
16. He had Peter placed in jail
18. He killed his brothers, the seventy sons of Gideon
20. Who was king in Judah when Ahab became king in Israel?
21. He arose as judge after Tola
23. He observed Bathsheba bathing
24. The Queen of \_\_\_\_ tested King Solomon with hard questions
25. The king during Esther's time
27. The queen that encouraged the taking of Naboth's vineyard
28. The son of Manoah who became a powerful judge in Israel

## DOWN

2. He was the nephew of Caleb and a judge in Israel
3. His sons were killed by the Philistines
4. King who lived in the wild for seven years
6. A prophetess that was a judge in Israel
7. How old was Manasseh when he became king?
8. The king that confiscated Naboth's vineyard

10. He was the 2nd king over all Israel
12. He was eight years old when he became king
13. King who observed the handwriting on the wall
14. King who had John the Baptist beheaded
17. King placing Daniel in the lion's den
19. He was prophesied to conquer Babylon at time of Belshazzar
22. A judge that had more than one Bible book named after him
26. He ordered the death of James by a sword

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





# Hope for Health



Organic Beet Powder is a wonderful cleansing and nourishing tonic that builds the blood, particularly improving the blood quality for menstruating women. It also normalizes the pH balance of the blood (reducing acidity) and purifies the blood by flushing away fatty deposits and improving circulation. Further supporting its role as a blood purifier, Beet Powder has been used to detoxify and strengthen the liver and spleen.

## Beet Powder

### SOME POSSIBLE BENEFITS OF OUR ORGANIC BEET POWDER MAY INCLUDE:

- Purifying the blood
- Cleansing the liver, spleen, and intestines
- Normalizing the blood pH
- Improving overall cardiovascular health (partially due to the naturally occurring Dimethylglycine in beet powder)
- Boosting the immune system
- Flushing the kidneys
- Helping build healthy red blood cells

### DID YOU KNOW?

Beet Powder comes from the dried root and is contained in many food and non-food products you probably already eat! Spaghetti sauces, gravy mixes, salad dressings and dry coatings are just some of the ways that beet root powder enters our lives. As a rule, anything made with tomatoes has beet root powder.

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### OPTIMAL NUTRITION

Our Organic Beet Powder provides a wide range of important vitamins, minerals and micronutrients. It is rich in iron, potassium, calcium, magnesium, A, C, B1, B2, B3, B6, copper, phosphorous, sodium, iodine, boron, carbohydrates, protein, and both soluble and insoluble fiber.

### BETALAINS, BETANIN, BETAINES AND SAM-E

In addition to the variety of nutrients above, beet root is a unique source of phytonutrients called betalains which give beets their dark red color. Betanin and vulgaxanthin are the two best studied betalains (or pigments) from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

Organic Beet Powder also contains another extremely valuable phytochemical called betaine which performs various functions in the body. Among other things, betaine helps the liver process fats (which prevents the accumulation of fatty tissues in the liver, especially in heavy drinkers), and also stimulates the production and preservation of the amino acid SAM-e, that is found naturally in the body. SAM-e is best known for boosting certain hormones like dopamine and serotonin.

These hormones are responsible for the feelings of relaxation and well-being. Adding our Organic Beet Powder to your diet naturally increases the production of SAM-e in the body and may lead to reduced stress, anxiety, and worry. In addition, proper levels of SAM-e may also protect joints and reduce painful joint inflammation.

### BEET FIBER

Beet fiber seems to be particularly health-promoting. Pectin, a soluble fiber in beets, binds toxins, heavy metals, and excess hormones that have been dumped into the gut from the liver. The toxins are passed out instead of being reabsorbed. In this way, it naturally cleans the kidneys and gall bladder.

### BEET POWDER AND BONE HEALTH

Magnesium is an important mineral in healthy bone production and maintenance. Without appropriate levels of magnesium, calcium cannot be utilized effectively. Our Organic Beet Powder is high in magnesium, making it a good vegetable for women concerned with bone health.

### Price:

10 oz. powder ..... \$20.99

### Suggested Adult Dosage:

• One or two teaspoons twice daily with food. One teaspoon of powder provides the nutrition in one beet!! Use to add flavor, color, and nutrition to any recipe.

100% pure Organic Beet Root powder has a tendency to clump so it is not unusual to find some clumps in this powder.

\*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.*



# News Watch



**1. Time Magazine, April 8, 2013, “We Do”, behind the swiftest change in public opinion in U.S. history by David Von Drehle—Cover story.**

“In recent days, weeks and months, the verdict on same-sex marriage has been rendered by rapidly shifting public opinion and by the spectacle of swing-vote politicians scrambling to keep up with it. With stunning speed, a concept dismissed even by most gay-rights leaders just 20 years ago is now embraced by half or more of all Americans, with support among young voters running as high as 4 to 1.”

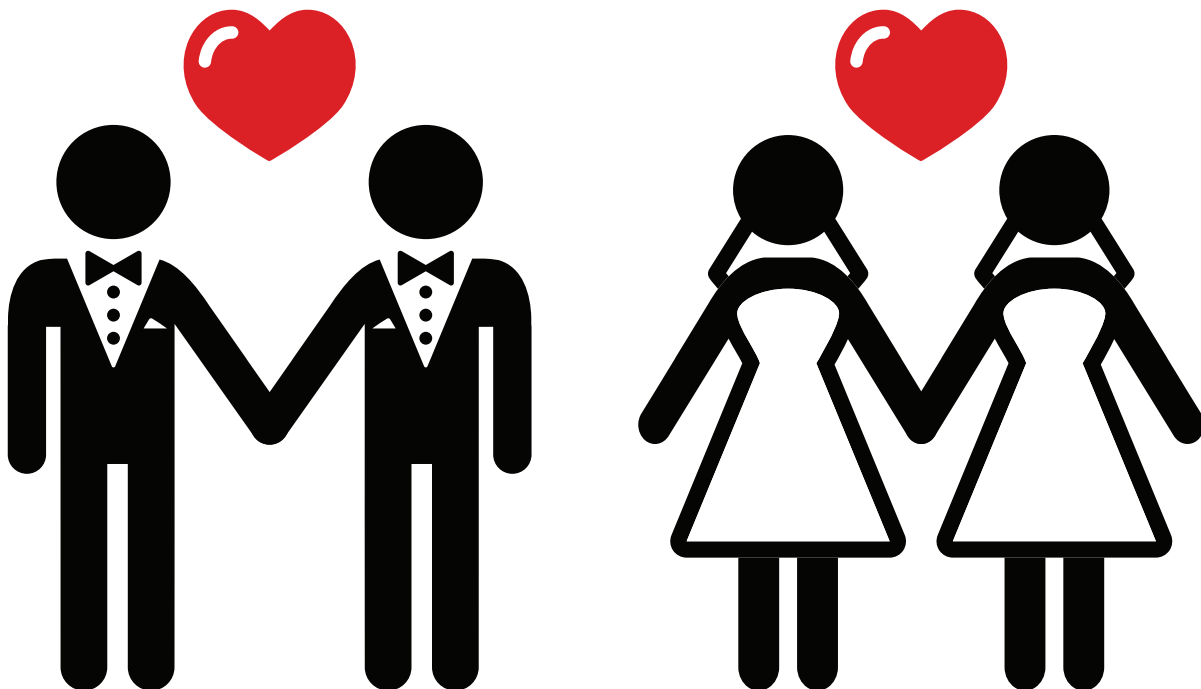
Editor’s note: This article was introduced with two different covers for the same Time Magazine—one with two females kissing on the lips, and the other with two males kissing on the lips—We have chosen not to duplicate those covers

**END TIME PERSPECTIVE:** Jude 7: “Even as Sodom and Gomorrah, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire.”

**2<sup>ND</sup> END TIME PERSPECTIVE:** 1 Corinthians 6:9, 10: “Know ye not that the unrighteous shall not

inherit the kingdom of God? Be not deceived: neither fornicators, nor idolators, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortionists, shall inherit the kingdom of God.”

**3<sup>RD</sup> END TIME PERSPECTIVE:** “Christ declared, ‘As it was in the days of Lot, . . . even thus shall it be in the day when the Son of man is revealed.’ The daily record of passing events testifies to the fulfillment of His words. The world is fast becoming ripe for destruction. Soon the judgments of God are to be poured out, and sin and sinners are to be consumed.”--PP 166.





## 12 Muscle-Building Super Foods



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

If you're like most people, the spring is about new beginnings – a time to start fresh. For many, it involves some kind of workout plan to finally shed the pounds or get into shape. Sometimes it feels so overwhelming you just don't know where to start! But what if I told you that by simply adding certain foods to your diet, you can help your body naturally burn fat and build muscle? Whether you're training for a marathon, a bodybuilding competition, or just hoping to be able to walk to your mailbox without passing out – just adding a few of these super foods to your diet may give your body the extra “oomph” it needs to help you shape up!



### More protein for more muscle?

Do you have a problem gaining healthy weight or muscle mass? You can't build muscle without exercise, of course, but you can grow your biceps or your six-pack more efficiently by properly fueling your body. Most people equate muscle building with ingesting **large amounts** of protein. But according to the President's Council of Physical Fitness and Sports, this is a myth. Building muscle depends on all of the nutrients you take in, how hard you train, and the genes you inherited. In fact, the average American diet has plenty of protein for building muscle, and the unused protein is either eliminated from the body or worse, stored as fat! Do you even need protein? Of course you do! But keep in mind that protein is just one of many nutrients that plays a role in muscle development. Protein is composed of 22 amino acids, 9 of which our body can't produce naturally, so it's necessary to get them from fruits, vegetables, nuts, and legumes. Some of these amino acids help signal muscle protein synthesis, which is crucial to muscle growth and repair, and also for protecting muscles, healing bones, skin, and the cells and tissues of muscles. Remember - nearly all foods contain all 20 amino acids in some quantity. However, proportions vary, and some foods are deficient in one or more of the essential amino acids which is why you need a variety of foods in your diet.

### More muscle, more fat burning

While protein is valuable to muscle

growth, it's also important to eat an array of healthy foods in general, with a balance of carbohydrates and healthy fats, as well as fruits and veggies. Carbs supply your body with the **energy** it needs to build muscle, while fats help keep your brain and central nervous system - which control your muscles - performing smoothly. And fruits and vegetables that supply these carbs and protein also pack antioxidants and anti-inflammatory properties that help protect against muscle soreness! While fruits and veggies do contain protein, the other vitamins and minerals they contain (which are crucial for muscle growth) are calcium, folic acid, and vitamins A, C, D, and E. These vitamins and minerals are essential for proper and efficient muscle contraction, producing red blood cells, reducing inflammation, and mediating cortisol response. All of which helps you lose fat and gain healthy lean muscle tissue.

Some people (mostly women) say, but I don't want to “bulk up”, I just want to lose weight! Did you know that muscle actually burns fat? The more muscle you build, the more fat your body will burn! That's why many trainers tell their clients to do muscle-building exercises like weight lifting along with the cardiovascular ones like jogging. The more muscle you have, the more fat you burn and the healthier you are. It's a win-win! The foods we talk about today are energy-boosting, muscle-building, and fat-burning powerhouses! Add these to your diet and feel the difference!





### 1. Spinach

If you were to guess one food that would provide your body with healthy protein and the

nutrients to increase muscle growth, would you say spinach? Well you should! Popeye had it right! Imagine if you could increase muscle growth by 120%! You can, with



spinach! According to a Rutgers University study, phytoecdysteroid a compound found in spinach, allowed muscle tissue to repair itself faster, both helping build muscle mass and making you stronger. Protein is not the only nutrient your body needs to build muscle. Magnesium is an essential mineral that helps build muscle. Chlorophyll contains a core of magnesium. And raw, green, leafy vegetables have an abundance of chlorophyll! Vegetables like spinach are also beneficial for fat loss because they contain vitamins and minerals that you need for a healthy metabolism and they're also high in fiber. Eating high fiber vegetables promotes feelings of fullness and helps to normalize blood sugar levels. This results in a dramatic reduction in the overall number of calories that you eat, a reduction in body fat storage, protection against diabetes onset, and the reduction or elimination of hormonally-triggered food cravings. Eating vegetables will help improve your digestion and leave you full and satisfied. Eat a serving of spinach each day to increase muscle mass. Hate spinach? Throw a cup or two into your next fruit smoothie and blend! You'll never even taste it!

### 2. Banana

I know that when I don't

have the energy to work out – it's like torture, but when I feel that extra pep in my step – getting outside and moving actually feels good and

I look forward to it! If you need a jolt of energy so you can go pump iron, don't reach for the coffee, just grab a banana! Bananas give you a quick dose of energy

because they contain vitamins, fiber and carbohydrates. Carbohydrates are your body's main source of fuel, so eating fruit is a good way to boost your energy levels. One medium banana contains almost 27 g of carbohydrates, making it one of the best choices when you need some additional energy. Other good choices include mango, with nearly 25 g of carbohydrates per cup, and an orange, which contains about 18 g.

### 3. Quinoa

A major muscle enhancer!

"Move over white rice and make room for this South American grain," says Lynn Grieger, an online health, food, and fitness coach. Although technically a seed, this protein source contains



a complete set of branch chain and essential amino acids, making it a tissue- and muscle-building powerhouse. "Its nutritional composition is better than most grains, so try to have one cup a week, alternating it with other healthy starches such as sweet potatoes and brown rice," says Susan Bowerman, assistant director of the Center for Human

Nutrition at the University of California at Los Angeles.

It's a great breakfast cereal, especially when flavored with cinnamon. This gluten-free food is also easy to digest and is high in fiber, magnesium and



iron. No wonder the ancient Incas called quinoa the mother of all grains! Try it sprouted and topped with chopped tomatoes, onions, and a dash of sea salt for a raw treat!

### 4. Lentils

These flat beans don't just make delicious stews in the fall. They're packed with protein, not to mention B vitamins and zinc, which are important for good sexual health. All beans and legumes have protein, carbohydrates, and fiber. The carbohydrates are slow releasing carbohydrates that supply long lasting energy for your daily routine and workouts. The fiber helps to clean your arteries and we all know protein is used to repair muscle damage and build new muscle. Lentils are one of best, providing anywhere from 15-20 g of our daily protein requirement,





plus fiber, vitamins and minerals, and zero fat, which makes lentils great for putting on muscle mass without loading up on carbs and fat! Eat half a cup twice a week, cooking them for about 30 minutes (until they start to break apart) to create a satisfying mashed-potato-like texture. A single serving will help you cover all of your nutritional bases. Cook with onions and garlic for a delicious immune-boosting and filling meal! Also try black beans and kidney beans!



### 5. Soybeans

I know we covered legumes already, but soybeans deserve their own spot on this list! Soy gets a bad rap these days, but unprocessed organic soybeans are actually good for you! According to World's Healthiest Foods, soybeans are among the most widely available and nutritionally beneficial legumes on earth. Not only are soybeans rich in protein, omega-3 fatty acids and vitamin K, they have one of the highest amounts of leucine of



any natural food source! Dietary Fiber Foods reports that 100 g of raw mature soybeans provides 2.97 g of leucine. Want to lose weight and build muscle? Eat leucine. In one study, scientists from Columbia University studied rats that were fed high-fat diets. When given leucine supplements, their fat weight decreased by 25%. The leucine also promoted better blood sugar control and reduced total and LDL "bad" cholesterol. Leucine **increased** their *resting metabolism* by boosting

storing it as body fat. Sounds good to me!

How does leucine help build muscle? As easily as flipping on a light switch! A series of cellular studies has now clearly shown that leucine directly activates a critical compound in muscle called the mTOR. It turns out mTOR is like a molecular switch that turns on the machinery that manufactures muscle proteins. So leucine not only provides the building blocks for protein synthesis, it also plays a critical role in speeding the process.

levels of UCP3 (uncoupling protein 3), which causes the body to lose energy as heat rather than



Even when an overabundance of amino acids are available to provide the building materials for new muscle, adding extra leucine causes

muscle cells to grow even faster! Soybeans can be found dried or fresh. Fresh soybeans are known as edamame and usually can be found in Asian supermarkets. Dried soybeans (preferably organic) can be cooked just like other legumes or sprouted for an even more nutritious food!

### 6. Blueberries

Blueberries

contain a number of nutrients that are vital to overall health. In particular, they are high in manganese, which plays a role in the metabolism of proteins, fats and carbohydrates, and dietary fiber, which aids digestion.

Fruits often are overlooked as part of a nutritional plan for gaining strength and muscle. However, fruits contain important nutrients - and without the unwanted additives in processed food. The easy-to-digest sugars found in fruits

can provide a quick burst of energy before your workout. Some fruits also contain proteins, the building blocks for muscle growth. So don't overlook these important components of a healthy diet! Sprinkle blueberries over your favorite cereal at breakfast or toss in a smoothie. One serving size is half a cup.

### 7. Almonds

Who still believes vegetarians can't get enough protein? Almonds are another plant-based food absolutely **packed** full of protein. Just 1/4 cup of almonds contains nearly 8 grams of protein -- that's nearly 2 grams of protein more than your typical egg! Almonds are also an excellent source of heart-healthy monounsaturated fats and magnesium. Magnesium is an abundant mineral that's used in more than 300 biochemical reactions in the body and is specifically known to be involved in energy metabolism and protein synthesis.



### 8. Grapefruit

Grapefruit is low in calories and high in fiber, with 74 calories and 2.5 grams of





dietary fiber in one cup. Grapefruit can also help strengthen muscles because they contain one to two grams of protein per serving and they are high in Vitamin C and folate. Folate

is important for muscle growth and repair because it helps develop red blood cells, explains the National Center of Health. Try juicing grapefruit or eating it with breakfast or as a snack after exercise!

### 9. Sweet Potatoes

Body builders have been known to use this edible, tropical tuber to expand muscles. Micronutrients such as vitamins and minerals found in both white and sweet potatoes support healthy body functions that improve the ability to develop muscle mass. Potatoes are a good source of various vitamins and minerals including thiamin, niacin and magnesium, but they provide significant sources of vitamin A, vitamin C, vitamin B-6, and potassium. Vitamins A and C are antioxidants that promote recovery between workouts while vitamin B-6 plays a role in the metabolism of amino acids and protein for muscle development. Potassium is an electrolyte used for proper muscle function. When not topped with butter or sugar, sweet potatoes are a low calorie food! Try eating sweet potatoes baked the traditional way or juicing them for a nutrient-dense treat!



health-conscious circles these days. Is brown rice actually any better? They're both good sources of 8 vitamins and minerals; wild has 3 g of

fiber and 7 g of protein in 1 cooked cup, while brown has 4 g of fiber and 5 g of protein. Does anybody see a significant difference there? I would say wild is every bit as good, plus offers a nice change to the palate for your much-neglected taste buds.



### 11. Pineapple

Pineapple contains an enzyme called bromelain, widely available in supplement form, which is responsible for digesting protein, and reduces inflammation as well as joint pain. The bromelain enzyme speeds muscle repair by actually "digesting" damaged tissue. When you overwork a muscle enough to cause pain, strands of muscle fiber detach from the muscle. These "waste products" cause pain and inflammation. Bromelain eliminates these bits of muscle, speeding recovery from pain, stiffness, and bruising. In a study of 146 boxers, half of the athletes took bromelain four times a day, while half took a placebo.

In 58 of the boxers who took bromelain, all signs of bruising disappeared in four days. In the placebo group, only 10

healed completely in four days. Anti-inflammatory foods work to quell inflammation, repair muscle, and heal the body. Other powerful anti-inflammatory foods include: turmeric, ginger, papaya, and blueberries! Pineapple is delicious plain, in a fruit salad, smoothie, or juiced!

### 12. Cherries

Research from the University of Burlington shows cherries help reduce inflammation, delay the onset of muscle soreness, and speed up the recovery process after working out. Cherries are high in quercetin, an antioxidant that provides cell protection, as well as an anti-inflammatory phytochemical called

anthocyanin. In another study, University of Vermont researchers writing in the British Journal of Sports Medicine reported that 12 ounces of a tart cherry juice blend noticeably decreased the symptoms of exercise-induced muscle damage, primarily strength loss and pain. Note: Try cherry concentrate out of season!

## More Do's And Don'ts For Healthy Muscle Growth

#### 1. DO drink enough water.

Water is crucial. Drink as much and as often as possible. "Dr. Martin Lipsky, a professor and chairman of the department of family medicine at

Northwestern University Feinberg School of Medicine and Evanston Northwestern Healthcare, said

### 10. Wild Rice

Wild rice has become a rarely spoken word in bodybuilding and even







in “Fitness” magazine that dehydration is one of the main culprits of low energy and fatigue. Dehydration causes decreased circulation of the blood, since the body is trying to conserve energy. When this happens, the muscles are cut off from oxygen, making them feel tired and lethargic. Drinking water, along with consuming nutritious, hydrating vegetables such as cucumbers, carrots, celery and peppers will help your body maintain its water balance and keep your muscles energized.”  
(www.livestrong.com)



**2. DO get plenty of rest.** Many people appreciate the importance of a healthy diet and exercise routine; however, receiving the proper amount of rest is equally as important to maintain good health! Proper rest is especially important for those who are trying to increase their muscle mass with weight training. During weightlifting or other muscle strengthening workouts, the muscle tissues tear as they work to lift weights. During rest, the body repairs these tiny tears in muscle tissue by creating more muscle tissue, which leads to muscle growth. Meaning, you build muscle while you are sleeping, not while you are at the gym! If you weight train and don't get enough sleep, or train too often it can become nearly impossible to build muscle!

**3. DON'T overcook your food.** The way that you



prepare your vegetables prior to eating them dramatically affects their nutritional value and the benefits that they may provide. I mean, if you're going to eat vegetables, it makes sense to prepare them so as to maximize their nutritional value and benefit! To maximize nutritional value and benefit, it's recommended that you eat your vegetables raw; if eating your vegetables raw is not appropriate, possible or preferred, steam-cook them. Many people boil their vegetables or cook them in a microwave, but this is not

recommended because this can cause the breakdown of the vegetables' cellulose structures and result in significant nutrient loss, thereby increasing the total percentage of “empty” calories being consumed as the

vegetables lose nutritional value. To gain the maximum nutritional benefit from vegetables, eat them raw or lightly steamed.

<http://www.livestrong.com/article/325439-raw-food-and-muscle-building/#ixzz27OWSGitd>

<http://www.foxnews.com/health/2010/10/29/foods-build-muscle/#ixzz27PsIgoCc>

<http://www.livestrong.com/article/354020-muscle-building-vegetables/#ixzz27aXS4waL>

<http://www.livestrong.com/article/256338-foods-high-in-leucine/#ixzz27ad3AGtw>

<http://www.livestrong.com/article/474839-what-kinds-of-vegetables-are-energy-boosters/#ixzz28oFQUtRj>

<http://www.livestrong.com/article/100000-fruit-increases-muscle-growth/#ixzz28oRILCS9>



# Hope for Health



Milk Thistle & Boldo is your liver's best friend! A digestive aid, this blend helps facilitate digestion, stimulate bile production, and cleanse the gallbladder, all while protecting and improving liver function.

## Milk Thistle & Boldo

### AMAZING LIVER FACTS:

- The liver is such an important organ that we can survive only one or two days if it shuts down. If the liver fails, your body will fail too.
- If your body was an automobile, your liver would be considered the engine. It does hundreds of vital things to make sure everything runs smoothly. In fact, it contains over 300 billion specialized cells that help with these various functions throughout the body.
- The liver is often called the body's chemical factory. Scientists have counted over 500 liver functions.
- Your liver consists of 96% water.
- Medical words pertaining to the liver often have hepato or hepatic in them. This comes from the Greek word for liver.
- Your liver can regenerate (re-build) itself. Even if only 25% of it is still healthy, your liver can regenerate itself into a full liver again!

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### WHY IS THE LIVER SO IMPORTANT?

The liver is the largest and heaviest organ in the body (not counting the skin). It's located in the upper right part of your belly under the ribs and is responsible for functions vital to life. The main functions of the liver are to process nutrients from food, make bile, remove toxins from the body and build proteins. All of the blood in the body will eventually pass through the liver to be filtered and detoxified. When this process is impeded in any way, health is compromised.

### VALUABLE FUNCTIONS OF THE LIVER:

- Stores vitamins, sugar and iron to help give your body energy.
- Controls the production and removal of cholesterol.
- Clears your blood of waste products, drugs and other poisonous substances.
- Makes clotting factors to stop excessive bleeding after cuts or injuries.
- Produces immune factors and removes bacteria from the bloodstream to combat infection.
- Releases a substance called "bile" to help digest food and absorb important nutrients.

### MILK THISTLE

- Actually a member of the daisy family, milk thistle could be called the liver's best friend! Used for over 2,000 years as an herbal remedy for a variety of ailments, particularly liver, kidney, and gall bladder problems, it not only protects the liver from toxins but it also plays an important rehabilitating role too, in that it actually helps repair liver cells. It ensures the liver's daily tasks are carried out and helps promote the regeneration of new healthy cells.
- Milk thistle contains glutathione, a vital substance for the detoxification of the liver. In one study, milk thistle use raised the glutathione levels in the body more than 30%; this in turn meant that the liver was more effective at cleansing the body and eliminating toxic substances.
- Several scientific studies suggest that substances in milk thistle (especially a flavonoid called silymarin) protect the liver from toxins, including certain drugs such as acetaminophen (Tylenol), which can cause liver damage in high doses. It seems to change the outside layer of liver cells which prevents certain toxins from getting inside. Silymarin has antioxidant and anti-inflammatory properties, and it appears to be the compound that encourages new liver cell growth.
- This herb is a must for cleansing and for anyone with any sort of liver dysfunction or exposure to toxins!

### BOLDO

- Boldo preparations have been used extensively in popular herbal medicine. In support of its accepted use, the benefits of boldo are even listed in the official pharmacopoeia of France, Germany, Brazil, Chile, Spain, Portugal and Switzerland. In Europe, especially in Greece and Italy, boldo is used as a digestive aid to stimulate a sluggish liver, improve digestive functions and eliminate gall bladder problems.
- Boldo is mostly recognized for liver-stimulating effects. The active component is believed to be boldine, an alkaloid unique to boldo. Boldine stimulates gastric secretion, enhances bile release, improves overall liver health and has been shown to help eliminate intestinal parasites.
- Consuming boldo will also contribute to healthy intestinal flora levels, which is beneficial to general health. Adequate healthy flora is vital for forming stools, maintaining immunity, synthesizing essential vitamins, and protecting the body from various chronic illnesses.

\*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.*



# Ellen White's *Vision*

## *To the Inexperienced*

Some, I saw, have not a realizing sense of the importance of the truth or of its effect, and moving from the impulse of the moment or from excitement, often follow their feelings and disregard church order. Such seem to think that religion consists chiefly in making a noise. Some who have but just received the truth of the third angel's message are ready to reprove and teach those who have been established in the truth for years, and who have suffered for its sake and felt its sanctifying power. Those who are so puffed up by the enemy will have to feel the sanctifying influence of the truth and obtain a realizing sense of how it found them--"wretched, and miserable, and poor, and blind, and naked". When the truth begins to purify them and purge away their dross and tin, as it surely will when it is received in the love of it, the one who has this great work done for him will not feel that he is rich and increased in goods and has need of nothing.

Those who profess the truth and think they know it all before they have learned its first principles, and who are forward to take the place of teachers and reprove those who for years have stood stiffly for the truth, plainly

show that they have no understanding of the truth, and know none of its effects; for if they knew any of the sanctifying power, they should yield the peaceable fruits of righteousness and be humbled under its sweet, powerful influence. They would bear fruit to the glory of God, and understand what the truth has done for them, and esteem others better than themselves.

### *A great work must be done for the remnant*

I saw that the remnant were not prepared for what is coming upon the earth. Stupidity, like lethargy, seemed to hang upon the minds of most of those who profess to believe that we are having the last message. My accompanying angel cried out with awful solemnity, "Get ready! get ready! get ready! for the fierce anger of the Lord is soon to come. His wrath is to be poured out, unmixed with mercy, and ye are not ready. Rend the heart, and not the garment. A great work must be done for the remnant. Many of them are dwelling upon little trials." Said the angel, "Legions of evil angels are around you, and are trying to press in their awful darkness, that ye may be

ensnared and taken. Ye suffer your minds to be diverted too readily from the work of preparation and the all-important truths for these last days. And ye dwell upon little trials and go into minute particulars of little difficulties to explain them to the satisfaction of this one or that." Conversation has been protracted for hours between the parties concerned, and not only has their time been wasted, but the servants of God are held to listen





to them, when the hearts of both parties are unsubdued by grace. If pride and selfishness were laid aside, five minutes would remove most difficulties. Angels have been grieved and God displeased by the hours which have been spent in justifying self. I saw that God will not bow down and listen to long justifications, and He does not want His servants to do so, and thus precious time be wasted that should be spent in showing transgressors the error of their ways and pulling souls out of the fire.

*Self-exaltation must be done away*

I saw that God's people are on the enchanted ground, and that some have lost nearly all sense of the shortness of time and the worth of the soul. Pride has crept in among Sabbathkeepers-pride of dress and appearance. Said the angel, "Sabbathkeepers will have to die to self, die to pride and love of approbation."

Truth, saving truth, must be given to the starving people who are in darkness. I saw that many prayed for God to humble them; but if God should answer their prayers, it would be by terrible things in righteousness. It was their duty to humble themselves. I saw that if self-exaltation was suffered to come in, it would surely lead souls astray, and if not overcome would prove their ruin. When one begins to get lifted up in his own eyes and thinks he can do something, the Spirit of God is withdrawn, and he goes on in his own strength until he is overthrown. I saw that one saint, if he were right, could move the arm of God; but a multitude together, if they were wrong, would be weak and could effect nothing.

*Those who profess His name are not ready*

Many have unsubdued, unhumbed hearts, and think more of their own little grievances and trials than of the souls of sinners. If they had the glory of God in view, they would feel for perishing souls around them; and as they realized their perilous situation, would take hold with energy, exercising faith in God, and hold up the hands of His servants, that they might boldly, yet in love, declare the truth and warn souls to lay hold upon it before the sweet voice of mercy should die away. Said the angel, "Those who profess His name are not ready." I saw that the seven last plagues were coming upon the shelterless heads of the wicked; and then those who have stood in their way will hear the bitter reproaches of sinners, and their hearts will faint within them.

*Satan magnifies petty little difficulties*

Said the angel. "Ye have been picking at straws--dwelling upon little trials--and sinners must be lost as a consequence." God is willing to work for us in our meetings, and it is His pleasure to work. But Satan says, "I will hinder the work." His agents say, "Amen." Professed believers in the truth dwell upon their petty trials and difficulties which Satan has magnified before them. Time is wasted that can never be recalled. The enemies of the truth have seen our weakness, God has been grieved, Christ wounded. Satan's object is accomplished, his plans have succeeded, and he triumphs.

EW 118

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**"When you open your  
eyes in the morning,  
thank God that He has  
kept you through the night."  
MLT 171**

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**"My voice shalt thou hear in the morning."  
Psalms 5:3**