THE POWER OF OBEDIENCE
Remembered to Remember

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One of the Ellen White statements that I have written in the front of my Bible comes from the Mount of Blessings, page 71: “The Father’s presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He, who is imbued with the spirit of Christ, abides in Christ. The blow that is aimed at him falls upon the Saviour who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil for Christ is his defense. Nothing can touch him except by our Lord’s permission; and all things that are permitted ‘work together for good to them that love God.’ Romans 8:28.”

Recently, New Year’s Eve, 2014, I approached my car in the front yard of our house to move it and make room for another car to pull in. A person was coming to adopt a cat from my wife’s ministry, Marypaws.com. I had just changed from my boots to my city shoes because I was going to drive to Asheville soon.

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If anybody is in heaven because of my witness through these times, my accident has been worthwhile.

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Without realizing it, I stepped onto a layer of icy mud; my feet flew into the air, and I came down quite hard on my right leg, breaking my femur in two places. I suffered a lot of pain and couldn’t be moved. The ambulance took over an hour to get to me where I laid on the icy ground. It was at least a forty-five minute ride to town once they were able to get me into the ambulance. My surgery was New Year’s day, and a titanium rod was placed in my femur to join the bones together again.

After a short time in the hospital I was transferred to Care Partners to receive physical and occupational therapy to prepare me eventually for my trip home, and the healing process. From there I was placed in a nursing facility for further physical and occupational therapy.

Finally, on January 29, 2015, some close friends took me from the nursing facility to their own home because of the difficulty of getting to my house in the mountains due to the snow. January 31, I was brought home. I need to use a walker to get around in my house, but I am able to go up and down stairs, and I continue to exercise my leg.

Prior to my accident, I have prayed for God’s protection on a daily basis. I memorized Psalm 91 which Ellen White has called the Psalm of omnipotence, and repeat that Psalm nightly. I have also claimed Psalm 34:7: “The angel of the Lord encampeth round about that fear them, and delivereth them.”

So the Lord must have allowed this accident to come to me, and one of these days, I know the Lord will reveal to me “Why?”. I do have some thoughts that could suggest the answers to my question. While at the hospital the doctor made a statement to the nurses that were in my room, “This man is probably in better health than anybody on this floor.” They had done blood work on me and checked all my vitals. From questioning me, they knew I didn’t smoke or drink, and followed a strict vegan diet staying away from all animal products.

Thus, his statement was a witness for the health resulting from our diet. Not only this, but I was able to give my testimony to my physical and occupational therapists at the different facilities I stayed in. I was able to read the Bible to one of my roommates at his request. In addition, one day while I was walking through the halls of the nursing home, a lady who was in a wheel chair asked me if I was Mary’s husband. She was involved in cat rescue and knew my wife. I acknowledged that I was Mary’s husband, and then learned the reason the lady was in the wheel chair. She had fallen into a diabetic coma while driving, and had totaled her car. She was fortunate to be alive, but she had broken many bones. She told me that she was the titanium woman because of all the metal rods in her body. But she also mentioned that these things had happened for a reason. I have been able to share with her the book, From Sabbath to Sunday, by Carlisle B. Haynes as well as keep in touch with her daily to pray for her.

In addition, this accident of mine has placed me in a position to finish my life’s story through the days ahead. I pray that it will be a soul winner. If anybody is in heaven because of my witness through these times, my accident has been well worthwhile.

“In comparison with the value of the soul, everything else sinks into insignificance. This world and its treasures, this life and its happiness, are of little consequence, when we compare them with the joy of even one soul eternally saved.” RH March 25, 1880.

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Remembered to Remember

By Emmanuel Machakaire

Genesis 8:1 “And God remembered Noah ...”

Have you ever felt abandoned by God? Have you ever wondered if God has forgotten you? Have you ever felt as if your prayers were bouncing off the ceiling and hitting you on the head? If so, Genesis 8 is for you.

The story of Noah is a very exciting story with many great lessons to modern Christians. After Noah had obediently completed the task of building the ark, he entered into the ark together with his family, animals and birds according to God’s instructions. Noah entered the ark when he was 600 years old, Genesis 7:11. Seven days later the rain began to fall, Genesis 7:10. The rain fell for 40 days and 40 nights, Genesis 7:12.

The floodwaters spread across the entire earth, covering the mountains to a depth of more than 20 feet. All living creatures on dry land were wiped out. The flood covered the earth for 150 days, Genesis 7:24. Noah spent one year and 17 days in the ark, Genesis 8:13,14. That’s a long time in a cramped space with lots and lots of animals. This was no luxury cruise. There was nothing to do but stay in the boat while it floated aimlessly on the surface of the ocean. It was no picnic being on the ark.

God had not forgotten Noah

The message of chapter eight is given in verse 1: “But God remembered Noah and all the wild animals and the livestock that were with him in the ark, and he sent a wind over the earth, and the waters receded.” Consider that simple phrase: “God remembered Noah.” Those three words tell us a great deal about the Lord. One of the greatest human fears is to be forgotten. We fear death because it means that ultimately we will be buried in a grave, the world will go on without us, and we will eventually be forgotten. When the text tells us that God “remembered” Noah, it doesn’t mean that God had forgotten him. It simply means that in the midst of the great flood, God stayed true to his promises. He promised to deliver Noah...
and his family and all those animals; and during the flood, with all its death and destruction, the Lord looked down on the earth and remembered to have mercy on eight people floating in a big barge with all those animals.

There are times when the righteous people may feel abandoned or forgotten by God; think of Job, think of John the Baptist in prison, think of Jesus on the cross crying out, “My God! My God! Why have you forsaken me?”

Our text contains an important message of hope. In the midst of judgment, God always remembers mercy. He remembers those who suffer and he keeps his eyes on them, “For the eyes of the LORD run to and fro throughout the whole earth, to show himself strong in the behalf of [them] whose heart [is] perfect toward him” 2 Chronicles 6:9. Though they suffer long and often feel forgotten, the Almighty will not abandon them. As God remembered Noah, even so he will remember you and me. There is no trial so severe that it can separate us from the God who loves us.

How God Remembered Noah

Genesis 8, points out three ways in which the Lord remembered Noah during the flood. Firstly, God sent a wind that blew across the whole earth and caused the floodwaters to begin to recede, Genesis 8:1. This speaks to God’s authority over the forces of nature. He commanded the wind and the wind blew. He said to the waters, “Settle down,” and they settled down. At his command the water level began to decrease around the globe. Proverbs 30:4 says that he holds the wind in his hands and wraps the waters in his cloak. He puts limits on the waves and says to them, “Thus far and no farther you may go.” Job 38:8-11. He brings wind out of the storehouses of heaven. Psalm 135:7. Every drop of water, every gust of wind, and every tiny snowflake comes from the hands of God. Even hurricanes and tornadoes serve his purposes. The storms that batter the earth are fully under his divine control.

Just as God has the key to open, he also has the key to shut. He turned off the faucet, the heavens dried up, and the water began to evaporate from the surface of the earth.

We should learn from this that when affliction has done its appointed work, it will be removed from us. Whether it be sickness or ill fortune or bad circumstances or hateful opposition, when God’s purposes have been served, the hard times will go away. It is significant that the flood did not disappear in a day. The waters rose slowly and fell slowly. Even so, God usually works deliverance for us gradually, little by little, day by day, step by step. We don’t usually get into trouble overnight and we don’t get out of trouble overnight either.

God can make the dry ground appear any time He chooses

Secondly, He gave him a sign. Noah was looking for signs that the flood was coming to an end. So he sent out a raven, a bird of quick scent, to discover whether the earth had become dry. (PP 105) Genesis 8:7. The first time Noah sent out a dove, it came back because the water wasn’t low enough. The second time the dove returned with an olive leaf, indicating that plants were beginning to grow. The third time he sent out a dove, it didn’t come back at all. Noah knew then that the end of the flood must be very near. Genesis 8:8-12.

But why did he send the birds in the first place? The answer is simple and perhaps easy to overlook. God had told him when the flood would start but not when it would end. He needed to know the approximate date it would begin so he could build the ark in time. But God never told him how long the flood would last because he didn’t need to know. I think we can all relate to Noah’s intention. We can endure almost anything if only we know when it will end. That applies to sickness, personal pain, broken relationships, trouble at work, financial stress, or even watching our loved ones suffer. Whatever it is, we can take it if we know when it ends. Often, it is the not knowing that wears us down. We watch and wait and wonder and pray as the uncertainty...
Our chief question is always: “When will this end?” And the answer is always: “In God’s time, not one day sooner, not one day later.” Nothing can rush, change or hinder God’s designs for his children. In our doubt and confusion, we rest on this truth: God can make the dry ground appear anytime he chooses. We may feel forgotten and abandoned in the flood, but the dry land will appear in due time.

**God’s answers to our prayers are delayed that His sovereignty might be established**

Notice also that Noah didn’t get out of the ark for a long time even after the first land appeared. Noah still had lots of waiting to do. This should not surprise us. In the course of life, God often delays his mercies in order that we should properly thank him when they finally appear. We pray, “Lord, help us,” and the next day we pray again, “Lord, have mercy,” and the next day we cry out, “Lord, hear our prayers.” Sometimes we are compelled to pray the same prayer for many days or weeks or months or years. All of this is for our ultimate benefit. His answers are delayed in order that his sovereignty might be established (He’s God and we’re not), and that our hearts might be humbled, and to ensure that when the answer finally comes, he alone gets the glory.

In our haste or desperation we may try to leave the ark too soon. But when we do, we slip and slide through the mud and end up in the water. It is better that we should wait for God’s answers to appear, and to trust that our Heavenly Father will give us what we need when we need it. And just as God gave Noah a sign, he still gives signs and tokens of his grace today. Often it is a Scripture or a song repeated at just the right moment. God does not always spare us the pain of life, but he gives us tokens, roses that bloom in the snow, to remind us that even in our sadness and even in our despair, we are never alone, never forgotten.

**While Noah waited to hear from God, he remained faithful**

The third way God remembered Noah was by speaking to him again. In verses 16, 17 the Lord instructed Noah to leave the ark with his family and the animals. As far as we can tell, this is the first time God had spoken to Noah since he told him to enter the ark. The year in between had been a time of silence from heaven. What a long year it must have been inside the ark with the boat drifting aimlessly on the waters! As Noah watched and waited, he went about his duties, wondering when the Lord would speak to him again. Who could blame him if he felt forgotten? The same thing can happen to any of us. You may come to a time in...
when you feel forgotten and alone. You may lack the conscious sense of God’s presence so that you feel abandoned and left to face life on your own.

What do you do then? You must do what Noah did. Stay faithful to what you know to be true. Obey the Lord and follow the light that you were given in the past. Day after day, Noah had to get up and take care of his responsibilities on the ark. God had given him a job to do and it must be done. His feelings did not matter. He knew that God had led him this far, and he believed that God had his best interests at heart. While he waited for the Lord to speak again, he did the only thing we could do. He remained faithful. In life we must not doubt in the darkness what God has shown us in the light. Wait on the Lord. And while you wait, obey as much as you know. When the time comes, God will speak to you again. You can't rush God. In his time, you will hear his voice once again. Until that day comes, stay faithful, just as God spoke to Moses after forty years in exile, so he will speak to you in due time.

How Noah Remembered God

Although Genesis 8 is primarily about God remembering Noah, it also contains wonderful truth about how Noah remembered God. “Those that remember God, shall certainly be remembered by Him, no matter how desolate their condition.” Our text reveals two specific ways in which Noah remembered the Lord.

Firstly, “So Noah came out, together with his sons and his wife and his sons’ wives. All the animals and all the creatures that move along the ground and all the birds—everything that moves on the earth—came out of the ark, one kind after another” Genesis 8:18-19. I do not think we appreciate how much courage it took for Noah to leave the ark. As I have already pointed out, the ark had been crowded, cramped, and no doubt somewhat smelly. But it has been home, and it was safe. Now they were leaving the known for the unknown. The world they had known was gone forever. Cities gone, roads gone, homes gone, people gone. Geography changed, landmarks all different. Nothing looked the same. Everything was new.

It might have been easier to stay in the ark, uncomfortable though it was. It took great courage to step out of the ark into a brand-new world. It meant leaving behind safety and security. And it meant trusting God for a totally unknown future.

Sometimes—often!—God calls us to do things that are hard and may even seem impossible. We are called to leave the known for the unknown, and we have to leave the ark that has taken us this far and step out on our own. To leave the ark meant embarking on a new life with new dangers and new opportunities. That takes courage and resolve and a decision not to look back. Noah and his family came out first. That wasn’t easy, either. Noah led the way and his family followed. That took courage as well. If things went bad, he would have to deal with it.

Faith means taking the next step … and then trusting God with the results. It is a paradox of life that even though the ark is smelly and cramped, we may be afraid to leave it because it represents the only security we have known. Sometimes we pray for a change in our circumstances, but when the moment comes, we are so overwhelmed with fear that we are paralyzed and unable to move.

Secondly, “Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it” Genesis 8:20. The sequence of events is very important. God tells Noah to leave the ark, he leaves the ark, and the first thing he does after stepping on dry ground is to build an altar to the Lord. Not many people would have done that as their first act after getting out of the
ark. I can imagine most folks running from the ark, kicking up their heels, and saying, “Let’s go. Let’s get started. We’ve got a world to build!” Not Noah. His first act was to publicly thank God for his deliverance. Like the ten lepers who were cured by Jesus and only one returned to give thanks, Luke 17:11-19; even so we often receive great blessings from the Lord and in our haste to enjoy them, we seldom stop to say thanks. But Noah took time to build an altar and make sacrifices to the Lord. The offering represented his complete surrender and total dedication to the Lord. After the flood Noah could see that God was not only a God of wrath, but also a God of mercy.

**Now is the time to remember God**

Noah recognized that he owed everything to the Lord. It was God who warned him, God who told him to build the ark, God who designed the ark, God who called the animals to the ark two by two and seven by seven, God who shut the door, God who preserved the ark through the flood, God who brought the ark to a safe place, and it was God who told Noah when it was safe to leave the ark. God did it all! This is an Old Testament picture of salvation by grace alone. Noah added nothing to the equation. Noah takes no credit but by his offering signifies that God has delivered him and his family. His offering is a way of saying, “By rights I should have perished in that flood but God in his mercy delivered me.”

What a challenge this is for all of us to “remember God” in all that we do. “Remember your Creator in the days of your youth” Ecclesiastics 12:1. We are to remember God in our early days while we have strength and energy, and all of life stretches out before us. If we remember God in our youth, we are less likely to forget him when we are old.

- In your singleness or in your marriage … Remember God!
- In your victories and in your defeats … Remember God!
- In your joys and in your sorrows … Remember God!
- In your sickness and in your health … Remember God!
- In your old age and dying moments … Remember God!

Now is the time to remember God. Let this be your motto: I will remember the Lord. Take time to give thanks. Build an altar where you will meet the Lord every day. Take time to pray. Speak up for Jesus. Remember the God who remembers you. He will be your joy and comfort in this life and in the life to come for there is power in obedience. Amen

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It is not my intention this evening to confine myself to any particular portion of Scripture, but to speak for a short time in regard to working for the Master.

When we realize the fact that we are not our own, but bought with an infinite price, even the blood of the Son of God, we shall have no desire to devote our mental or physical powers to our own personal interests; but we shall feel a deep sense of our obligations to the Creator and to his cause, and of our duty to faithfully perform what he requires of us.

There never was a time when I realized more fully the value of souls than at the present. There never was a time in the history of our cause when we could do more for the conversion of sinners than now. There is much to be done; and there are those whose services the Lord will accept, if they will consecrate themselves unreservedly to him.

It is the use of the talents given us that make us strong

Some of the youth have been diligent and persevering, and they are now making their mark, and are occupying important positions in the cause of God. We often hear persons speak of the talents and ability of these youth as though God had bestowed upon them special gifts; but this is a mistake. It is the use we make of the talents given us, that makes us strong. There are many who might be well qualified to engage in the work of the Lord, who fail to improve upon the ability God has given them.

Let us take two young men as examples of these two classes. One is ever ready to make the most of his time and opportunities. He feels the importance of using his powers to the glory of God. Circumstances are against him; he has difficulties and obstacles to meet; but he does not complain of the trials that beset him. He accommodates himself to the circumstances, or so controls them as to make them serve his best interests. This individual’s abilities are strengthened, his talents are increased; and he finally becomes a fully developed man, fitted to occupy some important position in society, and in the cause of God. When placed in any office of trust, he is able to exercise good judgment, and to discharge his duties with faithfulness and efficiency.

The other young man has similar difficulties to meet, but instead of bravely surmounting every obstacle, he complains, wishing things were different, and saying if he only had circumstances to suit his mind, what a splendid success he would make! This young man is destined to make a failure; because he does not apply his mind to his work, and does not determine that, live or die, sink or swim, he will so improve the abilities God has given him, as to make a success of life.

We are each responsible for developing the talents we have been given

God has not bestowed upon us all the same talents and abilities. For this reason, we are not all capable of filling the same position with the same degree of success. Again, many talents have been given to some, while others have received but few. The latter are responsible only for what they have; while those more richly endowed will be held to account for the wise improvement of all that has been committed to them. Every one is capable of using the talents intrusted to him, of developing and increasing them.

Persons often speak of Dr. Kellogg as one whom God has especially called, and is using in his service. But while we believe that he is a man of God, we believe that the Lord did not accept him to the exclusion of others. He has met the difficulties of his situation, and mastered them. He has improved his time to increase his talents, and God has accepted his labors.
Prove yourself faithful wherever you are

Not long since, a young man came to see us about obtaining a situation. Upon inquiry, he said that he had been at work on a farm, but that he could not fix his mind on his work. He desired some other kind of labor, and thought he would give himself to the Lord. Because he did not enjoy the plain, simple duties of life, he concluded to leave them, and devote himself to the cause of God. “Young man,” said I, “you are making a mistake. It is necessary that you should prove yourself faithful wherever you are. If called to work upon the farm, or to engage in any of the ordinary duties of life, you should show that you can make a success there; and when you have done this, the Lord may see fit to give you some greater responsibility.”

Many are like this youth. They do not enjoy the everyday duties of life. They think that if they were in some responsible position they would make a success. They have a desire to do some great work; but they are always standing still. They yield to circumstances instead of meeting difficulties with fortitude, determined to improve their abilities and gain a valuable experience.

In comparison to the value of the soul, everything else sinks into insignificance

In my youth I made up my mind that, should I allow myself to be controlled by circumstances, my life would be a failure; I went about whatever I regarded as duty, even though the surroundings were against me. My father would frequently say, “Ellen, if it were your duty to go to such a place, it would be made so plain that you could have no doubt in the matter. In consideration of your youth and feebleness, the Lord will give you clear evidence of your duty; and he will give you strength to do it without difficulty.” “But,” said I, “Father, if difficulties appear, I must summon greater resolution to meet them, and in doing this I shall gain a valuable experience, one that will help me to wisely use the abilities intrusted to my care.”

Here is a work for every one of us to do. Never did I see and sense the value of souls as I do at the present time. How can we realize the importance of the work of salvation? In comparison with the value of the soul, everything else sinks into insignificance. This world and its treasures, this life and its happiness, are of little consequence, when we compare them with the joy of even one soul eternally saved. Until we have clear and distinct ideas of what that soul will enjoy when saved in the kingdom of glory; until we can fully comprehend the value of that life which measures with the life of God; until we can fully realize the riches of that reward which is laid up for those who overcome and gain the victory— we cannot know the inestimable value of the soul.

There are many ways in which we can be of service in the cause of God

We should train our minds to dwell on the importance of working for the salvation of souls for whom Christ has died. We should not feel that this work is of no special consequence; I fear that many of us are too often indifferent in this respect. At times, when I have labored excessively day after day, burdened with a sense of the great work that yet remained to be done, and have seen men and women of intelligence who professed to be followers of the meek and lowly Jesus, idly passing away the time, I have inquired, In view of the impending Judgment, how can they be indifferent in regard to the salvation of souls? If I had a thousand lives, I would devote them all to the service of the Lord.

Not all are called to preach the word, but there are other ways in which we may be of service in the cause of God. Many feel themselves excused from doing anything, because they cannot stand in the desk and explain the truths of the gospel. But let us consider, dear friends, what joy unspeakable will fill our hearts in the day of God, if, as we gather around the great white throne, we shall see souls, saved through our instrumentality, with the crown of immortal glory upon their brows. How shall we feel as we look upon that company, and see one soul saved through our agency, who has saved others, and these still others—a large assembly brought into the haven of rest as the result of our labors, there to lay their crowns at Jesus’ feet, and to praise him with immortal tongues throughout the ceaseless ages of eternity.

RH, March 25, 1880

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 inestimable blessing to God’s people around the world.
This month I’d like to tell you about what, I have come to conclude, is one of the most neglected books of the Bible. The Song of Solomon was written by, as you might imagine… Solomon. “The song of songs, which is Solomon’s.” Song of Solomon 1:1. It is, by most accounts, a love song. But what many scholars have focused on, is who it was about. Some think it was about one of Solomon’s lovers. Some think it was about a singular wife, like the daughter of pharaoh. Some believe it was about some Shunammite woman he met. And I think it WAS written about one of them.

But I believe one of the main reasons for the book was that it was an example of the love story between God and man. To me, once you look at the Song of Solomon from this perspective, it opens up a vista rarely seen into the love God has for us.

We all know that God loves us. Many have memorized John 3:16… “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” And there is a deep mine of truth and love that God has shown us in His unparalleled gift. To allow His Son to come to live and die on this earth, for what has seemed to be a mostly ungrateful world, is an inexhaustible theme. And it is this book, the Song of Solomon, that has seemed to me to be an additional concept of the love that God continues to shower upon us. God wants to have a deep and abiding relationship with us.

Let’s look at some of the verses in this book that have seemed to open up this glorious theme. And as we look at these verses, it is important that we keep our minds focused on the holiness of intimacy. What I mean by that is that the devil tries to take God’s illustrations and cast them in the gutter. There is no question but that God has given Solomon the thoughts and ideas of a close, personal and deeply connected pair. And again, I think there was a real relationship that Solomon had with someone. But as we delve into some of the more intimate verses Solomon was impressed to write, let’s see if there might be more to it than just a personal relationship to the woman he is writing about.

Song of Solomon 1:2 “Let him kiss me with the kisses of his mouth: for thy love is better than wine.” At first glance, this verse might simply appear to be about a man and a woman. But… let’s look a little closer. Let’s try to look at this from the perspective
of God trying to explain His love towards us. In human terms, a kiss on the mouth is one of the most intimate experiences a husband and wife can experience. We see kisses many times over as forms of greeting; a peck on the cheek can indicate a relationship, but it is usually more of a friendly acknowledgment of closeness or to heal a hurt, etc. But a kiss on the mouth is normally reserved for a one-on-one relationship. Most men and women would be quite offended if someone came up to their spouse and kissed them on the mouth; there might even be some hostility. Why? Because this kind of closeness is reserved for one another. This act usually signifies that there is a very deep and abiding relationship that no one else gets to have. And this is the kind of relationship that God wants to have with us.

With each one of His earthly children, our heavenly Father wants nothing to come between Him and them. He wants to be first in their lives. He wants there to be this closeness and unity and connection that nothing can ever take apart or sever. He wants us to be so close, that He represents it as a couple who share an intimate kiss. I am, of course, not referring to the sexual part of it, but the intimacy. There is nothing in our human language to express it better.

Having a better understanding of God's love for us, brings forth a desire to obey Him

When I first began to understand these concepts here in the Song of Solomon, it expanded my mind and my ability to comprehend God's love in a way that I never had before, and what it did for me was to draw me closer and closer to the God who wanted to be this near, this... intimate, for lack of a better word. And then this quote from Isaiah made so much more sense to me..."For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD." Isa. 55:8. That is so true on so many levels, but on this particular level, I was beginning to have some understanding. And, for me anyway, the deeper I understood this love of God to me, the more I wanted to obey Him and follow Him and do what He said. The idea of HAVING to keep His commandments was not even a thought. It was a DESIRE to keep His words. It just opened up whole new vistas for me, and I hope it will do the same for you.

God wants an intimate relationship with us that is beyond our imaginations

Let's look at this verse again now... Song of Solomon 1:2 - “Let him kiss me with the kisses of his mouth: for thy love is better than wine.” In this verse, it is each of us expressing this connection to God... or what He wants us to feel like. We say here that His love is better than wine. Now, to get the correct import here, we have to put ourselves in the shoes, or sandals, of the Jews and people of the time this was written. There was almost nothing better than fresh grape juice from the vine. They have waited all year for the grapes to ripen. It was not like it is today where we are able to keep the juice from spoiling, or getting fermented. They could not go to the grocery store and buy every kind of juice imaginable. They had grape juice and they had it once a year, in the purest, tastiest, and freshest state. And it was something everyone looked forward to. It was desired and anticipated and longed for. And the Holy Spirit inspired Solomon to write that this is what our love and connection and relationship to our heavenly Father should be like.

Isn't that beautiful? Even in marriage here on this earth, there are very few real intimacies like this... but this is what God wants with us. When you understand this, any feelings of unworthiness or inadequacy or loneliness will pass away. The devil tries to make it appear as if God simply "allows" us back to heaven. We have to act right and do right and then... maybe... if you're holy enough, God will take you back. But in the Song of Solomon, you begin to see a whole different concept. Here you see this eternal Being who wants to be with you and enjoy a deeper communion with you than we can even have as husband and wife! Praise the Lord!

This was such an eye-opener for me. I loved the Lord and my heavenly Father already, but this gave me a depth I had never experienced before. And now, when I look at these verses... it has little to do with Solomon or his wife, and it has everything to do with me and my God!
And I so desperately want to share my experience with everyone I can. I want each of you to get and have and experience what I have.

Our Heavenly Father WANTED every one of us!

Let’s turn to another verse that has just filled me with joy…” As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste.” Song of Solomon 2:3. Among the trees that grow in the Middle East, the apple is especially appreciated. Also, remember what I said about refrigeration… there was none. So, a tree that produced a fruit that would last several months would be a very special tree. This is what God thinks of each one of us. We are very, very special to Him. Each one of us, individually, can only produce the fruit that He desires. God has lots of beings to serve Him and love Him. But He made us… He made you and me… why? “Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” Rev. 4:11. We were created for His pleasure. In other words, He WANTED us… ALL of us!

You know, this is quite the theme in the Bible. There are many verses that talk about our being God’s pleasure. This is from the Old Testament… “For the LORD taketh pleasure in his people…” Ps. 149:4. Here is one from the New Testament that Jesus Himself mentioned…“Fear not, little flock; for it is your Father’s good pleasure to give you the kingdom.” Luke 12:32. Not only did He make us for His pleasure, but it is His good pleasure to give us things! Paul picks up the same thing in his letter to the Ephesians…“Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,” Eph. 1:5. Then we have this verse that many of us are familiar with, but now that we are looking at Song of Solomon the way we are, it might give us a different impression…“For it is God which worketh in you both to will and to do of his good pleasure.” Phil. 2:13.

God leaves everything and everyone to find His lost sheep

The “song” Solomon wrote is a powerful testament to God’s love for us! Does this put the story of the prodigal son in a different perspective for you? We are all the prodigal sons and daughters! Do you remember how delighted the father was that his son came back? This is what it means to be loved, like in the Song of Solomon. And for me, the parable Jesus told about the lost sheep gave me a new concept of how much He loves me, too. He leaves everyone and everything to bring back that one lost sheep! God has such a yearning and a deep, deep desire for us to be with Him, we cannot even fathom it. Remember His words in Isaiah? “For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.” Isa. 55:8. God’s love for us is so deep and so high and so wide that we cannot imagine it. We look at relationships here on this earth, with sinful human beings, and we think we know what it is to be loved; but God says, “You have no idea!” And to help us have an idea, the Holy Spirit impressed Solomon to write his song. And, as you would expect, the devil tries to take away the beauty and glory of God and His love by saying that this story is just about Solomon and one of his wives. Really? When you really take the time to consider it, do you think, even with our own human understanding, that God wanted just a human interest story… no allegory… no parable… no symbolism… no metaphor? Don’t let the devil take away this beautiful illustration from you!

Under the shadow of God - how much more intimate can it get?

You know, we mentioned the Song of Solomon, chapter two and verse three a few paragraphs ago. Let’s read it again… “As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste.” Song of Solomon 2:3. Among the trees that grow in the Middle East, the apple is especially appreciated. Also, remember what I
our being the apple of God’s eye AND hiding under the shadow of His wings was accidental in this verse? Doesn’t that just seem to verify what I am saying here?

> Psalms 36:7 “How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.”

> Psalms 57:1 “Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.”

> Psalms 91:1 “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.”

> Isaiah 51:16 “And I have put my words in thy mouth, and I have covered thee in the shadow of mine hand…”

When the Shepherd finds His lost sheep, He holds him close and will not let go

When you read the Song of Solomon now, you will see so much more of the Bible in a different, and a more glorious light. Let’s look at a verse in chapter three…”I will rise now, and go about the city in the streets, and in the broad ways I will seek him whom my soul loveth: I sought him, but I found him not.” Song of Solomon 3:2. God uses both the woman and the man in this story to make illustrations of His love for us. He is not concerned with gender, like we are, He is concerned with us getting it! God is looking for us, just like in the parable of the lost sheep, and He cannot find us. He was expecting us to be there with Him, but we are not. And how often are we not with God as we wander about the city streets? How often have we strayed from His side? How many times have we left Him to go do our own will? Look at your own life and determine how many, many times you have left Him. But look in this story how He longs for us, is earnestly searching for us… agonizing over our being apart from Him! It just has to melt your heart! He seeks for us in this story so desperately you would think His heart would break if He did not find us.

And look at what happens when He does find us…”It was but a little that I passed from them, but I found him whom my soul loveth: I held him, and would not let him go, until I had brought him into my mother’s house, and into the chamber of her that conceived me.” Song of Solomon 3:4. In this verse, God, in the woman’s position, has found her lover. He is represented as finding the spouse and unwilling to let him go. Can you get a greater picture than this? When He looks and looks and looks for us, searching the highways and byways and streets of the city, and He finally finds us… He does not want to let go. This is how God is acting towards each one of us! He searches everywhere and when He finds His lost sheep, He holds him close and will not let him go.

We need to fall in love with our God

O, my friends, if I can do but one thing in this message that might stick with you, I want to try and help you see the love that I see in this book. Let’s read further in this verse…”It was but a little that I passed from them, but I found him whom my soul loveth: I held him, and would not let him go, until I had brought him into my mother’s house, and into the chamber of her that conceived me.” She would not let her lover go until they were in her mother’s house, where she was conceived. Can you think of a more intimate place than that? This is where she wanted to be to feel secure and that her spouse would be with her alone. Do you know that God wants to be alone with you? He wants a deeper relationship than a husband and wife with each of us. He wants an intimacy that we can’t even understand.

Not in a lewd, sexual way, but in a deepness and a level that He alone can have with us. Just as He said in Isaiah…Isaiah 55:9 “For as the heavens are higher than the earth, so are my ways higher than your ways,
Our Firm Foundation

thinks. But that doesn't mean HE doesn't think it! The whole book of the Song of Solomon is replete with these references and examples and to fall in love with our God. What did Jesus say we would do if we loved Him? “Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.” John 14:23.

Without love, we will not be obedient. It is this love that causes us to WANT to obey.

God Knows every thing about us

Are you still struggling with sin? Do you still find yourself going the wrong way? Do you wonder if God still loves you and wants you? Do you wonder if He is even aware if you exist? You need to read Song of Solomon.

Maybe this is one of the reasons why Paul said that right now, we see through the glass darkly. “For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.” 1 Cor. 13:12. Right now Paul says we “know in part…” But then, in that glorious day, we shall know, even as we are known. Hallelujah! How well does God know us? God told Jeremiah how well He knew him… “Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.” Jer. 1:5. That would be pretty well known. God knew him BEFORE the womb. God knew what Jeremiah would do; He knew what he would be; He knew everything about Jeremiah. And He knows everything about us — the good, the bad and the extremely ugly. And He STILL wants us! Praise the Lord! Paul tells us the day is coming that we will know just like we are known.

Allow Christ and His love to ravish your soul

I want to close with a quote from Ellen White here. Actually, it is a few quotes, but they all use the same word. You might look at God's love a little differently after this...“As we study the plan of redemption, the heart will feel the throb of the Saviour's love, and will be ravished by the charms of His character.” Lift Him Up 248. As we study redemption, our hearts will be “ravished” by the charms of His character. Do you get the level of intensity she is talking about here? Here’s another...“...keep looking unto Jesus, and become ravished with the perfections of His character.” Letter 14, 1891. Again...we must become “ravished.” Does that make you a little uncomfortable...especially us men? See what she has to say about that here...“There are some in _____ [fill in your town] who ought to be men instead of boys and heavenly minded instead of earthly and sensual; but their spiritual vision has become obscured; the Saviour’s great love has not ravished their souls. He has many things to say unto you, but you cannot bear them now. You are children in growth and cannot comprehend the mysteries of God.” 5T 263.

Isn't it time to let Jesus and His great love “ravish” our souls? Do you know what will happen when we do? Complete victory in Jesus! Last quote...“Take right hold of it now. Why wait any longer? Why not take God right at His word? Say, “Here Lord, I give myself away, ‘tis all that I can do.” If Satan comes with his hellish temptations, tell him No, there is no place in my soul for it; my soul is ravished with the love which is expressed upon Calvary; I cannot allow any of this wickedness to come into my soul; it crucified my Lord.” 1 Sermons and Talks 189.

I beg you to take the time to re-read the Song of Solomon. I absolutely believe it will make a difference in your life.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
The Day of Life

By Eliza H. Morton

When the morning fresh and dewy
Dawns with golden light,
And the flowers lift their petals
Sweet and pure and bright,
Let the heart expand while singing
Happy songs of glee,
Like the whispering of the forest
Or the surging sea.

When the sun has reached the zenith
And its rays are strong,
And the day is hastening onward,
Tho it seemeth long,
Let the hands be ever ready
Some good deed to do,
Let the life be pure and lovely,
Ever faithful, true.

When the banners of the sunset
Are unfurled on high,
And the beauty of the gloaming
Touches earth and sky,
Let the Spirit, holy, blessed,
Fill the soul with fire,
Till the glory seemeth ever
Nigher and yet nigher.

Soon, O soon, the day eternal
Love-lit eyes will see;
All the shadows dark and gloomy
Will forever flee,
Pains and heartaches all forgotten,
Bodies glorified,
With our precious, precious Saviour
Ever to abide.
In spite of the rapid increase of crime and violence on every hand; in spite of the most gigantic preparations for war that the world has ever seen; in spite of the increasing worldliness of the church, the pulpit and the religious press continue to talk of peace and safety, of a millennium in which there shall be no war, and in which the world will be converted. In the midst of violence and crime, it seems a strange proceeding to talk of peace and safety. In the presence of the greatest possible preparations for war, it seems rather incongruous to announce the speedy approach of a time when there shall be no war. In the face of the increasing worldliness of the church, and the loss of her power of godliness, the prospect does not appear very flattering for the conversion of the world to Christ. Yet under these very circumstances, in these very times, these very things are preached.

Is such preaching, the preaching of the truth?

Is it so that through the practice of violence and crime there is to be developed an era of peace and safety for those safety for those who commit these things as well as for those who do not? Is it true that by these immense preparations for war, by this constant readiness for war, and this increasing jealousy and warlike spirit amongst nations, there is to be brought about a time when all nations shall voluntarily lay down their arms and make no more preparation for war, and when there shall nevermore be either jealousy or warlike spirit? Is it a fact that through a world-loving church seeking for worldly power and worldly favor, there shall flow such a flood of divine grace that it shall irresistibly overwhelm the world? Such results from such causes or by such means, are moral impossibilities. Then why is it that from one end of Christendom to the other the pulpits ring with it? Is it because the Scriptures say that this shall be? Let us see.

WHAT EXACTLY DO THESE SCRIPTURES SAY?

There are certain scriptures quoted to prove that these things are so. Let us read them.
Psalm 2:7, 8. “I will declare the decree; the Lord hath said unto me, Thou art my Son; this day have I begotten thee. Ask of me, and I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy
possession.” There, does not that say that the world shall be converted? Well, does it? Plainly, it does not. It says that the heathen and the uttermost parts of the earth shall be given to the Son of God. But it does not say that this shall be by conversion nor for conversion. Before the conversion of the heathen or the uttermost parts of the earth can be found in that scripture it has to be put into it by the one who wants to find it there. And that is not the best way to interpret Scripture. It is not the best way to read into Scripture what we want there, rather than to read the Scripture to find what really is there. But it may be asked, Is not conversion the necessary conclusion from the text? It is not, because the next verse shows the contrary: “Thou shalt break them with a rod of iron; thou shalt dash them in pieces like a potter’s vessel.” That is certainly anything else than their conversion. This is shown further by the remaining verses: “Be wise now therefore, O ye kings; be instructed, ye judges of the earth. Serve the Lord with fear, and rejoice with trembling. Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little.”

NOW IS THE TIME TO MAKE YOUR PEACE WITH THE LORD

This shows that the time is coming when the Son will be angry, and his wrath will be kindled; and that now men must make their peace with him, that they be not broken and dashed in pieces when his wrath shall be kindled, for that is to be done with the heathen and the uttermost parts of the earth when they are given to him. This is confirmed by another scripture in which this wrath is spoken of. Revelation 6:16 speaks of “the wrath of the Lamb.” And when that wrath is revealed, “the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; and said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb; for the great day of his wrath is come; and who shall be able to stand?” It is certain therefore that the second psalm does not teach the conversion of the world; nor will it allow any such teaching to be read into it. Another scripture quoted in proof of the conversion of the world is, Revelation 11:15: “The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever.” But this text is much the same as the other. It does not say that these kingdoms become his by conversion nor for conversion. It is evident that this text bears the same meaning as that in the second psalm. Read the two together: “I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy possession.” “The kingdoms of this world are become the kingdoms of our Lord, and of his Christ.” These two texts certainly speak of the same time and the same event, and we have seen that these heathen are given to him to be dashed in pieces. And that this is the same with “the kingdoms of the world,” is evident from the context. The whole verse reads, “And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever.”

THE SAINTS WILL BE REWARDED AT THE COMING OF THE LORD

“The seventh angel” here spoken of, is the seventh of the seven trumpet angels of the eighth to the eleventh
chapters of this book. And each of the last three trumpets is accompanied by woe, for Rev. 8:13 says, “Woe, woe, woe, to the inhabitants of the earth by reason of the other voices of the trumpet of the three angels, which are yet to sound!” There were three trumpets yet to sound and there were to be three woes because of the three trumpets. This is further shown by Rev. 11:14: “The second woe is past; and, behold, the third woe cometh quickly.” Then follows the sounding of the seventh trumpet and the announcement that the kingdoms of this world are become the kingdoms of our Lord, and of his Christ. Now as the seventh trumpet is accompanied by the third woe, and as it is under the seventh trumpet that the kingdoms of this world become the kingdoms of our Lord and of his Christ, it is certain therefore that it is in the midst of a time of woe that the kingdoms of this world do become the kingdoms of our Lord and of his Christ.

This is further shown by verse 18: “And the nations were angry [precisely the attitude of the nations at this moment], and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldest give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and shouldest destroy them which corrupt [margin] the earth.” The time of reward of the saints, etc., is at the coming of the Lord, for he says, “Behold, I come quickly; and my reward is with me, to give every man according as his work shall be.” Rev. 22:12. Then it is that his wrath is kindled and the angry nations are given him, and in the midst of a time of woe they are dashed in pieces, and destroyed because they corrupt left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand forever."

**INSTEAD OF THERE BEING SAFETY ON THE EARTH, THERE IS “WOE”**

It is evident that in none of these texts is the conversion of the world, nor a millennium of peace, spoken of at all nor even suggested. Instead of the nations being at peace, they are “angry;” instead of there being safety on the earth, there is “woe;” instead of the conversion of the world there is to be destruction that shall fall grievously upon the head of the wicked. And yet in the face of these plain declarations of the word of God, and of the events that mark their fulfillment, men will preach directly the opposite. But even this is shown by the word of God as that which will be at this time. In the last verse of 1 Thessalonians 4, the coming of the Lord is spoken of. Then in the first verses of the fifth chapter it is said: “But of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape.”

This shows that at the time when destruction is impending there will be men saying, “Peace and safety,” and then sudden destruction comes upon them. Therefore if there is any one thing that men should disbelieve, it is the preaching of peace and safety, the preaching of a millennium of peace and the conversion of the world. The very preaching of it is evidence of its falsity, because the word of God says that then “destruction cometh.”

—The Signs of the Times, March 17, 1887
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Combining nature, faith, and love to bring health to the world.
Welcome to Hope for Health! This month’s article is on DigestaDrops. This report should offer help for many of you, as digestive problems are the number one reason people visit their doctors, and one of the top reasons people call Hope for Health. Recent statistics show that over 95 million Americans suffer from some type of digestive problem or disorder! That is a ridiculous number of people suffering! It was also found that over 10 million Americans are hospitalized every year due to gastrointestinal problems and this figure is growing annually. Imagine what an unnecessary strain this is on our already over-burdened health care system. Not only are people suffering, but over 200,000 deaths were reported to be from digestive orders each year as well!

Among digestive problems, constipation is by far the most common – no wonder people you work with, drive with on the road, and live with, can be so irritable at times! Even though people suffering with digestive issues visit their doctors and go to the hospital, it has been reported that 75% of all those taking conventional therapies and over-the-counter aids continue to experience symptoms as many as 3 or more times a week! All that time and money spent and still no relief!! If this is you, please don't give up! Hope for Health has some real help for you!

Diet changes, exercise and drinking pure water play an important part in controlling digestive issues, particularly constipation. The old saying, “You are what you eat,” is very true. If you would like personal counseling on how to make effective life style changes, please contact one of Hope for Health’s counselors at 1-828-649-0278. And as you make the transition from your current lifestyle to a healthier lifestyle, easy-to-take DigestaDrops offers relief right now! DigestaDrops can soothe the stomach, relieve gas or indigestion and promote digestion naturally – with no unwanted side effects! Let’s take a look at the 100% natural herbal ingredients that are included in DigestaDrop’s amazing formula:

Cardamom: This delicious spice has been shown to combat nausea, acidity, bloating, gas, heartburn and constipation. Cardamom acts as a detoxifier, helping to eliminate waste. Part of the reason cardamom is such an effective detoxifier is because of its diuretic properties. It helps clean out the urinary tract, bladder, and kidneys, removing waste, salt, excess water, toxins, and combats infections too! Cardamom is an anti-spasmodic that can stop hiccups. If you have ever had hiccups that just wouldn’t stop, you know they can be embarrassing and sometimes painful! This also applies to other involuntary muscle spasms, like stomach and intestinal cramps.

Studies confirm that cardamom oil acts as an analgesic and antispasmodic in rats and rabbits, producing relief and lowering distention and writhing within digestive systems reacting negatively to uncomfortable stimuli. In other words, Cardamom took care of stomach pains. Cardamom strengthens digestion and kills the bacteria responsible.
for bad breath, a wonderful bonus to this already highly effective herb! It is also a source of iron, manganese and fiber.

Alejandro Junger, MD, Director of Integrative Medicine at Manhattan-based Lenox Hill Hospital states: “When we don’t eat fiber, the toxins that we should be eliminating through our bowels get reabsorbed into the bloodstream - and that can cause many problems. Unfortunately, Western medicine is “toxic-blind.” In the Western medical world, toxicity means an acute problem like alcohol toxicity, or someone who took too many pills. This more diffused toxicity that I am talking about is rarely acknowledged at all in the Western medical world. And, the end effect of all this toxicity is inflammation. Virtually everybody is inflamed today - which negatively affects various organs in many different ways.”

Cardamom in DigestaDrops is an easy and effective way to increase your daily fiber intake so that you will not suffer from the effects of toxicity noted by Dr. Junger.

**Cayenne:**

You may be surprised to see cayenne on the list of ingredients for a digestive aid, as we often think of peppers as causing digestive distress or a burning sensation in the stomach. However, this particular pepper is extremely beneficial. There is a history of many societies using cayenne therapeutically. This powerful compound is creating quite a buzz in the “natural remedy” world as a cleanser and detox agent.

Cayenne can stimulate circulation and neutralize acidity. It stimulates the digestive tract, increasing the flow of enzyme production and gastric juices, which aids the body’s ability to metabolize food and toxins. It is also helpful for relieving intestinal gas, stimulating digestion, and muscle movement in the intestines. This helps restore deficient digestive secretions and aids absorption of food nutrients, which is very important as we get older.

Cayenne also stimulates the production of saliva, an important first step in the digestive process. Cayenne is rich in vitamin C, vitamin B6, vitamin E, potassium, manganese, and flavonoids (which give cayenne its antioxidant properties).

Listen to this… stomach acid tends to decline with age, and some cases of poor digestion are related to a lack of this acid. DigestaDrops is an easy way to keep your digestion healthy at any age! Due to the fact that it stimulates digestion and circulation, cayenne is often added to a wide variety of herbal remedies. It improves the absorption and circulation of the other herbs throughout the body.

One final benefit: As cayenne aids in digestion and absorption of nutrients, it can reduce excess appetite that is due to malabsorption, a common condition in overweight people.

Wow! Just these two ingredients would seem to be all you would need to improve your digestive complaints, but wait! We have six more powerful ingredients to insure that you suffer no more!

**Ginger:**

Many of you may already be familiar with the benefits of ginger, but let’s go over them again to refresh your memory.

According to the National Library of Medicine, (part of the NIH or National Institutes of Health), ginger is widely used throughout the world for several complaints:  
- Loss of appetite
- Nausea and vomiting after surgery
- Nausea resulting from chemotherapy
- Flatulence
- Stomach upset and
- Pregnancy nausea

Ginger is also a must-have if you struggle with indigestion, and it does more than simply relieve pain. It helps
to stimulate the emptying of your stomach without any negative effects. Ginger is well known as a great help in cases of motion nausea, whether in the car, in the air or on the water. This is wonderful for those who travel and get sick!

In one study published in the 2007 issue of the “Journal of the Medical Association of Thailand,” researchers found ginger to be more effective than vitamin B-6 in relieving nausea and vomiting during early pregnancy. The British medical journal “Lancet” reported in 1982 that ginger is “very effective” for motion nausea problems. Several studies show that taking ginger in DigestaDrops one half hour before a trip as well as at 2-hourly intervals during a trip can be very helpful in preventing motion illness. Nausea that is caused by motion is a complex reaction involving various areas of the brain as well as the digestive tract, and ginger appears to act directly on both the stomach and the brain. So for those of you who suffer from any type of motion sickness, don’t leave home without DigestaDrops! The two-ounce dropper bottle is easy to travel with and will not cause any problems when you go through airport security.

**Allspice:**

According to Fox News, allspice, known variously as newspice, Jamaica pepper or myrtle pepper, is native to several Caribbean islands, Mexico and Central America. Looking similar to dried peppercorns, allspice is the fruit of an evergreen shrub. Christopher Columbus encountered allspice during his second voyage to the New World, and the ship’s physician Dr. Diego Alvarez Chanca named this tasty spice.

Allspice has been known to ease digestive symptoms such as diarrhea, nausea and vomiting. In addition, allspice may provide gas-reducing effects and it acts as a relaxant to aid stomach cramps and conversely acts as a stimulant to aid digestion. Research has also found that allspice might also combat bacteria, viruses as well as fungi and also enhance digestion of food. In addition, allspice is a natural source of beta-carotene, vitamins A, B-1, B-2, and C, niacin, thiamine, and riboflavin; along with the minerals iron, potassium, magnesium, selenium, and manganese.

**Prickly Ash Bark:**

Prickly ash bark is taken from the bark of a tree native to North America. It has been traditionally used to treat a number of conditions and was widely used by the Native Americans. For almost a hundred years it was an official medication in the United States and was recommended for a number of digestive disorders. This amazing plant is known as an effective stimulant to the digestive system and as a relief for indigestion distress, cramping, and other general stomach problems. It also is said to relieve flatulence, burping and belching. Researchers report that prickly ash will deliver regeneration and repair to organs such as the stomach and liver that have previously been damaged. Isn’t that amazing! These vital organs may be brought back to life, so to speak!

Prickly ash bark is further believed to destroy microbes and worms.

It also helps control diarrhea and fight off yeast overgrowths. In addition, anyone suffering from hemorrhoids may experience relief with continued use of prickly ash bark in DigestaDrops.

**Blessed Thistle:**

As the name implies, if you are suffering, you will find this plant to be a blessing! If you are prone to digestive ailments caused by insufficient secretion of stomach acid, you may be surprised to realize that a bitter bite of this plant could offer relief! The bitter taste of blessed thistle will trigger a reflex reaction that releases gastric juices into the stomach, especially the juices needed to digest fats. It is best to take blessed thistle in DigestaDrops before any symptoms occur, particularly if you will be eating a fatty meal.

Hope for Health receives many calls from people who have lost their appetite, resulting in poor health, particularly among the elderly population. Many people who care for the elderly, or others suffering from loss of appetite, do not take this condition...
seriously due to the fact that many people who are overweight wish they didn't have such a hearty appetite. As in the case with most things, either end of the spectrum can lead to problems, either not eating enough, or eating too much. Balance is always the key to proper digestive health. Blessed thistle in DigestaDrops is known among modern herbalists as a way to restore appetite, manage upset stomach, and gas.

Blessed thistle herb also has the ability to cleanse and purify the system and rid the body of toxins. Ridding the body of toxins is essential, particularly for the liver, which is the filter for the body. Take care of the filter and it will take care of you!

Black Cohosh:
Black cohosh use in American medicine dates back at least 200 years, according to the University of Maryland Medical Center. It was a common home remedy in 18th-century American households, and gained widespread use in Europe during the latter third of the 20th century. Black Cohosh is sometimes called snakeroot, rattleroot and bugwort. It is most commonly known for its ability to help with feminine issues, most notably menopause symptoms. However, as we have noted many times, herbs often have many different benefits. The same action that helps with menstrual cramps has been shown to alleviate stomach cramps.

As a mild tonic, Black Cohosh is also capable of improving the absorption of nutrients and the elimination of wastes by the digestive tract. At Hope for Health we are always looking for herbal remedies that will insure the absorption of vitally needed nutrients. Much like prickly ash bark, Black Cohosh also will stimulate digestion with its combination of sweet and bitter flavors.

Papaya:
The final ingredient in DigestaDrops is papaya, which is a rich source of antioxidant nutrients such as:

- Carotenes
- Vitamin C
- Flavonoids
- The B vitamins
- Folate
- Pantothenic acid
- And the minerals:
- Potassium
- Copper and
- Magnesium

Papaya is also high in fiber, which may help to prevent constipation and promote regularity and a healthy digestive tract. The nutrients in papaya have also been shown to be helpful in the prevention of unhealthy cell growth in the colon. Papaya’s fiber is able to bind to unhealthy cells that cause toxins in the colon, and keep them away from the healthy colon cells. In addition, papaya’s folate, vitamin C, beta-carotene, and vitamin E have each been associated with a reducing the risk of unhealthy cells in the colon. These nutrients provide protection for colon cells from free radical damage to their DNA.

Papayas contain 212 amino acids and several enzymes, including papain, an enzyme that has an anti-inflammatory effect on the stomach. According to the University of Michigan, papain in DigestaDrops helps proteins digest faster, which discourages acid reflux, and has been shown to be effective in reducing ulcers and even relieving irritable bowel problems.

And great news for those who suffer from gluten sensitivity, papaya has been proven to break down wheat gluten! Papaya also helps to settle nervous or upset stomachs and the queasy feelings often associated with motion. Papaya is extremely useful for any disturbances of the gastrointestinal tract. It stimulates the appetite, has
been effective in easing heartburn and it also stimulates the production of bile, which may lead to a healthier liver and pancreas.

**DigestaDrops should be in every cupboard!**

Anyone can be susceptible to digestive problems. Even those who eat well may find that stress or anxiety can cause temporary discomfort. If you still aren’t convinced of the benefits of DigestaDrops, listen to these actual testimonies Hope for Health has received from satisfied customers:

“I had bad indigestion for days and nothing I normally take was helping, so I decided to take DigestaDrops. Literally, within 20 minutes my indigestion was gone! I felt great and now I always make sure I have it on hand in case I need it.” ~ K.F in Boston

“This is a marvelous product! I have lots of stomach issues and I never feel quite right after I eat. I don’t like taking some of the over-the-counter stuff because it isn’t very good for you. I’m trying to eat better and I also take DigestaDrops before each meal. I don’t have the discomfort that I use to have, I no longer have gas or bloating either!” ~ T.Y. in Dallas

**In today’s presentation we are offering you a bonus.**

We would like to introduce a new Hope for Health product. We are very excited to offer Berry Breeze to you as a way to maintain fresh food longer in the refrigerator. At Hope for Health, we are constantly encouraging you to eat more raw fruits and vegetables. We know, though, that often times fruits and veggies don’t last long, and you end up wasting your money.

We experience this same problem and so we were thrilled to find this amazing product! The staff at Hope for Health has already tried Berry Breeze in our own refrigerators and we were very impressed with the results! Delicate items such as avocados, tomatoes and salads last for days longer, and are much fresher and better tasting.

Food waste has become a worldwide epidemic, one that impacts each and every one of us. Did you know that by cutting just 15 percent of our food waste, we could feed approximately 25 million more people each year!

Did you know discarded food is also the country’s largest contributor to methane emissions? When you don’t use the food you’ve bought, you need to drive to the store and buy more to replace it. Wasted food, discarded packaging, the gas used to drive back and forth to the grocery store – all of these things affect our environment.

It was our dedication and passion for innovation, nutrition, and global well-being that led us to offer Berry Breeze. This revolutionary fridge freshener minimizes wasted time, wasted money, and wasted resources,
while also ensuring you and your loved ones are getting the absolute most from your food.

Like a breath of fresh air, Berry Breeze oxygenates, cleans, and reinvigorates the fruits, vegetables, and food you store at home. This extends both their life and freshness, while also preserving their nutritional benefits. Berry Breeze extends the life and longevity of your food, which in turn, extends the life and longevity of you!

Keeping your home stocked with fresh, organic foods can be difficult, expensive, and time-consuming (trust us, we know from experience). Studies show the more healthful, whole foods we consume; the less prone we are to illness, and that means living longer, more fulfilling lives. We believe it is truly amazing what a profound effect a single gadget can have on the lives of people everywhere.

Berry Breeze provides an uncomplicated solution, based in science and nature, packaged in efficient technology. Activated oxygen (O3), both protects the upper atmosphere from radiation and purifies and sanitizes the air in our lower atmosphere.

How does it work for you?

In a refrigerator or storage space, activated oxygen neutralizes bacteria, mold, and other microbes by inhibiting ethylene gas that triggers decay. This keeps your food in a “living” stage, on average, up to 10 days longer than normal, staying fresh and odor-free. Berry Breeze provides an uncomplicated solution to refrigerated food waste. It is the first device of its kind to be proven effective by independent laboratory tests. The patented design is inspired by sustainable food practices. To better convey to you what Berry Breeze is, how it works, and why it is so important, we’d love to share the scientific principles behind the Berry Breeze revolution.

Activated oxygen (O3), or “ozone,” has been safely utilized for commercial and industrial use for more than a century. Discovered by German scientist C.F. Schönbein in 1840, and used in water treatment since 1893, thousands of major municipalities use O3 to clean their water. The FDA has approved activated oxygen as “Generally Recognized as Safe” (GRAS) for disinfecting bottled water since 1982. It was studied by a panel of experts and found to be GRAS for direct contact with food by the Electric Power Research Institute (EPRI) in 1997 and later declared GRAS for direct contact with food in 2001.

What is O3 anyway?

O3 is an unstable gas with a pleasant odor that is produced naturally when ultraviolet rays from the sun come into contact with oxygen in the atmosphere. It can also be created by a method known as “corona discharge”, or electrically charged oxygen. It cannot be manufactured and then shipped to consumers, nor bottled and stored. It has a lifespan of only a few minutes before converting back into oxygen, so it must be manufactured on-site through a mechanized generator like Berry Breeze.

But the thing we really love about O3: it safely and naturally keeps your refrigerated food fresher longer. The reduction of pathogen levels is essential for fresh food products like fruits, and vegetables. Microorganisms such as bacteria, mold, and yeast cause fresh food to spoil prematurely. Cross-contamination may often occur from organic or bacterial slime as it grows inside your refrigerator.
However, O3 is able to effectively oxidize chemicals, while also neutralizing ammonia and ethylene gas, which are produced during the ripening process that expedites decay. In two studies commissioned by the FDA, Dr. Dee Graham and Dr. Rip Rice (both members of the expert panel convened by ERPI in 1997) were able to confirm the safety and effectiveness of O3 technology. Additionally, biological safety tests were also conducted, where O3-sensitive microorganisms were placed on agar plates and exposed within a refrigerator overnight. Prolific growth of the inoculums confirmed that the level of activated oxygen does not impede the “health” of the organic material.

In conclusion, the data supports that Berry Breeze is effective in eliminating odors in your refrigerator and will keep food fresher longer! This little unit weighs under a pound and takes up very little room in your refrigerator (approx. 6x6x2 inches). Hope for Health is offering Berry Breeze for $49.95 with free shipping, for a limited time, we are also giving you free batteries – a $16.95 value! This investment will pay off in no time!

The summer season filled with a plethora of fresh fruits and veggies will soon be upon us, so don’t hesitate; buy your own fridge freshener today!

Dr. Kaye Olson and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding your diet and lifestyle changes. Please call 828-649-0278. If you wish to order or would like a free copy of our informative catalog that includes DigestaDrops, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you for reading and considering this information on the benefits of DigestaDrops and Berry Breeze from Hope for Health!

God bless!
Blind
By Jenny Terrill Ruprecht

O Healer of the blind, thy dear hands place
Upon my sightless eyes, that I may see.
Now let me feel Thy healing touch of grace
And look into My Lord's benignant face,
And by that look be led to follow Thee.

Jesus, thou Son of David, hear my plea;
A stricken Bartimaeus pass not by,
But from sin's cruel blindness set me free,
And bid me nearer, nearer come to thee,
Where sight is love—and love shall satisfy.
I have seen the tender love that God has for His people, and it is very great. I saw angels over the saints with their wings spread about them. Each saint had an attending angel. If the saints wept through discouragement, or were in danger, the angels that ever attended them would fly quickly upward to carry the tidings, and the angels in the city would cease to sing. Then Jesus would commission another angel to descend to encourage, watch over, and try to keep them from going out of the narrow path; but if they did not take heed to the watchful care of these angels, and would not be comforted by them, but continued to go astray, the angels would look sad and weep. They would bear the tidings upward, and all the angels in the city would weep, and then with a loud voice say, “Amen.” But if the saints fixed their eyes upon the prize before them and glorified God by praising Him, then the angels would bear the glad tidings to the city, and the angels in the city would touch their golden harps and sing with a loud voice, “Alleluia!” and the heavenly arches would ring with their lovely songs.

There is perfect order and harmony in the Holy City

All the angels that are commissioned to visit the earth hold a golden card, which they present to the angels at the gates of the city as they pass in and out. Heaven is a good place. I long to be there and behold my lovely Jesus, who gave His life for me, and be changed into His glorious image. Oh, for language to express the glory of the bright world to come! I thirst for the living streams that make glad the city of our God.

The Lord has given me a view of other worlds. Wings were given me, and an angel attended me from the city to a place that was bright and glorious. The grass of the place was living green, and the birds there warbled a sweet song. The inhabitants of the place were of all sizes; they were noble, majestic, and lovely. They bore the express image of Jesus, and their countenances beamed with holy joy, expressive of the freedom and happiness of the place. I asked one of them why they were so much more lovely than those on the earth. The reply was, “We have lived in strict obedience to the commandments of God, and have not fallen by disobedience, like those on the earth.” Then I saw two trees, one looked much like the tree of life in the city. The fruit of both looked beautiful, but of one they could not eat. They had power to eat of both, but were forbidden to eat of one. Then my attending angel said to me, “None in this place have tasted of the forbidden tree; but if they should eat, they would fall.” Then I was taken to a world which had seven moons.

Enoch was visiting this other lovely world

There I saw good old Enoch, who had been translated. On his right arm he bore a glorious palm, and on each leaf was written “Victory.” Around his head was a dazzling white wreath, and leaves on the wreath, and in the middle of each leaf was written “Purity,” and around the wreath were stones of various colors, that shone brighter than the stars, and cast a reflection upon the letters and magnified them. On the back part of his head was a bow that confined the wreath, and upon the bow was written “Holiness.” Above the wreath was a lovely crown that shone brighter than the sun. I asked him if this was the place he was taken to from the earth. He said, “It is not; the city is my home, and I have come to visit this place.” He moved about the place as if perfectly at home. I begged of my attending angel to let me remain in that place. I could not bear the thought of coming back to this dark world again. Then the angel said, “You must go back, and if you are faithful, you, with the 144,000, shall have the privilege of visiting all the worlds and viewing the handiwork of God.”
“Egypt: Activist Shaima al-Sabbagh collapses into the arms of a fellow protester after being shot, allegedly by police, during a small leftist protest in Cairo on Jan. 24 to mark the anniversary of the Arab Spring uprising that ousted autocrat Hosni Mubarak in 2011. Al-Sabbagh later died of her wounds, and at least 23 others were killed the following day in the most violent protests since army chief Abdul Fattah al-Sisi was elected President in May.

End Time Perspective: “In the days of Noah the overwhelming majority was opposed to the truth, and enamored with falsehoods. The land was filled with violence. War, crime, murder, was the order of the day. Just so it will be before Christ’s second coming. 1 BC 1090 (1891)

Editor’s comment: Terrible deeds continue to happen in the world on a daily basis—Coptic Christians recently had their heads cut off by some Muslims because they were Christians. We see violence in every direction. Come, Lord Jesus

Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe.

Our Firm Foundation is offered free on-line each month. Please tell your friends!

SHIPPING, SALES TAX & CURRENCY
For all products advertised in this publication (unless otherwise noted): • USA destinations: $0.01-$25.00 = $6.25, $25.01-$50.00 = $9.25, $50.01-$100.00 = $13.50, $100.01-$200.00 = $16.75, $200.00 or more = FREE!
• To destinations outside the USA: Actual shipping rate will be charged. Sales tax: North Carolina residents, please add 6.75%. All money sent must be in US funds, drawn on US banks.
Christian Crossword

ACROSS
3. The ruler of the synagogue whose daughter was restored to life by Jesus
9. How many generations between the captivity in Babylon and Christ?
11. How many cubits tall was Nebuchadnezzar’s image of gold?
12. The one who pulled Jeremiah from the pit, was an ______
17. Ebed-Melech, the one who pulled Jeremiah from the pit, was an ______
18. Israel was in captivity in Babylon _____ years
20. A false prophet during the same time as Jeremiah
22. The king that had John the Baptist beheaded
24. He was one of the prophets at the Mount of Transfiguration
25. His sight was restored by Jesus near Jericho
26. The downfall of that city was preached later by _____
28. Which prophet wrote, “The vision is yet for an appointed time”?

DOWN
1. ______ was murdered for his vineyard
2. The wife of Hosea, the prophet
3. Hosea’s first son
4. Who conquered that city?
5. The last word of the handwriting on the wall
6. How much do the dead know?
7. Who was the father of Zephaniah?
8. What kind of tree withered away from the curse of Jesus?
10. Jonah was sent to which city to preach repentance
11. How many cubits tall was Nebuchadnezzar’s image of gold?
12. The one who pulled Jeremiah from the pit, was an ______
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