THE FIRST KING

IN THIS ISSUE:
The First King | A Time of Trouble | Everywhere | The Man of Sorrows
Grant Us Thy Peace | The Power of Hope
Health Gem: The Muscular System – Pt. 2 | Ellen White's Vision: The Transfiguration
As I think about this editorial, I remember how important and exciting it was for me to finally realize that the Bible was the inspired Book of God, not just the fabrication of man. The Bible says of itself: “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.” 2 Timothy 3: 16, 17.

We are told the source of our Bibles: “For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost.” 2 Peter 1:21. And we are reassured of the accuracy of the contents of the Bible within the Bible itself: “Thy word is true from the beginning.” Psalm 119:160.

And as an attorney I have been taught to look for evidence, for proof of that which I am going to believe. And I have found that kind of evidence within the framework of the Scriptures. In Isaiah 48:3-5, the prophet tells us: “I have declared the former things from the beginning; and they went forth out of my mouth, and I shewed them; I did them suddenly, and they came to pass. Because I knew that thou art obstinate, and thy neck is an iron sinew, and thy brow brass; I have even from the beginning declared it to thee; before it came to pass I shewed it thee…” God has given us prophecy—the future in advance—to show us that the Bible is from Him. Who else could predict future events? Notice what Jesus said in John 13:19: “Now I tell you before it come, that, when it is come to pass, ye may believe that I am he.” And again He repeats in John 14:29: “And now I have told you before it come to pass, that, when it is come to pass, ye might believe.”

As I look at the prophecies of Daniel and Revelation, as well as other prophecies scattered throughout the Bible, and how accurately they have been fulfilled, all the evidence that I could need is before me. I think, ‘What a loving God we have to show us so clearly how interested in each of us He is.’

Notice the following words written by David under inspiration, found in Psalm 12, verses 6 and 7: “The words of the Lord are pure words: as silver tried in a furnace of earth, purified seven times. Thou shalt keep them, O Lord, thou shalt preserve them from this generation for ever.”

We know the Bible has been around for hundreds of years, and we are assured of its continuation throughout eternity: “Heaven and earth shall pass away, but my words shall not pass away.” Matthew 24:35.

Ellen White says of the Bible: “The Scriptures are the great agency in the transformation of character.” COL 100. “As the true seeker after the truth reads the Word, and opens his mind to receive the Word… the love, the pity, the tenderness, the courtesy, the Christian politeness, which will be the elements in the heavenly mansions that Christ has gone to prepare for those that love Him, take possession of his soul.” 6 SDABC 1104.

And notice what Paul says in Romans 15:4: “For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the Scriptures might have hope.”

And further: “The holy scriptures are able to make thee wise unto salvation through faith which is in Christ Jesus.” 2 Timothy 3:15.

Jesus reassures us: “Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.” John 5:39.

But Jesus does not have us rely on the scriptures alone: “Howbeit when he, the Spirit of truth is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.” John 16:13.

And Ellen White speaks: “Christ has given His Spirit as a divine power to overcome all hereditary and cultivated tendencies to evil, and to impress His own character upon His church.” DA 671.

And as His people, we are warned: “When He comes He is not to cleanse us of our sins, to remove from us the defects in our characters, of to cure us of the infirmities of our tempers and dispositions. If wrought for us at all, the work will all be accomplished before that time. When the Lord comes, those who are holy will be holy still. Those who have preserved their bodies and spirits in holiness, in sanctification and honor, will then receive the finishing touch of immortality.” 2T 355, 2T 505.

Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.
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

Executive Director:
Joe Olson
executivedirector@hopeint.org

Editor:
Clark Floyd
editorial@hopeint.org

Copy-editor:
Reen Swindle

Director of Hope For Health:
Kaye Olson
hopeforhealth@hopeint.org

Bookstore Manager:
Andrea Olson
shipping@hopeint.org

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

Invitation to Writers
We are accepting article-length manuscripts (3000 words) for possible publication in Our Firm Foundation. We prefer that submissions be submitted in Word_doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, Our Firm Foundation, 151 Ascension Lane, Marshall, NC 28753, or by email to editorial@hopeint.org.

Subscription Information: See page 31
• Shipping & Sales Tax: See page 31

Content credited in this publication is the property of its respective owner(s) and is licensed or used with permission. Other items are the property of Hope International.

Design & Layout by
Waveline Direct, LLC. Home of www.printlion.com

A key to the abbreviations for Ellen White’s material used in each magazine can be found at www.whiteestate.org

Hope International
151 Ascension Lane
Marshall, NC 28753

Monday - Thursday 8:00 a.m. - 5:00 p.m., Eastern Time • Friday 8:00 a.m. - 12:00 p.m., Eastern Time
Phone: 828-649-1984 • Fax: 828-649-1982 • Email: office@hopeint.org • Web: www.hopeint.org

Contents
March 2014 • Volume 29, Number 3

cover story
04 The First King
Dan Olson

features
12 A Time of Trouble
Mrs. E. G. White
14 Everywhere
John Wm. Stein
15 The Man of Sorrows
James Edson White
18 Grant Us Thy Peace
Emily Appleton Wade
19 The Power of Hope
Emmanuel Machakaire

departments
02 Editorial
24 Health Gem: The Muscular System – Pt. 2
28 News Watch
30 Ellen White’s Vision: The Transfiguration
32 Christian Crossword

ad features
11 Comfort Cream
29 MSM - Powder & Capsules
I would like to bring your attention to the very first king. For all the many, many years before the first king, God was always the One the people went to for all of their needs through men and women that were inspired by God - Moses, Joshua, Abraham, Joseph - the list goes on and on. If God’s plan was to lead His people through prophets, and this plan was working, what led to the change, why a King instead of God? Let’s go back and look through the scriptures to find the answer. Obviously, it really begins with our first parents, but we’re not going quite that far back in this message; that would take a little more time than we have, so we will start in the first book of Samuel.

**Having a male child to carry on the family name was important**

Go with me if you will to 1 Sam. 1:1,2 - “Now there was a man of Ramathaimzophim, of mount Ephraim and his name was Elkanah, the son of Jeroham, the son of Tohu, the son of Zuph, an Ephrathite. And he had two wives, the name of the one was Hannah, and the name of the other was Peninnah and Peninnah had children but Hannah had no children.” Back in this time period it was very important to have children, especially a boy to carry on the family name. This was difficult for Hannah she being the first wife but not being blessed with children.

We must call on God in all situations

Even though Elkanah loved Hannah and treated her with respect she was still barren and did not understand why she had not been blessed with children. So what could Hannah do? Exactly what we all should do with any situation we find ourselves in - we should go to the one we know will help us through any difficulties we might have, no matter how big or small they are. At times I find myself not going to the Lord with everything.

Sure, we always go to him with the big stuff like who, or if, we should...
marry, or finding a job, or when we lose a loved one and we need comfort, but He wants to help us with all of our troubles, including the little stuff. Like the other day, I was looking for a specific tool I needed to fix something I was working on; I looked for several minutes in my shop and was frustrated because I couldn’t find it. Then it hit me - “Hmm, why don’t you ask the Lord to help you?” So I did, and a few minutes later He led me right to it; Praise the Lord! He longs for us to come to Him with everything - just like when our children come to us, He wants us to come to Him.

**Our experience actually becomes feeble when we turn to human beings instead of God**

Listen to this quote from Sister White in Lift Him Up, page 55, “Let us take in the idea of the privilege we have. There are so many who, when they are in trouble, fall into temptation and lose their bearings. They forget the invitations God has abundantly given, and begin to look and plan for human help. They go to human beings for aid, and this is the way in which their experience becomes feeble, and confused. In all our trials we are directed to seek the Lord most earnestly, remembering that we are His property, His children by adoption. No human being can understand our necessities as Christ. We shall receive help if we ask Him in faith. We are His by creation, we are His by redemption. By the cords of divine love we are bound to the Source of all power and strength. If we will only make God our dependence, asking Him for what we want as a little child asks His father for what he wants, we shall obtain a rich experience. We shall learn that God is the source of all strength and power.”

**How can we even think God would ever leave us?**

Just remember some of the stories we read in the Bible when God was there for His children - did he forget Noah and his family when he preached for 120 years and the floods came; did he forget Lot and his family when fire came down and destroyed the cities; did he forget Elijah when Jezebel threatened his life; did he forget Jeremiah in the dark pit of his cell; did he forget the three worthies in the fiery furnace; did he forget Daniel in the lions’ den?

These stories, and many more, are reminders to us of the love and protection God longs to bring to us if we will just allow Him, and ask Him, He will do what He says. He paid the ultimate price for you and me. After ALL he went through and ALL he continues to do for us, don’t you think He will always be there for us? Don’t ever think that God will leave us. He will never leave us. We are the ones who leave Him. When we contemplate the love and the patience, not to mention the sacrifice He endured on the cross for us, how can we even for one moment think that He would ever leave us.

Later on in this story you will see that the people were the ones who chose to leave him. Just look at the facts for a moment, if He was willing to die for us, how is it we think that he will ever let us down? No matter where you are, even amid the busy hours of the day, you can always count on Jesus to be right there with you. It is a great thing to be called a child of God; don’t forget that.

**Hannah prayed for a son. and the Lord answered**

Okay, let’s get back to the story at verses 9, 10 of 1 Sam. 1 - “So Hannah rose up after they had eaten in Shiloh and after they had drunk. Now Eli the priest sat upon a seat by a post of the temple of the Lord. And she was in bitterness of soul, and prayed unto the Lord and wept sore.”

Hannah longed to have a child. So Hannah made a vow with God that if He would give her a son she would dedicate her son to the Lord all the days of his life. Her prayers were answered; the Lord blessed Hannah with a son and she honored her vow by raising her son, Samuel, to serve the Lord, and when he was 12 years old she sent him to live with Eli, the priest.
The Lord spoke directly to Samuel

As Samuel grew he did everything right in the eyes of the Lord. And then one night when Samuel was sleeping he heard a voice. He thought it was Eli, so he got up and went to Eli’s room to see what Eli needed, but it wasn’t Eli’s voice that he had heard. This happened three times; then Eli said to Samuel if he hears the voice again he should listen and answer. Samuel knew it was the Lord talking to him. “And the Lord came, and stood, and called as at other times Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.” 1 Sam. 3:10.

This is the time in Samuel’s youth when he started his life as a prophet. “And Samuel grew and the Lord was with him and he let none of his words fall to the ground. And all Israel from Dan even to Beersheba knew that Samuel was established to be a prophet of the Lord.” 1 Sam. 3:19, 20.

For many years Samuel served as the prophet of Israel. However, the people of Israel began demanding a king to rule over them, which we now know was the worst idea they could have come up with! And it was one of the hardest demands that Samuel had to grant, for he knew it was a mistake, and he tried desperately to talk them out of it; not because he wanted to be in control, but because he knew what the result would be to the people having a man in charge instead of God. “Men cannot depart from the counsel of God and still retain that calmness and wisdom which will enable them to act with justice and discretion. There is no insanity so dreadful, so hopeless, as that of following human wisdom, unguided by the wisdom of God.” CC 167.

The Lord finally gave them what they wanted

After ALL the Lord had done, and continued to do, for them they still wanted a king. So the Lord finally told Samuel to give them what they wanted. This is a really cool part of how our God does things. Even while they were rebelling and they turned away from allowing the Lord to be their king, the Lord still wanted to help by finding a suitable king for them. But He wanted the people to think about what they were asking for and to make sure they knew what they were to expect. So he told Samuel to tell them what their new king was going to demand of them when they have a man ruling over them instead of God.

Samuel explained what the king’s decrees would be

“Now therefore hearken unto their voice: howbeit yet protest solemnly unto them, and show them the manner of the king that shall reign over them. And Samuel told all the words of the LORD unto the people that asked of him a king. And he said, This will be the manner of the king that shall reign over you: He will take your sons, and appoint [them] for himself, for his chariots, and [to be] his horsemen; and [some] shall run before his chariots. And he will appoint him captains over thousands, and captains over fifties; and [will set them] to ear his ground, and to reap his harvest, and to make his
instruments of war, and instruments of his chariots. And he will take your daughters [to be] confectionaries, and [to be] cooks, and [to be] bakers. And he will take your fields, and your vineyards, and your oliveyards, [even] the best [of them], and give [them] to his servants. And he will take the tenth of your seed, and of your vineyards, and give to his officers, and to his servants. And he will take your menservants, and your maidservants, and your goodliest young men, and your asses, and put [them] to his work. He will take the tenth of your sheep: and ye shall be his servants. And ye shall cry out in that day because of your king which ye shall have chosen you; and the LORD will not hear you in that day.” 1 Sam. 8: 9-18.

Who do you go to for direction?

All this, Samuel told them was going to be required of the people if they wanted a man to rule over them instead of God. You would think that after they were told what the cost was for asking for a king they would have said hold on a minute, maybe we should reconsider; this is costing a lot more than we realized. But, nope, listen to their response: “Nevertheless the people refused to obey the voice of Samuel; and they said Nay; but we will have a king over us.” Verse 19. Do we, or better yet, do I, go to the world instead of God for direction? Even after all He had told them of the requirements of the king they were asking for, they still refused to let God be the one they go to for their needs.

Why did they want a king instead of God?

As the story continues, the Lord told Samuel to anoint them a king. His name was Saul. Saul was to be the first king. But why, why did they want a king? Wasn’t everything going just fine? Were they not being protected from their enemies? Did they not have everything that they needed?

Let’s go back to the scriptures - “And it came to pass, when Samuel was old, that he made his sons judges over Israel. Now the name of his firstborn was Joel; and the name of his second, Abia: [they were] judges in Beersheba. And his sons walked not in his ways, but turned aside after lucre, and took bribes, and perverted judgment. Then all the elders of Israel gathered themselves together, and came to Samuel unto Ramah, and said unto him, Behold, thou art old, and thy sons walk not in thy ways: now make us a king to judge us like all the nations.” 1 Sam. 8:1-5. Here we can see in verse 3 what part of the problem was and why they wanted a king. The Bible says “...and thy sons walk not in thy ways, but turned aside after lucre, and took bribes and perverted judgment.” The other part of the problem is found in the last part of verse 5; it says “...now make us a king to judge us like all the other nations.”

Here are the two reasons why they wanted a king to rule over them: Samuel was getting older and his sons were not following the path that their father followed. They were perverting the sacred office and turning away from God. The people were turning away from the true God, too, by connecting themselves with the other nations, taking husbands or wives from these other nations who were not God’s people. These other nations
Our Firm Foundation

had many different gods and by connecting with them they slowly but surely were turning away from the true God. And what do we know happens when we leave our God to allow man to guide us? Even if he was a man who was appointed by God, he is still human, and they will always fail us. Maybe not right away, but eventually they will fail us.

**In Christ there is perfect and complete help**

As you read on in the story of the first king, Samuel was still the prophet that Saul was to go to, to get direction. But that did not last very long. Saul was just a man, and any time you put your trust in a man and not in God, they will fail you; it is always the case.

Here is another quote from Sister White; this is from the Youth Instructor, December 22, 1898: “Christ is our tower of strength, and Satan can have no power over the soul who walks with God in humility of mind. The promise is, “Let him take hold of my strength, that he may make peace with me; and he shall make peace with me.” In Christ there is perfect and complete help for every tempted soul.” Listen very carefully to this part of the quote: “Dangers beset every path, but the whole universe of heaven is standing on guard that none may be tempted above that which he is able to bear. Some have strong traits of character, that will need to be constantly repressed. If kept under the control of the Spirit of God, these traits will be a blessing; but if not, they will prove a curse. If we lean to our own wisdom, our wisdom will prove to be foolishness. But if we will give ourselves unselfishly to the work, never swerving in the least from principle, the Lord will throw about us the everlasting arms, and will prove a mighty helper. If we will look to Jesus as the One in whom we may trust, he will never fail us in any emergency.”

**Christ will never fail us**

I really like some of the words that she uses like “NEVER”. Never means never - He will never fail us. These are words that we need to hang onto; read it believe it, hold on to his words of promise all day, everyday; he means what he says. He will NEVER fail us.

**Now the people got what they wanted - a king**

Let's go on in the scriptures to 1 Sam. 12:1-5. “And Samuel said unto all Israel, Behold, I have hearkened unto your voice in all that ye said unto me, and have made a king over you. And now, behold, the king walketh before you: and I am old and grayheaded; and, behold, my sons [are] with you: and I
The prophet of God relinquished his administrative power

Samuel was now handing over his administrative power to their new king. He also reminded them in the next few verses how the Lord had fought for them and their fathers. He brought them out of the land Egypt and made them dwell in the promised land. “And when they forgot the LORD their God, he sold them into the hand of Sisera, captain of the host of Hazor, and into the hand of the king of Moab, and they fought against them. And they cried unto the LORD, and said, We have sinned, because we have forsaken the LORD, and have served Baalim and Ashtaroth: but now deliver us out of the hand of our enemies, and we will serve thee.” Again the Lord heard their cries and he sent men of God to their aid. “And the LORD sent Jerubbaal, and Bedan, and Jephthah, and Samuel, and delivered you out of the hand of your enemies on every side, and ye dwelled safe.” These people knew the power of God and what he had done for them and their fathers. But they still were looking to the world for a king, a man instead of God. “And when ye saw that Nahash the king of the children of Ammon came against you, ye said unto me, Nay; but a king shall reign over us: when the LORD your God [was] your king,” 1 Sam. 12:9-12.

The longsuffering and patience of the Lord is evident

Samuel had just reminded them of how the Lord fought for them and their fathers. He had just told them of how the Lord was, and would continue to protect them, but they chose a man instead of God. Do we do that? Do we see it? Time and time again when the Lord has been there for us over and over again and we still don’t go to Him; I know I have been guilty of that. Samuel now tells them IF they stay faithful and the king stays faithful he will be there when they need him. But if they do not the commandments of the Lord then the hand of the Lord will be against them. Do you see the unbelievable patience and longsuffering the Lord has for his people?

We would do the same for our own children

They now have what they wanted. And the Lord, even after they basically told him they didn’t want Him to be their leader anymore, said if you and your king stay faithful I will still be there for you. “And Samuel said unto the people, Fear not: ye have done all this wickedness: yet turn not aside from following the LORD, but
serve the LORD with all your heart; And turn ye not aside: for [then should ye go] after vain [things], which cannot profit nor deliver; for they [are] vain. For the LORD will not forsake his people for his great name’s sake: because it hath pleased the LORD to make you his people.” 1 Sam. 12:20-22.

How can we, or how can I, even for one second think of going anywhere else but to Him who has been so patient and so kind and so longsuffering?

Even when we are rebelling he is waiting and waiting for us to come back. We would do the same for our children. That is the kind of relationship He wants to have with us, that when we are in trouble or we are hurting or when we need guidance in any way at all, He wants us to come to Him. His love for us is burning inside of Him and wants nothing more than to help us. . . just like we would do for our children.

If God cares about shoes, He certainly cares about you

Do you think that your problems are not important to him? Do you think that he has better things to do or is too busy to notice or care about your little life struggles? Away with such thoughts! Don’t let the devil tell you that our God doesn’t care about your life. Remember earlier on in this article? Did he forget Noah and his family when he preached for 120 years and the floods came; did he forget Lot and his family when fire came down and destroyed the cities; did he forget Elijah when Jezebel threatened his life; did he forget Jeremiah in the dark pit of his cell; did he forget the three worthies in the fiery furnace; did he forget Daniel in the lions’ den? How about in the story of when the Israelites were in the desert for forty years and the sandals on their feet never wore out? Forty years their shoes never wore out! God even thought about making sure their shoes would last. Think about just that one little thing - their shoes NEVER wore out. God was always there for them.

Believe God’s promises and you will be blessed

The first king was the biggest mistake God’s people ever made. Let’s ask the Lord to help us not make the same mistake. When we need help even with what we think are small things, let’s ask Him to help us, go to Him and not to the world.

One more quote from Sister White; this is from The Gospel Herald, March 1, 1901: “Do not depend upon human beings for spiritual help. Resist the temptation to make flesh your arm. Look to God as children look to an earthly Father. Believe that He loves you and that He will help you, even as He has promised. If you will believe, you will have confidence, trust, reliance, and rich blessings, because you will realize that Christ is the foundation of your faith.”

Dan Olson, Maintenance Director and speaker for Hope International, loves sharing his faith and is a Facebook evangelist, posting an inspirational passage every day to friends and family.
Comfrey Root has been used around the world for hundreds of years for the treatment of injuries and pain. Now, Hope for Health has formulated a high-quality, super-potent comfrey root herbal infused healing balm. If you suffer from pain, either from injury or a chronic condition, Comfort Cream can give you the “comfort” you’ve been looking for. Comfort Cream will soothe the skin, decrease recovery time, improve joint mobility, and reduce: pain, inflammation, swelling, and discomfort.

**Comfrey Root has been used around the world for hundreds of years for the treatment of injuries and pain.**

### COMFORT CREAM CAN BE USED FOR:
- Sports injuries (sprains & strains)
- Knee and back pain/injuries
- Bruises and poor circulation
- Swelling/inflammation
- Joint pain/decreased mobility
- Tissue damage/poor skin tone/skin problems
- Joint/bone/cartilage injuries

### OUR COMFORT CREAM FORMULA INCLUDES 3 POWERFUL INGREDIENTS: COMFREY ROOT EXTRACT, OLIVE OIL, AND BEEWAX!

- **100% pure and highly concentrated Comfrey Root Extract:**
  - Reduces pain, inflammation, and discomfort from sprains, strains, and bruising. Particularly helpful in accelerating recovery of broken bones and painful joints.
  - Cold Pressed, Extra Virgin Olive Oil
  - Soothes irritations, hydrates the skin, and relieves itching and the effects of stings and burns. In the ancient world, olive oil was seen as a soothing and pain-relieving ointment, even straight out of the bottle. It was used to soothe painful joints and muscles, and to hasten skin recovery.
  - Olive oil was also used as a vehicle for other herbal applications (like in our Comfort Cream). The ancients felt that applying medicine was as powerful as swallowing it. We may not see our skin as an entry point into our bodies, but it is. Just like nicotine patches transmit nicotine into the body, herbal preparations can be introduced via the same route! The ancients knew this and took advantage of it. First they infused the ingredients in oil. This means they placed the herb (such as comfrey) in a bowl of olive oil and let it infuse for a period of time. They then applied the infused oil to the body, with the benefits of the herb having been absorbed by the oil and transferred to the skin! Olive oil is a particularly good “vehicle”, or mover of compounds into the body, as it soaks right into the skin. Apply a patch of olive oil on your arm and within a few hours it will have been absorbed entirely. Olive oil does not evaporate, so you know where it has gone! Keep this in mind as you use other lotions, balms, and soaps. The skin is very adept at absorbing what we put on it. Make sure you’re putting only pure and natural products on your body’s largest organ!!
  - Olive oil is extremely safe and gentle, delicate enough for even a baby’s sensitive skin!
  - Olive oil contains phytosterols, which are quite similar to cortical steroids, the products commonly used to reduce inflammation. Likewise, these phytosterols are natural anti-inflammatoryatories, which is why olive oil applied topically, or to the skin, can help an inflamed, painful joint feel better.
  - 100% Natural Beeswax
  - Beeswax is known to lock in moisture, strengthen cells, and protect the skin from damaging environmental factors. Beeswax effectively softens the skin and creates a long-lasting protective coating against the elements. It is also a naturally nourishing moisturizer. Beeswax’s anti-inflammatory, antibacterial, anti-allergenic, and germicidal antioxidant properties make it beneficial for skin regeneration and wound repair.

- **Olive oil** is extremely safe and gentle, delicate enough for even a baby’s sensitive skin!
  - Olive oil contains phytosterols, which are quite similar to cortical steroids, the products commonly used to reduce inflammation. Likewise, these phytosterols are natural anti-inflammatoryatories, which is why olive oil applied topically, or to the skin, can help an inflamed, painful joint feel better.

### Did You Know?
- Traditionally, comfrey was known as “knit bone” and “bruisewort” for its ability to help hasten recovery of broken bones, sprains, strains, and bruises. In addition to helping the bones, it can also reduce the occurrence and severity of scar tissue. Cosmetic companies make use of comfrey’s valuable skin benefits by adding it to bath oils, shampooins, conditioners, and skin creams.

### COMFORT CREAM FORMULA INCLUDES 3 POWERFUL INGREDIENTS: COMFREY ROOT EXTRACT, OLIVE OIL, AND BEEWAX!  THE FORMULA IS SIMPLE, YET HIGHLY EFFECTIVE!

- **Try it, and see!!**

### Price:
- 4 oz. jar ................................................................................................................. $16.99

### Suggested Adult Dosage:
- Apply as needed to affected areas (up to 4-6 times daily).
- **Should not be applied to deep wounds.**

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

or Visit us on the web at: [www.hopeforhealthusa.com](http://www.hopeforhealthusa.com)

*Prices listed above do not include shipping and handling or sales tax*
God is a vigilant observer of the actions of the children of men. Nothing occurs in earth or heaven without the knowledge of the Creator. Nothing can happen without His permission. He on whom the fate of an empire may depend is watched over with a vigilance which knows no relaxation by Him who “giveth salvation unto kings,” to whom belong “the shields of the earth.” And the poor man is as tenderly watched over as the monarch upon his throne.

Jesus stooped to the level of fallen humanity to lift us up

God is constantly at work for the good of His creatures. Satan is also constantly at work, but for evil. The prince of the power of the air is the agent of destruction, the one who causes suffering and misery. Times without number God has interposed to avert death, to keep men, women, and children in safety when Satan purposed a result wholly disastrous.

God made everything good and beautiful; but evil gained entrance into the earth, and with it came defilement and degradation. It is God’s purpose to obliterate all traces of sin from His handiwork, to restore human beings to their original purity. To fulfill this purpose, God’s only Son, equal with the Father, assumed human nature. He stooped to our estate that He might lift us from a fallen, degraded condition to the pure and holy condition of Adam when he came from the hand of the Creator. As soon as man joined Satan in transgression, Christ took the field to fight in his behalf. He entered the conflict, and fought successfully the battle with the prince of evil.

Our own pride and self-sufficiency turn us from God

This world has been signally blessed by God. Human beings are the recipients of countless mercies. Providence watches over and shields them. Upon them are poured the choicest gifts in heaven’s treasury. Yet notwithstanding this, men show a growing disregard for God and a growing contempt for His law and for the salvation placed within their reach by the death of the Saviour.

Men have lifted themselves up in pride and self-sufficiency, casting down the needy and oppressing the hireling in his wages. Against them have been registered covetousness, pride, and self-indulgence. They show contempt for the laws which govern God’s kingdom. God has borne long with them; but in response to His amazing forbearance, men are approaching that degree of iniquity which the antediluvians reached, to perish in the waters of the flood, and which the Sodomites reached, to be destroyed by fire from heaven.

The idea of a second probation is from Satan

Some believe Satan’s assertion that there will be a second probation. They say that even though they now resist the Spirit of God, refusing to improve their day of grace, they will be given another opportunity to gain heaven. But those who cherish this belief are under a deception which leads to ruin. When God gave Christ to our world, He gave in this one gift all the treasures of heaven. He held back nothing. He can do no more than He has done to bring men to repentance. He has no means held in reserve for their salvation.

God will finally remove His protection if we persist in sin

God bears long with the rebellion and apostasy of His subjects. Even when His mercy is despised and His love scorned and derided, He bears with men until the last resource for leading them to repentance is exhausted. But
there are limits to His forbearance. From those who to the end continue in obstinate rebellion, He removes His protecting care. Providence will no longer shield them from Satan’s power. They will have sinned away their day of grace.

God keeps a reckoning with the nations. Not a sparrow falls to the ground without His notice. Those who work evil toward their fellow men, saying, How doth God know? will one day be called upon to meet long-deferred vengeance. In this age a more than common contempt is shown to God. Men have reached a point in insolence and disobedience which shows that their cup of iniquity is almost full. Many have well-nigh passed the boundary of mercy. Soon God will show that He is indeed the living God. He will say to the angels, “No longer combat Satan in his efforts to destroy. Let him work out his malignity upon the children of disobedience; for the cup of their iniquity is full. They have advanced from one degree of wickedness to another, adding daily to their lawlessness. I will no longer interfere to prevent the destroyer from doing his work.”

The spirit of God is being withdrawn from the earth
This time is right upon us. The Spirit of God is being withdrawn from the earth. When the angel of mercy folds her wings and departs, Satan will do the evil deeds he has long wished to do. Storm and tempest, war and bloodshed, in these things he delights, and thus he gathers in his harvest. And so completely will men be deceived by him that they will declare that these calamities are the result of the desecration of the first day of the week. From the pulpits of the popular churches will be heard the statement that the world is being punished because Sunday is not honored as it should be. And it will require no great stretch of imagination for men to believe this. They are guided by the enemy, and therefore they reach conclusions which are entirely false.

Satan’s rage against God’s people will intensify
Satan will bring in pleasing fables to meet the minds of all who love not the truth. With angry zeal he will accuse commandment-keepers. Furious because he cannot pervert their faith, he will vent his rage upon them. He will give to his angels the work of hardening wicked men against the truth. Knowing that he has but a short time, he will work with all deceivableness of unrighteousness in them that perish. In the form of friends who have died, fallen angels will come to the children of men, just and unjust. Thus Satan will deceive those who, had they honored the law of Jehovah, would have been barricaded against temptation.

We cannot afford to be ignorant of the Scriptures and the power of God
When Christ was upon this earth, He declared of the nation that rejected Him, “In vain they do worship me, teaching for doctrines the commandments of men.” They made void the law of God by loading it down with needless ceremonies. They tore down the Lord’s standard of righteousness, blinding the eyes and hardening the hearts of the people, leading them to believe a lie in the place of truth. Were Christ upon the earth today, He would say to many professed Christians, “Ye are both ignorant of the Scriptures and of the power of God.”

Run to the protecting arms of Jesus!
Satan claims the world, but there is a little company who withstand his devices, and contend earnestly for the faith once delivered to the saints. Satan sets himself to destroy this commandment-keeping company. But God is their tower of defense. He will raise up for them a standard against the enemy. He will be to them “as an hiding place from the wind,” and “as the shadow of a great rock in a weary land.” He will say to them, “Come, my people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast. For, behold, the Lord cometh out of His place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain.” “And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.”

RH, September 17, 1901

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.
Everywhere

John Wm. Stein

Yes, I find God everywhere.
In the water, earth, and air,
In the wealth of field and bower,
In the fragrance of the flower,
In the mountain's rugged steep,
In its caverns dark and deep,
In the ebb and flow of ocean,

In all planetary motion,
In the clouds, the rain, the snow,
In the living seeds which grow,
In the springs, the brooks, the rills,

In the valleys and the hills,

In the incidence of sound,
In the echoes which rebound,
In the lightning's flare and flash,
In the thunder's peal and crash,

In the dread volcano's flow,
In the earthquake's solemn throe,

In the darkness and the light,

In the day and in the night,
In the seasons new and old,
In the heat and in the cold,

In the wind and in the calm,

Reigns the living, great "I Am."
It was necessary, in order to carry out the plan of salvation for the Son of God to come to this earth and die that lost man might be redeemed. In God's own good time, therefore, Christ left His home in heaven, and the power and glory He had with His Father “before the world was” (John 17:5), to accomplish this purpose. To the world He appeared simply as a babe born in a manger in Bethlehem. He grew to manhood in the little town of Nazareth, giving no positive sign that He was the divine Son of God. He was recognized as a humble carpenter, working with His earthly father, Joseph.

Even when Jesus began His public ministry, accompanied as that was by mighty miracles, few believed in Him. In their blindness the people could not see in Him and His work the “arm of the Lord.” Their unbelief had been foretold by the prophet: “Who hath believed our report? and to whom is the arm of the Lord revealed?” Isaiah 53:1.

Jesus purchased sinners with His own life.

The words, “He was despised and rejected of men: a man of sorrows, and acquainted with grief,” were spoken many years before the advent of the Saviour, and they were literally fulfilled in His life among men. “He was in the world, and the world was made by Him, and the world knew Him not.” John 1:10. His mission to this earth was twofold:

First, He came to redeem man. To redeem is to purchase back that which has been lost. By the sacrifice of Himself, He purchased back sinners, in order to free them from the terrible consequences of sin. By His death He secured life for all who would receive Him.

Without sinning, Jesus resisted all temptation as our example.

Secondly, He came to be an example. He lived just such a life as man must live, so that He might be a perfect guide to all who would follow Him. In order to meet man in his fallen condition, He had to go to the lowest depths of poverty, temptation, sorrow and suffering. Every experience of man was met in the life of our Saviour. Of His poverty it is written: “The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay His head.” Matthew 8:20. The very poorest, even, have some place they call home, but our Lord was a homeless wanderer.

Of the temptations Jesus passed through in His human nature, and of the care of the tempted, we read: “For we have not an High Priest which can not be touched with the feeling
of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” Hebrews 4: 15, 16.

Never yielding, our Saviour paid the price for each of us

In the wilderness Christ was especially tempted on appetite and ambition. Our first parents failed on the point of appetite, and Christ won the victory where they had failed.

On the pinnacle of the temple, He was tempted to presume on His Father's care and mercy. The taunts of the enemy, insinuating disbelief of Christ's sonship to God, were hard for His human nature to bear, but He took no step outside of the boundaries of His heavenly mission to earth. Had He yielded, the plan of salvation would have been a failure.

On the mount, the tempter sought to lead the Saviour to believe that He could redeem man, in an easier way than by the life of suffering he was just entering upon. If He would only bow down and acknowledge Satan as the rightful owner and ruler of the world, the evil one promised to abdicate, and Christ could take possession at once. At such a suggestion the Saviour turned to him in indignation, and gave the command which compelled the enemy to depart.

Jesus went to the limit of human suffering

Of the inner life of Christ, the prophet said, He was “a man of sorrows.” To us life brings more happiness than sorrow; more joy than grief. But the sorrows of a sinful world pressed so heavily upon the heart of Christ that He was known as “the sorrowful man.”

Of His sufferings we read, “He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.” Isaiah 53:5. His life was one of privation, and often of suffering. His experience in the wilderness, at Gethsemane, and in His trial and crucifixion, testify to the truthfulness of this statement. No martyr's suffering in the torture chamber can compare with the keen anguish Christ suffered in both mind and body. He went to the limit of human suffering.

Rest from and triumph over sin can be ours

During His life Jesus met every form of temptation, every experience that can come to man, for a twofold purpose:

First, “For in that He Himself hath suffered being tempted, He is able to succor them that are tempted.” Hebrews 2:18. To “succor” is to give comfort and help when one is in trouble. This is just what the Lord Jesus does for those who are distressed by the presence of sin. He speaks peace to the troubled spirit, and says to the weary, anxious one, “Come unto Me, I will give you rest.”

Secondly, that whenever we are in deep trial and temptation, we may remember that our Saviour passed through the same, and has promised to “make a way of escape” for us in every instance. If we will only let Him, He will bring us in triumph through every temptation. More than this, though He has passed through all these trying experiences, yet, for our salvation, He will, with us, pass through them again, and as the Apostle Paul puts it, make us “in all these things more than conquerors through Him that love us.” In view of such great deliverance is it any wonder that the same apostle should triumphantly exclaim, “Thanks be unto God for His unspeakable Gift!”
"In all their afflictions He was afflicted.”

Christ was also a “man of sorrows” on the earth, because He was daily among those who were suffering from the plague of sin. “In all their afflictions He was afflicted.” These consoling words of the prophet point especially to the work of Christ. When any mourned the loss of dear friends, He sympathized with them. John 11:33-36. When they rebelled against Him, He was sorely grieved. Mark 3:5. When they refused to hear His words of warning, He wept over them. Luke 19:41.

When, in the garden of Gethsemane, He was preparing to meet death on the cross, He endured such agony that “His sweat was as it were great drops of blood falling down to the ground.” Luke 22:44. When brought before Pilate, a legal trial was denied Him, and men were hired to testify falsely against Him. Matthew 26:59-61. When hanging on the cross, the weight of the sins of the world, which He bore for guilty man, was so great that He felt forsaken of His Father, and cried out in the deepest agony, “My God, My God, why hast Thou forsaken Me?” Matthew 27:46.

Suffering and consolation are in perfect balance on God’s scales

Just think of this promise: as suffering abounds, so consolation abounds. That is to say, we have enough consolation to balance all the suffering we are called upon to endure. To illustrate this, we may suppose ourselves to be like a pair of balances. On one side suffering is put in against us. This would weigh that side entirely down if nothing were put on the other side; so the Lord balances that with His consolation. We will therefore call the suffering as, and the consolation so. As the suffering weighs down the one side, so the consolation weighs down the other, and thus scales are kept evenly balanced all the time. Thus we are fitted to dwell in His presence, and share His eternal glory.

Suffering with Christ is preparation for spending eternity in His presence

All this was borne by the Lord, not only to show how much He loved the fallen race, but that He might bestow on all who would receive Him the fellowship with Him in suffering, and give them His own consolation and glory. To receive the Lord and follow Him is to pass through similar experiences of trial. “The servant is not greater than his lord. If they have persecuted Me, they will also persecute you; if they have kept my sayings, they will keep yours, also.” John 15:20.

If, however, the world does all these things to the followers of Christ, the fact that He has borne it all before them can be their consolation, and He has shown them how to meet such trials in meekness. And in all these troubles, the assurance is given that by suffering with Him, they are preparing to reign with Him. 2 Timothy 2:12. All who thus follow Christ should rejoice, because they are partaking of His sufferings. 1 Peter 4:13.

Christ endured these things; and as we are joint heirs with Him we, too, must share with Him His sufferings, if we expect to share His glory. Romans 8:17. But we need not wait to the end for the consolation which comes from sharing with Christ in His sufferings. He has sent us word that “as the sufferings of Christ abound in us, so our consolation also abundeth by Christ.” 2 Corinthians 1:5.
Far in the west the day is slowly fading,
Dark grow the shadows of the evening hours;
Sweet o'er the senses steal the zephyrs, laden
With the soft fragrance of the drooping flowers.
Grant us thy peace.

All through the day our erring steps have wandered
Far from the paths thy sacred feet have trod;
With broken vows and precious moments squandered,
On humble knee we pray to thee, O Lord,
Grant us thy peace.

Dark grows the night, the weary world is sleeping.
 Darkness can hide not from the piercing light;
Take us, O Saviour, in thy gracious keeping,
Safe from the terrors of the lonely night:
Grant us thy peace.

Grant us thy peace when life's brief day is closing;
Hold thy dear cross before our fading eyes;
Through the dark vale within thine arms reposing,
Till morning dawns for us in paradise,
In perfect peace.

—Emily Appleton Wade
Hope during economic meltdown

In 2007 and 2008 the economic meltdown in Zimbabwe reached a record low level that has never been reached by any country in the history of the modern economic world, with an inflation reaching an astronomical 231 million percent in October, 2008. Even those countries which have been under serious wars have never suffered such an economic meltdown. The situation was so terrible to the extent that there was no hope in anything. There was no hope in the government, because it had lost control of the situation; there was no hope in wealth, because it had lost all its value; there was no hope in employment, because people could not afford to go to work since most salaries were far below the bus fares; most people gave up their jobs and unemployment rose to over 90 percent. There was no hope in hospitals since the health systems in most hospitals had totally collapsed, and more people were dying in hospitals than those who were taken care in homes; going to hospital was like a sure death sentence. More than 90 percent of industries and shops closed and almost everything was scarce, including salt; money was losing value more than five times in a single day and prices were going up more than three times in a single day; money became totally useless. Many people died and many people lost hope; only those who had hope for a better future persevered and survived. Zimbabwe is mostly a Christian country and because of this background most people hoped for a solution from out of this world; they hope for a solution from God to intervene just as He had done for the children of Israel in Egypt. Surely in due season, God intervened and rescued the people of Zimbabwe in many ways which were never experienced before. The example of hope in the Zimbabwean economic meltdown, even in the worst of times, encouraged many families to move forward and put faith and hope into action, not just worrying or wishfully thinking; this sustained many families and gave them confidence that present circumstances would give way to future blessings.

Great hope makes great men

Hope can be best defined as a belief in a positive outcome related to events and circumstances in one’s life. Hope implies a certain amount of perseverance, i.e., believing that a positive outcome is possible even when there is some evidence to the contrary. It is the hope to hold a baby which makes an expecting mother to endure the labour pains, for beyond the cry of pain there is a cry of joy. People sow seeds with hope, and hope is the seed of life; people through ages hoped for eternity because hope is as great as eternity. Never give up hope because if you live without hope you will die without hope. Even if all desert you, hope will be with you, if you wish.

Hope is a state of mind that motivates us. Hoping does...
not mean doing nothing. It is not fatalistic resignation. It means going about our assigned tasks, confident that God will provide meaning and the conclusions. Great hope makes great men.

The hope of rescue can keep us alive

Think of the story of the 33 Chilean miners who were trapped 700 meters underground for 69 days, the longest of its kind in history by 19 days. For the first 17 days that they were trapped, nobody knew that they were alive. In fact there were many fears that some, if not all, of the 33 miners were dead. In a mission to determine whether the miners were in fact dead or alive, rescuers drilled down a bore hole the width of a grapefruit, and they were relieved when a note was sent back up from the miners saying all 33 miners were fine. Rescuers had found the men miraculously alive. The drilled small hole served as a lifeline to pass hydration gels, water and food, as well as Bibles, letters from their families and soccer videos to keep their spirits up. Their story of survival captured global attention. Their rescue was a big success and a big inspiration to the world. It is the hope for rescue which kept them alive, it is the hope for survival which gave them strength and because of their hope their disaster story became a happy disaster story in the end. Indeed there is power in hope.

When everything appears hopeless, hope becomes strength

Second Kings 7:3-9 tells a fascinating story of four lepers who sat at the gate of Samaria at a time when the city was under siege. Things had gotten so bad inside the city that women were eating their own children to survive. Meanwhile, the four lepers evaluated their dismal situation. If they stayed at the gate of Samaria, they would starve. If they went over to the enemy camp, they may be killed, which would be no worse than starving, but there was the outside chance that the enemy would take pity on them and give them some scraps of food. So because of their hope for survival they took their chances and went over to the enemy camp. When they got there, they were shocked to find the camp deserted and they ate as much as they could, and when they were satisfied they went to tell the good news to those who were trapped inside the city.

“For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?” Romans 8:24 (NIV). Hope means hoping when things are hopeless; it is only when everything appears hopeless that hope begins to be strength. In the language of the gospel, hope is the abiding trust that the Lord will fulfill His promises to us. It is confidence in God that if we trust Him, we will receive desired blessings in the future. It is believing and expecting that our prayers will be answered. It is manifest in confidence, optimism, enthusiasm, and patient perseverance. This hope is sure, unwavering, and active.

When we have hope we can rise above despair

With hope comes joy and happiness. With hope, we can have patience, and we can bear our afflictions. The things we hope in sustain us during our daily walk. They uphold us through trials, temptations, and sorrow. Everyone has experienced discouragement and difficulty. Indeed, there are times when the darkness may seem unbearable. It is in these times that the divine principles of the gospel we hope in can uphold us and carry us until once again, we walk in the light.

Hope is like the beam of sunlight rising up and above the horizon of our present circumstances. It pierces the darkness with a brilliant dawn. It encourages and inspires
us to place our trust in the loving care of an eternal Heavenly Father, who has prepared a way for those who seek for eternal truth in a world of confusion and fear. We hope in Jesus Christ, in the goodness of God, in the manifestations of the Holy Spirit, in the knowledge that our prayers are heard and answered. Because God has been faithful and kept His promises in the past, we can hope with confidence that God will keep His promises to us in the present and in the future. In times of distress, we can hold tightly to the hope that things will work together for our good as we follow the counsel of Romans 8:28. This type of hope in God, His goodness, and His power refreshes us with courage during difficult challenges and gives strength to those who feel threatened by enclosing walls of fear, doubt, and despair.

**Hope will uphold our faith**

There may be times when we must make a courageous decision to hope even when everything around us contradicts this hope. Like Father Abraham, we will against hope believe in hope. (Romans 4:18) Hope is one leg of a three-legged stool, together with faith and love. These three stabilize our lives regardless of the rough or uneven surfaces we might encounter at the time. Faith, hope, and love complement each other, and as one increases, the others grow as well. Hope comes of faith, for without faith, there is no hope. In like manner faith comes of hope, for faith is the substance of things hoped for. (Hebrews 11:1). Hope is critical to both faith and love. When disobedience, disappointment, and procrastination erode faith, hope is there to uphold our faith. When frustration and impatience challenge love, hope braces our resolve and urges us to care for our fellowmen even without expectation of reward. The brighter our hope, the greater our faith.

**Each time a hope is fulfilled it creates confidence and leads to greater hope**

Hope structures our life in anticipation of the future and influences how we feel in the present. Similar to optimism, hope creates a positive mood about an expectation, a goal, or a future situation. Such mental time travel influences our state of mind and alters our behavior in the present. The positive feelings we experience as we look ahead, imagining hopefully what might happen, what we will attain, or who we are going to be, can alter how we currently view ourselves. Along with hope comes our prediction that we will be happy, and this can have behavioral consequences.

Better problem-solving abilities have been found in people who are hopeful when compared with low-hope peers, and those who are hopeful have a tendency to be cognitively flexible and able to mentally explore novel situations. Even if the present is unpleasant, the thought of a positive future can be stress-buffering and can reduce the impact of negative events or disappointment. Being unrelentingly optimistic about the future helps you to recognize that you are adaptable and capable, enabling you to reassure yourself that you will get through a tough time. Having a powerful hope that you will adapt also provides a limitlessly positive version of the future. Those who are hopeful and optimistic can make excuses for negative outcomes.

**The church should be a beacon of hope in a hopeless world**

The scriptures are clear and certain about the importance of hope. The Apostle Paul taught that the scriptures were written to the end that we might have hope. (Romans 15:4). Hope has the power to fill our
lives with happiness. Its absence when this desire of our heart is delayed can make the heart sick. Hope is a gift of the Spirit. It is a hope that through the Atonement of Jesus Christ and the power of His resurrection, we shall be raised unto life eternal though we may face death and this because of our faith in the Savior. This kind of hope is both a principle of promise as well as a commandment, and, as with all commandments, we have the responsibility to make it an active part of our lives and overcome the temptation to lose hope. Hope in our Heavenly Father’s merciful plan of happiness leads to peace, mercy, rejoicing, and gladness. The hope of salvation is like a protective helmet; it is the foundation of our faith and an anchor to our souls.

Hope must be a vital part of our lives; we cannot make it through life without hope. Hope is our greatest asset in life. So where do we find this hope that makes a difference? Jesus is our source of hope because He is the master of eternity and he is always there for us. In all His battles with the enemy, the devil, Jesus has not even lost one battle, He has been victorious in all, and through His power we can also overcome the attacks of the devil. The truth is that hope is a gift from God and it is given to all. Hope is a part of having faith. True hope that does not disappoint can only come from God.

“Thus saith the Lord; cursed be the man that trusteth in man, and maketh flesh his arm... Blessed is the man that trusteth in the Lord, and whose hope the Lord is.” Jeremiah 17:5-7.

Benefits of Hope:

1. Hope comforts and protects.
Like David just say this to God. “Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away all my sins. See how my enemies have increased and how fiercely they hate me! Guard my life and rescue me; let me not be put to shame, for I take refuge in you. May integrity and uprightness protect me, because my hope is in you.” Psalm 25:16-21.

2. Hope gives confidence, courage and strength.
“For you have been my hope, O Sovereign LORD, my confidence since my youth.” Psalm 71:5. “Therefore, since we have such a hope, we are very bold.” 2 Cor 3:12.

3. Hope produces joy.
“Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:12.

4. Hope gives peace.
Knowing things are going to get better gives you peace “Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.” Psalm 62:5-8.
5. Hope builds perseverance.
“Though he slay me, yet will I hope in him.” Job 13:15.
“But as for me, I will always have hope; I will praise you more and more.” Psalm 71:14.

6. Hope inspires.
Hope has inspired Christians throughout the ages. Many have gone through desperate times but clung to their hope in God. Some of our hymns are written by such people. Here’s the story behind one of the songs we sing:

“Tis So Sweet to Trust in Jesus”. According to the story: It was a beautiful sunny day. Louisa M. Stead, her husband, and her daughter Lily, decided to go for a picnic. They went picnicking on Long Island Sound. While having their meal, the Steads heard a scream. It was from a young boy. Mr. Stead ran to the rescue. Louisa Stead and young Lily watched helplessly as Mr. Stead and the boy drowned. Their troubles were not over yet, however, and without her husband, Mrs. Stead became very poor and destitute. Yet God never left her. He provided for her always and she and her daughter made it through. Louisa learned to trust God, and thus the words to the song ‘Tis So Sweet to Trust in Jesus’. Shortly after this incident, Louisa and her daughter Lily moved to South Africa where they became missionaries. The song is included in many hymnals and has been recorded by many artists.

With hope we can find joy in struggles
We have a great hope and because of that hope we’ll keep on doing what the Lord has called us to do. I have desire to live a life of integrity, I have boldness and courage, I find joy even in struggles, I find peace in the presence of my enemies, and I find perseverance in trials because I hope. “Precious opportunities and privileges are granted to us to be a light and blessing to others, strengthening their faith, and encouraging them through the heavenly sunshine in our own souls. We may gather for our own benefit precious rays of cheerful hope and peace and fullness of joy, and in so doing help everyone with whom we associate. Instead of strengthening unbelief and doubt, we shall inspire hope.” RH, September 21, 1886, par. 9.

Hope changes our lives
The hope that we have through Christ transforms how we think and how we act. This living hope helps us to see the world with the eyes of Christ. As long as we have faith, we will always have hope, and as long as we have hope we will always have faith. Hope sustains us through despair. Hope teaches that there is reason to rejoice even when all seems dark around us. As other men see only a hopeless end, but the Christian rejoices in an endless hope. This is the quality of hope we must cherish and develop.

To all those who suffer injustices, to all who feel discouraged, worried, or lonely I say with love and deep concern for you, never give in. Never surrender. Never allow despair to overcome your hope. Embrace and rely upon the hope in the love of God, the hope that pierces all darkness, softens all sorrow, and gladdens every heart. “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13. Hope is the companion of power, and mother of success; for who soever hopes strongly has within him the gift of miracles. Always hope for there is power in hope.
How many muscles are there connected with the outlets of the bowels?
There are 8, all acting their part in carrying waste matter from the system.

How many muscles are required for the movements of the arms and fingers?
There are about 46 muscles to each arm. And in order that the fingers may be slender, and easily moved, the muscle that moves them is placed in the fore arm, and the tendons for the movement of the hands and fingers are made as slender as possible. Some of these extend only to the wrist to bend it upon the arm. Some of them pass to the very finger ends, passing under a ligament like a bracelet, at the wrist.

How many muscles are there in each leg and foot?
About 52 in each leg and foot, and these are used to make all the different motions of the leg and foot. Some of them are attached to a small ligament at the knee, called the patella - knee-pan - which serves the purpose of a fulcrum over which the cord pulls in moving the lower limb and foot. These muscles are all advantageously disposed of for power, and are so arranged as to hold the limb erect, and to balance the body upon the upper portion of the limb.

How much is it supposed that a muscle contracts, and what is the process of the contraction of a muscular fibril?
It is supposed that muscles are capable of contracting about one third their length. This contraction or shortening of the fiber is owing to a change in the diameter of the component parts of an ultimate fibril. This action may be well illustrated by placing a dry rope in water: wetting it increases its diameter but shortens its length. The natural state of a muscle is what is called its tonicity, and it is supposed to be a constant strain or stretch. This keeps the muscle in a position in which it is always ready for action. Just what the element is that causes the motion of muscle is not yet decided. It is certain however that a good supply of oxygen and electricity in the blood greatly facilitates the action of the muscle, and so muscular exertion can be continued for a much longer time in the open air than otherwise.

Which is the largest tendon in the body?
It is the one which is attached to the calf of the leg, extending down to the heel, and which is used to raise the body upon the toes. It is called the tendon of Achilles, because the great Grecian warrior Achilles is said to have been killed by the wound of an arrow in this tendon.
What is found connected with the muscles?

Around the fibrilla of the muscle, but not entering into them, is woven a very beautiful net-work of very fine capillaries, communicating with arteries on the one hand and veins on the other, so that a plentiful supply of blood is constantly poured around the contractile elements of the muscle. Thus its exhausted energies are replenished, and its substance nourished. The veins receive the unappropriated blood, and conduct it back to the heart; and thus a continual stream of fresh arterial blood is poured through all the muscular tissue. By this means the vitality of the muscle is maintained. The involuntary muscles are even more abundantly supplied with vessels than those of animal life.

What other peculiarities are there in the arrangement and action of muscles?

Each muscle is provided with one or more antagonistic muscles, or those that produce motion in an opposite direction. The only exception is in a few muscles of the head and neck. When one set of these muscles are contracted, the others must relax, otherwise the body would not move. Medicines that produce nausea, or sickness at the stomach, will relax all of these muscles. Another peculiarity is, that all the component parts of a muscle do not contract at once, but one portion of the fibrils contract, then another, and another, and so on. If the whole muscle contracted at once, its action must necessarily be very short. While the muscle is contracted decomposition is going on, and the blood is shut out of that portion of the muscle; but as different parts of the fibrils take up the process of contraction, there is a partial building up of the muscular structure from the nutriment of the blood, even while contraction of the other parts is taking place.

What is the arrangement of the muscles of the alimentary canal?

As it is necessary in the performance of the general functions of the alimentary cavity, that there should be motion, as well as innervation and secretion, muscular fibers are everywhere attached to the back of the mucous membrane forming that cavity. The general arrangement of these fibers consists of two layers: the first composed of circular fibers, which surround the meat pipe, the stomach, and the small and large intestines, like rings, or sections of rings; the second layer is composed of fibers running lengthwise of the meat pipe, stomach, and intestinal tube. By the contraction of the circular fibers, the size of the cavity is diminished. By the contraction of the longitudinal fibers the parts are shortened. By their combined action they give the parts an undulating motion. This muscular coat is stronger and thicker, in the meat-pipe and stomach, than in the small intestine, and stronger in the small than in the large intestine. In the rectum, or outward terminus of the intestines, the muscular coat becomes thicker and stronger. In the pharynx the muscular coat is composed of six constrictor muscles, the fibers of which form sheets which cross each other in various directions. By the action of these muscles, both the length and caliber of the pharynx are diminished. In the stomach the fibers are arranged in three different directions: longitudinally, circularly, and obliquely. The muscular coat of the alimentary organs, and particularly of the stomach and small intestine, is more or less developed in power and activity, according to the character and condition of the food on which the person habitually subsists. That food calling for a proper amount of muscular action in the stomach and intestines increases their strength, while food of an opposite kind conduces to emaciation, and inactivity of those fibers, rendering the action of the
Our Firm Foundation

stomach and bowels sluggish and feeble.

**Do the muscles act at the greatest advantage, or are they so arranged that power is sacrificed to save time?**

The muscles are usually attached near the joints, and as a hand near the hinge of a gate must use great exertion to move it; and as the hand near the hinge moves but little and slowly to move the farther end of the gate rapidly, so with the action of muscles, they are arranged with reference to saving time, but it is an expenditure of force. All muscular action, as we have shown, is attended with a great waste of muscular fibril, so no more muscular exercise should be put forth than is necessary for health and to accomplish our necessary work. For this reason farmers, mechanics, and all laboring classes, should have their tools handy, and calculate their work to save all unnecessary steps and blows; let the “head save the heel”. Houses should be arranged so that the woman’s work will be handy, and all useless steps avoided. It will save the health of women who otherwise would be overworked. A person raising a hundred-pound weight in the hand, exerts a force on the muscle equal to eighteen hundred pounds. The act of leaning over and straightening up is a strain on the muscles of the legs of many thousand pounds. The muscles of some lower animals are much stronger in proportion to their size than those of man. A flea harnessed, will draw seventy or eighty times its own weight, while a horse draws but six times its own weight. The common beetle bug has been known to throw a weight placed upon it three hundred twenty times heavier than itself.

**What of the aponeurotic fascie?**

It is strong and inelastic, composed of parallel tendinous fibers, connected by other fibers passing in different directions. In the limbs it forms distinct sheaths, inclosing all the muscles and tendons constituting the deep fascia. In the palm of the hand and sole of the foot it is a powerful protection to the structures.

**What examples illustrate the rapidity of muscular movement?**

Some persons have pronounced as many as 1500 letters in a minute, combined of course in words; but to do that, it would require the contraction and relaxation of one or more muscles to each letter, each contraction occupying not more than onefiftieth of a second. The wings of some animals must move many thousand times in a minute to produce the humming which is heard while their wings are in motion. Some birds fly 60 feet in a second, while a race horse scarcely exceeds 40 feet in the same time. A falcon of King Henry II, flew from Fontainbleau to Malta in one day, a distance of about one thousand miles. The precision of muscular movement is seen in the rapidity with which a singer can accurately strike notes in any
part of the scale. These sounds are all produced by contracting and relaxing the muscles of the larynx.

How may the muscles be strengthened, and kept in a healthy condition?
The muscles, to be kept healthy, should be used. Using the muscles increases the flow of the blood through them, and thus the waste, or decomposed particles, are carried off, and nutritive particles are placed in their stead. Plenty of exercise in the open air is imperatively necessary for a healthy condition of body in students, professional men, in-door mechanics, and females. Farmers who work in the open air, if not overworked, enjoy the benefits of the wholesome air of heaven. This exercise should be in a condition free from care, or burdening of the brain, thus giving the blood a chance to flow healthfully through all the system. These exercises in the open air are better, because then the oxygen is freely inhaled into the system, and thus through the blood the muscular system is built up. The air contains more oxygen in cold than in warm weather, and therefore greater muscular activity can be attained in winter than in summer, and for this reason, other conditions being equal, the body will gain in weight faster in winter than in summer.

Mention some of the most healthful exercises?
Riding on horse-back, walking, climbing mountains, running up and down stairs, sawing wood, planing boards, rotary motions with both arms extended while the lungs are filled with air, or carefully moving the arms back till the backs of the hands touch if possible.

What should be the position of the body in standing or walking in order to properly develop the muscles?
The body should be upright; with the head, shoulders and hips thrown back, and the breast forward. Constant bending over will cause a round-shouldered, crooked, mean, diminutive appearance. But the appearance is the smallest evil. It causes the bones of the chest to press upon the internal organs of the body, and hinders their healthy action, causes short breathing, and pain in the chest, weakness of the lungs, and finally consumption. A person who stands erect, can stand with more ease, labor better, and travel farther in a day, than one who stoops. Students, when sitting at their studies, or in writing, should avoid a stooping posture. If we always keep the body in a proper position it will tend to make the back bone firm and strong. In all bodily or mechanical labor the body should be bent, or lean on the hip joints; the trunk should be kept as straight as possible.
Diane, a(n) SDA since the late 70s, writes from Melbourne. In addition to writing, she enjoys art, literature, nature, and all animals—especially cats.

**News Watch**

**National Catholic Register, Feb. 9-22, 2014, Front Page, Virginia Attorney General Supports Legal Challenge to Marriage Definition**

“Virginia’s new attorney general announced Jan. 23 that he will not uphold the commonwealth’s constitutional definition of marriage and instead will join same-sex ‘marriage’ proponents seeking to override the amendment in federal court. The amendment defines marriage as a union of a man and a woman.”

**End Time Perspective:**

“Likewise also as it was in the days of Lot, they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.” Luke 17:28.

**Editor’s note:** Conditions like those that existed in Sodom are repeating themselves in the world today, and there will be a similar result to what happened then as Jesus returns. It happened to everyone that remained in Sodom—not to just those that were violating God’s requirements, but also to those who supported those who violated the requirements.

---

**Time Magazine, February 17, 2014, Picture on page 14, Dangerous Cargo**

“A Dec. 30 train accident near Casselton N.D., led to an explosion that burned for over a day.”

**End Time Perspective:**

“In fires, in floods, in earthquakes, in the fury of the great deep, in calamities by sea and by land, the warning is given that God’s Spirit will not always strive with men.” 3 MR 315.
Are you looking for pain relief? If so, look no further! MSM can actually help to repair damaged tissue rather than just suppressing the pain. It can help reduce the pain and discomfort that comes from inflammatory conditions, injuries, or tissue damage with the added effect of enhanced natural beauty! Widely known as the “beauty mineral” MSM helps beautify the skin, increase the glossy and healthy look of the hair, and strengthen the nails! For feeling and looking your best on the inside AND outside, try MSM today!!

**MSM - Powder & Capsules**

**Price:**
- 16 oz. powder .................................................... $14.99
- 120 capsules ...................................................... $12.99
- 240 capsules ...................................................... $20.99

**Suggested Adult Dosage:**
- Powder: 1/2 - 2 teaspoons with water or juice 1- 3 times per day with food depending on severity of health concern.
- Capsules: 2-10 capsules, 1-3 times a day with food.

NOTE: You can take up to six teaspoons (or 30 capsules) per day (approx 30,000 mg.) for three to six weeks for maximum health benefits before reducing to a daily amount of 3,000 to 6,000 mg. (3-6 capsules or 1/2 - 1 teaspoon per day).

**How Does MSM Work?**
MSM makes the cell walls flexible and elastic. If the amount of MSM in the body is too low, new cells lose some of their flexibility and elasticity. MSM makes cell walls permeable, allowing water and other nutrients to freely flow into cells and allow waste and toxins to properly flow out, thus improving the health of connective tissue and reducing pain. MSM also reduces inflammation and permits the muscles to heal while preventing them from becoming sore.

**Hope For Health MSM Can Help:**
- Relieve pain and inflammation.
- Reduce or eliminate muscle cramps.
- Reduce or eliminate pain from chronic conditions.
- Improve suppleness of skin and shininess of hair.
- Help to reduce wrinkles associated with aging.
- Increase alertness and ability to concentrate.
- Improve mood.
- Beautify and strengthen nails, making them less prone to cracking and splitting.

Q: I am allergic to sulfur. Can I take MSM?
A: Strictly speaking, the concept of a “sulfur allergy” is a misconception: sulfur is an element, the third most abundant mineral in the human body. MSM provides this organic sulfur. It's not possible to be allergic to sulfur because it has no protein component. When people say they are “allergic to sulfur,” what they really mean is that they are allergic or sensitive to certain sulfur-containing substances, most notably to sulfite-based drugs (sulfonamides) or to sulfites (preservatives used in wines and some foods), but apart from sulfur, MSM bears no relation to these substances. Sulfonamides do not occur naturally and are used as antibiotics. The sulfa molecule is much larger and can cause severe reactions in some individuals. Sulfites are a form of preservative that can cause allergic reactions in some individuals. An estimated half-million people are sulfite sensitive in the US. MSM does not contain sulfites, therefore should not cause a reaction in sulfite-sensitive individuals.

While many people are allergic to sulfa drugs and sulfites, no similar reactions have ever been reported with MSM.

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

SO, IF YOU BATTLE WITH PAIN OR FATIGUE, DON'T WAIT ANOTHER MINUTE! TRY HOPE FOR HEALTH'S MSM TODAY!
The faith of the disciples was greatly strengthened at the transfiguration, when they were permitted to behold Christ’s glory and to hear the voice from heaven testifying to His divine character. God chose to give the followers of Jesus strong proof that He was the promised Messiah, that in their bitter sorrow and disappointment at His crucifixion, they would not entirely cast away their confidence. At the transfiguration the Lord sent Moses and Elijah to talk with Jesus concerning His sufferings and death. Instead of choosing angels to converse with His Son, God chose those who had themselves experienced the trials of earth.

**God chose Elijah and Moses to be His messengers to Christ**

Elijah had walked with God. His work had been painful and trying, for the Lord through him had reproved the sins of Israel. Elijah was a prophet of God; yet he was compelled to flee from place to place to save his life. His own nation hunted him like a wild beast that they might destroy him. But God translated Elijah. Angels bore him in glory and triumph to heaven.

Moses was greater than any who had lived before him. He had been highly honored of God, being privileged to talk with the Lord face to face, as a man speaks with a friend. He was permitted to see the bright light and excellent glory that enshrouded the Father. The Lord through Moses delivered the children of Israel from Egyptian bondage. Moses was a mediator for his people, often standing between them and the wrath of God. When the anger of the Lord was greatly kindled against Israel for their unbelief, their murmurings, and their grievous sins, Moses’ love for them was tested. God proposed to destroy them and to make of him a mighty nation. Moses showed his love for Israel by his earnest pleading in their behalf. In his distress he prayed God to turn from His fierce anger and forgive Israel, or blot his name out of His book.

**Moses thought he was the target of Israel’s murmurings instead of God**

When Israel murmured against God and against Moses because they could get no water, they accused him of leading them out to kill them and their children. God heard their murmurings and bade Moses speak to the rock, that the people might have water. Moses smote the rock in wrath and took the glory to himself. The continual waywardness and murmuring of the children of Israel had caused him the keenest sorrow, and for a little time he...
Satan claimed the body of Moses was his, but Jesus resurrected him

Moses passed through death, but Michael came down and gave him life before his body had seen corruption. Satan tried to hold the body, claiming it as his; but Michael resurrected Moses and took him to heaven. Satan raised bitterly against God, denouncing Him as unjust in permitting his prey to be taken from him; but Christ did not rebuke His adversary, though it was through his temptation that the servant of God had fallen. He meekly referred him to His Father, saying, “The Lord rebuke thee.”

Moses and Elijah represented resurrection and translation

Jesus had told His disciples that there were some standing with Him who should not taste of death till they should see the kingdom of God come with power. At the transfiguration this promise was fulfilled. The countenance of Jesus was there changed and shone like the sun. His raiment was white and glistening. Moses was present to represent those who will be raised from the dead at the second appearing of Jesus. And Elijah, who was translated without seeing death, represented those who will be changed to immortality at Christ’s second coming and will be translated to heaven without seeing death. The disciples beheld with astonishment and fear the excellent majesty of Jesus and the cloud that overshadowed them, and heard the voice of God in terrible majesty, saying, “This is My beloved Son; hear Him.”

EW 162.

Satan claimed the body of Moses was his, but Jesus resurrected him

Moses passed through death, but Michael came down and gave him life before his body had seen corruption. Satan tried to hold the body, claiming it as his; but Michael resurrected Moses and took him to heaven. Satan raised bitterly against God, denouncing Him as unjust in permitting his prey to be taken from him; but Christ did not rebuke His adversary, though it was through his temptation that the servant of God had fallen. He meekly referred him to His Father, saying, “The Lord rebuke thee.”

Moses and Elijah represented resurrection and translation

Jesus had told His disciples that there were some standing with Him who should not taste of death till they should see the kingdom of God come with power. At the transfiguration this promise was fulfilled. The countenance of Jesus was there changed and shone like the sun. His raiment was white and glistening. Moses was present to represent those who will be raised from the dead at the second appearing of Jesus. And Elijah, who was translated without seeing death, represented those who will be changed to immortality at Christ’s second coming and will be translated to heaven without seeing death. The disciples beheld with astonishment and fear the excellent majesty of Jesus and the cloud that overshadowed them, and heard the voice of God in terrible majesty, saying, “This is My beloved Son; hear Him.”

EW 162.
Christian Crossword

ACROSS
2. The father of Ezekiel, the prophet
3. Number of years the children of Israel ate manna
5. A son of Eli
7. The first heaven and the first ______ passed away
8. He was released from his chains and from prison by an angel
10. How many living creatures did Ezekiel see the likeness of?
13. The wicked woman of Revelation
14. One of those who spoke to Job
15. The first church of Revelation
16. The seven angels were to pour out ______
20. The son of Hagar and Abraham
22. The horse under the second seal was what color?
23. King Saul’s tribe
24. The father of King Saul
25. A king of the Amorites during the time of Moses
26. The next to the last church of Revelation
27. The mother of Samuel
28. “Mystery, Babylon The Great, ______ of Harlots

DOWN
1. The father-in-law of Moses
2. The angel had the key to what kind of pit?
4. The father of Jesse, the father of David
6. How many years were the Jews to be in Babylon?
8. Precept must be upon _____, line upon line
9. Who will be clothed in white raiment?
11. “And if ye be Christ’s, then ye are _____ seed
12. Christ is the Lamb slain from the ______ of the world
17. Spued out of the mouth because they are _____
18. He was brought out of a pit to go into slavery
19. Israel split into Israel and _____.
21. The bread that was white like coriander seed
22. A prophet during King Ahab’s reign [Elijah]
23. King Saul’s tribe
24. The father of King Saul
25. A slave of Philemon that ran away [ONESIMUS]
26. The parable of the tares is in which gospel
27. A leader in building the tower of Babel
28. Raised from the dead by Jesus [LAZARUS]