When Judas Leaves

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“Through spiritualism, Satan appears as a benefactor of the race, healing the diseases of the people, and professing to present a new and more exalted system of religious faith; but at the same time he works as a destroyer. . . .” Mar. 216.

Having a strong interest in natural methods of healing, I subscribe to several on-line newsletters dealing with this topic. It seems that everybody and their brother have just the right natural remedy for whatever ails you; but many are redefining the word “natural” and it is becoming more difficult to determine the truth in this matter. Just a little bit of tweaking of that word and you find yourself off in spiritualism.

Just this week a friend shared a link with me to Edwin A. Noyes and his book entitled Exposing Spiritualistic Practices (spiritualisticpractices.com). I watched a 6-part video there in which Edwin Noyes, a retired doctor, explains from his several years of research, the subtleties of spiritualism in healing modalities. I was amazed to learn that there are over four thousand techniques of healing by spiritualistic methods. Over four thousand! The devil offers something for everyone.

The Eastern art of Yoga (the Christian kind, of course) seems to be the most prevalent right now since we are such a stressed, overweight society; and since Yoga is just stretching and relaxing and meditation, it must be okay, right? What could possibly be wrong with that? And you can figure that out on your own, right? Human reasoning. That is just what Satan wants you to believe. “Human reasoning and the imaginings of the human heart are undermining the inspiration of the Word of God, and that which should be received as granted, is surrounded with a cloud of mysticism. . . . This is one of the marked signs of the last days.” ISM 15. So easily we tend to forget biblical principles like this one in 1 Cor.11:2, “Now I praise you, brethren, that ye remember me in all things... All things. Even in, and maybe especially in, the way we care for our bodies. And why would that be? Well, if our health message is the right arm of the gospel, what better place is there for Satan to infiltrate to prevent the true gospel from getting to the people? Health is a matter of importance for everyone, so everyone could be influenced in some way.

While we are busy checking the news and the headlines each day, reading about the weather, politics, and the wars and rumours of wars (and we should be watching and reading), Satan has been busy spreading a different gospel through his own missionaries (yes, he has his own missionaries) that you will not hear about on the nightly news. Satan’s gospel is subtle and deceiving, leading us away from the truth of God’s Word and His ways of healing. He uses people who have been misled themselves; many operating in ignorance, to mislead multitudes; people who we have entrusted ourselves and our families to for physical healing. You might see these missionaries of Satan on TV, or on the internet, or in your own neighborhood. You might buy their products or books or employ their methods of healing – they do work, you know. “While appearing to the children of men as a great physician who can heal all their maladies, he will bring disease and disaster, . . . Satan is exercising his power.” Darkness Before Dawn 34. But once we purchase his potions, or employ his methods for relief, we have stepped onto Satan’s ground and given him a way into our lives. That’s all he needs – a foot in the door.

Over four thousand methods. Deception cloaked in the promise of health. We are warned several times in scripture not to be deceived, but we tend to only see the ‘obvious deceptions’, which is just an oxymoron. If we think we will know Satan when we see him or hear him, why did the Lord warn us in Matthew 24:4, “And Jesus answered and said unto them, Take heed that no man deceive you.” We must be on guard and search the scriptures to be sure we are not being deceived. “We are now to unify, and by true medical missionary work prepare the way for our coming King. Let us increase in a knowledge of the truth, and render all excellence and glory due to Him who is one with the Father. Let us seek most earnestly for the heavenly anointing, the Holy Spirit. MS. 83, 1903, MM 22.

These missionaries of Satan have a master plan to change the thinking of the whole world through their healing modalities to pave the way for their king, Satan. In chapter 2, verse 6 of Isaiah in the NIV we read, “You have abandoned your people, the house of Jacob. They are full of superstitions from the East; they practice divination like the Philistines and clasp hands with pagans.” This is where we are in the stream of time.
Our Mission:
It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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

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

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When Judas Leaves

By Patricia J. Smith

From the very beginning pages of the Old Testament, God makes it abundantly plain to His people that He cannot accept or bless willful disobedience against His Holy Word. It is true that when a person is ignorant of His requirements, God winks at that ignorance, but He does not stop there. He “now commandeth all men everywhere to repent.” Acts 17:30.

Even before the apostle Paul was inspired by the Holy Spirit, the third Person of the Godhead, to write Romans 6:23, “For the wages of sin is death…”, this sad reality was demonstrated over and over again, countless times, since the fall of our first parents. I know that Paul is referencing the second death in the twenty-third verse of Romans 6, for in the second half of the verse, he contrasts it with “the gift of God” which “is eternal life through Jesus Christ our Lord.” Still, the first death, the one from which there is a resurrection, was also brought about by sin – departing from and transgressing the plain word of God.

It took only one sin to separate the holy pair from the tree of life.

Adam and Eve were created by Jesus Christ, the second Person of the Godhead, for “all things were made by him; and without him was not anything made that was made.” John 1:2. They were made to live forever, without ever experiencing death. We know this is the case because in their home, the Garden God planted eastward in Eden, He put “the tree of life also in the midst of the garden.” Genesis 2:9. The tree of life perpetuated life; sinless, healthy, happy, and entirely trouble-free life! This is the blessed existence from which the human race fell, and to which the redeemed will be restored through Jesus Christ our Lord. Alas, it took only one sin to separate the holy pair from the tree of life, and cause them to be shut out of their lovely and perfect home, the Garden of Eden! Sin cut them off from the happy eternal
life their Creator had lovingly planned for them; that one disobedient act of eating fruit from the forbidden tree shut them out of the beautiful Eden garden and thrust them out into the wide world, to suffer heartache, pain, sorrow, despair, and death.

Due to the stiff-necked carnal mind that is a direct result of the first sin, and that is naturally the mind of all the descendants of Adam and Eve (excepting Jesus), the sorrowful lesson that sin cuts one off from receiving the blessings of God and leads to death, was repeated time and time again to the people of God – the children of Israel – in ancient Biblical days. The truth was brought home to their minds that it is only when sin is repented of and forsaken, when unrepentant stubborn sinners are shaken out of the congregation of God, that the blessings of Heaven will come. Known, willfully cherished sin blocks the blessings of God and leads to destruction.

It is sin that keeps God’s blessings from us.

We want to examine from this standpoint four instances in the history of Israel that show unmistakably that such is the case. These instances should be very familiar to Bible students, but it is always good to rehearse truth. They are the histories of Achan and his family, the ten unfaithful spies, Elijah and King Ahab, and lastly, Judas Iscariot.

These Biblical stories demonstrate without a doubt that it is sin that keeps God’s blessings from us, as it did from Israel, and that it is not until the sinners are put out of the camp, or leave voluntarily, that God can once again bless those who are faithful.

The evil effects of rebellion against the word of God do not stop with the initial rebel, but bring God’s curse into other lives as well. Through Joshua, the word of the Lord was regarding the belongings of the cursed city Jericho – “And ye, in any wise keep yourselves from the accursed thing, lest ye make yourselves accursed when ye take of the accursed thing, and make the camp of Israel a curse, and trouble it. But all the silver, and gold, and vessels of brass and iron, are consecrated unto the LORD: they shall come into the treasury of the LORD.” Joshua 6:18, 19.

Unbeknownst to Joshua, Achan had taken that which was accursed

Achan transgressed this word of God and “the anger of the LORD was kindled against the children of Israel.” Joshua 7:1. Achan had taken that which was accursed – a goodly Babylonish garment, and that which was consecrated unto the LORD – two hundred shekels of silver, and wedge of gold of fifty shekels weight. (Joshua 7:21). Even though Joshua did not immediately know of his sin, it adversely affected the men of Israel when they attempted to overthrow the small city of Ai, as Jericho had been overthrown. They sent only three thousand men to fight against it, thinking it could be easily taken down. When thirty-six Israelite soldiers were killed, and the others chased by the men of Ai in defeat, Joshua and the elders of Israel put dust upon their heads and beseeched the LORD as to why they were defeated.

It was then revealed to Joshua that “Israel hath sinned, and they have also transgressed my covenant which I commanded them: for they have even taken of the accursed thing, and have also stolen, and dissembled also, and they have put it even among their own stuff. Therefore the children of Israel could not stand before their enemies, because they were accursed: neither will I be with you any more, except ye destroy the accursed from among you.” Joshua 7:11, 12.

God cannot compromise with rebellion

God told Joshua how to uncover the bold sinner who had cursed Israel,
discovering him by tribe, by family, by household, and finally man by man. In that manner Achan and his family were brought to light and shown to be the culprits, laying open his sin to Joshua and all Israel. The death penalty was meted out to him and his entire family, as they too must have known the stealing and the coveting he had done, and yet had shielded him from discovery and punishment. Now they were to be stoned to death! “And Joshua and all Israel with him, took Achan the son of Zerah, and the silver, and the garment, and the wedge of gold, and his sons, and his daughters, and his oxen, and his asses, and his sheep, and his tent, and all he had: and they brought them unto the valley of Achor. And Joshua said, Why hast thou troubled us? the LORD shall trouble thee this day. And all Israel stoned him with stones, and burned them with fire, after they had stoned them with stones. And they raised over him a great heap of stones unto this day.” Verses 24-26. The next sentence in verse 26 is very important and reveals just how God views rebellion against His word. “So the LORD turned from the fierceness of his anger.” Only when open sin is dealt with in the church of God will His fierce anger be turned aside, for He cannot compromise with rebellion! His great blessings are withheld until open sin is confessed and repented of, or the rebellious unrepentant sinner removed from among His people.

After Achan, his family and all his belongings were destroyed out of Israel, God gave instruction to Joshua how to defeat Ai, just as He had done against Jericho. They set an ambush against Ai, “and so it was that all that fell that day, both of men and women, were twelve thousand, even all the men of Ai. For Joshua drew not his hand back, wherewith he stretched out the spear, until he had destroyed all the inhabitants of Ai.” Joshua 8:25-26.

Israel chose to believe the report of the unfaithful majority.

The next incident we want to evaluate is that of the ten unfaithful spies, who with Joshua and Caleb were sent out by Moses to spy out the land of Canaan just prior to conquering it. After the children of Israel “removed from Hazeroth and pitched in the wilderness of Paran” (Numbers 12:16), the Lord told Moses to send out twelve spies, one from each tribe, to “see the land, what it is; and the people that dwelleth therein, whether they be strong or weak, few or many.” Numbers 13:18. They were also to see how the people lived, in tents or cities, how the land produced food and also to bring back samples of the fruit of the land.

The twelve spies came back from searching the land of Canaan with the abundant fruit of the land of promise after forty days of exploration and discovery, but ten of them – the majority! – returned with the words of doubt and unbelief on their lips. Instead of letting their minds stay focused on the mighty and powerful God that sent them, they instead focused on what they thought was the problem – the mighty people that inhabited the land and brought to Israel an evil report of unbelief.

Only two of the twelve spies, Joshua and Caleb – a small minority! – exercised faith in the living God, saying to Israel that the Lord was able to bring His people into the land of Canaan that flowed with milk and honey. They encouraged them to believe that God was with them and that they did not need to fear the inhabitants of the land.

God had made a clear distinction and separation between His faithful minority and the unfaithful majority.

Sadly, the congregation of Israel did not respond with living faith in their mighty Unseen Leader to the
encouraging and faithful words of Joshua and Caleb. They took to heart the faithless and discouraging report of the ten, even to the extreme point of desiring to stone the two faithful spies to death! After hearing the ten doubting spies speak, their stubborn and rebellious hearts had cried out, murmuring against Moses and Aaron their old familiar complaint (Why weren’t they tired of rebellion yet?!) “Would God we had died in the land of Egypt! or would God we had died in this wilderness! And wherefore hath the LORD brought us unto this land, to fall by the sword, that our wives and our children should be a prey? were it not better for us to return into Egypt?” Numbers 14:2, 3. At this Moses and Aaron fell on their faces before the congregation of Israel, and Joshua and Caleb rent their clothes, encouraging Israel with their faithful and honest report mentioned earlier.

To make a long story short, because of their sin of doubting God’s wisdom and mercy and spreading wicked unbelief and rebellion among His people, the ten unfaithful spies – Shammua, Shaphat, Igal, Palti, Gaddiel, Gaddi, Ammiel, Sethur, Nahbi and Geuel “died by the plague before the LORD,” Numbers 14:37. Their names are listed in Numbers 13:4-15. After their deaths, “Joshua the son of Nun, and Caleb the son of Jephunneh, which were of the men that went to search the land, lived still.” Verse 38. God had made a clear distinction and separation between His faithful minority and the unfaithful majority.

The gods of the false prophets remained unresponsive to their useless pleas of dancing and cutting their flesh

The third incident took place in the kingdom of Israel, under the wicked King Ahab and his heathen queen Jezebel. As you most surely know, again Israel was cut off from the blessings of God by indulging in sin, worshipping the heathen god Baal, for Ahab “did evil in the sight of the LORD above all that were before him.” 1 Kings 16:30.

To rebuke Ahab for his great sins, God sent his faithful prophet Elijah the Tishbite to declare unto him the judgment that was to fall on Israel immediately. “As the LORD God of Israel liveth, before whom I stand, there shall not be dew nor rain these years, but according to my word.” 1 Kings 17:1. After he had safely left Ahab’s palace, no doubt protected by holy angels from the wicked ruler, God directed him first to the brook Cherith, before Jordan to dwell there. Even when Ahab diligently searched for him, he could not find God’s true messenger, although he was right under his nose! After the brook dried up, God directed Elijah to go out of the land of Israel altogether, to the city of Zarephath, to be sustained by a widow woman, whom God had commanded to help him. Truly, our God looks upon the heart, and those who are living up to the little light of truth they know are more greatly blessed than those who have great light, but deny, rebel against, ignore and hate the truth they know, which has been so graciously given by God. The heathen widow was abundantly blessed by the presence of God’s prophet, while King Ahab, ruler of the people of God, had forfeited this powerful blessing by his continued wickedness.

After three and one half years of drought, Elijah was directed by God to show himself to Ahab, for God would send rain upon the earth. Elijah obeyed, and further directed Ahab to gather all Israel to himself upon Mount Carmel, along with the four hundred and fifty prophets of Baal and the four hundred prophets of the groves which ate at Jezebel’s table. Against eight hundred and fifty idolaters, Elijah stood as the only true prophet of the living God. In response to his humble prayer on the mountain, God demonstrated His power in sending fire and totally consuming the sacrifice that he had offered, along with the stones of the altar and the
Our Firm Foundation

water in the trench around it! All this occurred after the false prophets were unable to contact their god, their dancing and cutting themselves with knives and lancets being totally useless. They had continued this for hours with no response.

Unrepentant evildoers must be separated from God’s people before the blessings can be poured out

After God had answered him by fire, and Israel had responded, “The LORD, he is the God; the LORD, he is the God,” Elijah, moved by the Holy Spirit, said, “Take the prophets of Baal; let not one of them escape.” Verse 40. They were taken to the brook Kishon, and Elijah slew them there. Unrepentant evildoers must be separated from God’s people before the blessing can be poured out! It was only after the false prophets were slain that the blessing of rain fell on the land in response to Elijah’s persistent faith and prayer.

“Behold, the LORD’s hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.” Isaiah 59:1, 2. As we have seen thus far, the blessings of God are hindered, held up, and retained by Him, that His church receive them not, until sin and sinners be cleansed out of their midst. Covetous thieves like Achan, those who shield such from discovery like his family; the unfaithful messengers like the ten spies, who return with a lying and doubting report instead of edifying truth from God’s word; and unholy, rebellious leaders like Ahab, who connect with the heathen by defiled alliances, following the evil examples of those who know not and love not the living God of heaven and earth, must all be separated and removed from among His Remnant People in these last days through the terrible ordeal of the shaking (now occurring) before the great blessing of the Latter Rain will be poured out on His faithful, praying, and waiting church.

“Satan will work his miracles to deceive; he will set up his power as supreme. The church may appear as about to fall, but it does not fall. It remains, while the sinners in Zion will be sifted out — the chaff separated from the precious wheat. This is a terrible ordeal, but nevertheless it must take place. None but those who have been overcoming by the blood of the Lamb and the word of their testimony will be found with the loyal and true, without spot or stain of sin, without guile in their mouths. We must be divested of our self-righteousness and arrayed in the righteousness of Christ.” 2 SM 380.

Judas refused to be converted and willingly submit himself to Christ

Our fourth and final example comes from the small band of Christ’s disciples. Even among them, there was a tare, a piece of chaff among the precious wheat. After I thought about this fact for awhile, it no longer seemed surprising. Of course, Satan would attack Christ from all angles, trying with all his diabolical might to tempt Him to leave the plan of salvation, “the counsel of peace” (Zechariah 6:13), being discouraged by the unbelief of His own disciples.

Of the twelve, only Judas refused to be converted, to willingly submit himself to the leadership of Christ and yield all he had and was to His divine guidance. He had an inordinate love of money, being a slave of avarice. He was the treasurer of the disciples, and in this position he could have seen his weakness and cried out to Jesus for help. However, he yielded more and more to the demon of stealing and avarice, even to the point of selling his Master for a paltry sum.

Jesus understood Judas’ inner struggle from the beginning. His true character was not hid from the
Master. Seeking to save Judas from himself, Christ gave several lessons on the eternal dangers of allowing the love of money to eclipse love to God: what shall a man give in exchange for his soul; difficulties of a rich man entering the kingdom of heaven; and the parable of the rich and selfish fool. These mild rebukes were not heeded by Judas, and at Simon's feast, after Mary, out of the deep love and gratitude of her heart, anointed Jesus' feet and head with very costly perfume, he viewed her act with great displeasure, whispering his disagreement to those nearby, and reproached Christ for allowing such waste.

Christ rebuked Judas with just a look

The Bible makes it very clear that Judas was a thief, being the treasurer. About his questioning of Mary's unselfish act, it is stated, "This he said, not that he cared for the poor; but because he was a thief, and had the bag, and bare what was put therein." John 12:6. Jesus' defense of Mary in response to Judas' dishonest question was not an open rebuke to him, even though He could have justly unmasked him for his criticism, evil thinking, and avarice. "But had Christ unmasked Judas, this would have been urged as a reason for the betrayal. And though charged with being a thief, Judas would have gained sympathy, even among the disciples. The Saviour reproached him not, and thus avoided giving him an excuse for his treachery." DA 563

Jesus did, however, cast a look upon Judas that convinced him that the Saviour knew all about his hypocrisy and read his base, contemptible character. "And in commending Mary's action, which had been so severely condemned, Christ had rebuked Judas. Prior to this, the Saviour had never given him a direct rebuke. Now the reproof rankled in his heart. He determined to be revenged. From the supper he went directly to the palace of the high priest, where he found the council assembled, and he offered to betray Jesus into their hands." Ibid. 563-64.

Christ presented to Judas one last call for repentance

Then before the last Passover, Judas met a second time with the leaders of Israel and sealed the contract to deliver Christ into their hands. The eleven knew nothing of this treacherous purpose. Jesus alone read his heart, but because He truly loved Judas, He did not expose him. The last call to repentance came to the false disciple when Christ washed his feet first at the Passover table, "When the Saviour's hands were bathing those soiled feet, and wiping them with the towel, the heart of Judas thrilled through and through with the impulse then and there to confess his sin. But he would not humble himself..." Ibid. 644-45. Christ gave His traitor the final evidence of His divinity when He told him, after having given him the morsel of dipped bread, and Satan had entered into him, "That thou dost, do quickly." John 13:27. Even then the other disciples were unclear as to what this meant. "No man at the table knew for what intent he spake this unto him." Verse 28. The Lord's last-day messenger, Sister Ellen G. White, makes very clear the significance of this statement of Christ to Judas on page 655 of Desire of Ages. She states, "By reading the secret purpose of the traitor's heart, Christ gave to Judas the final, convincing evidence of His divinity. This was to the false disciple the last call to repentance. No appeal that the divine-human heart of Christ could make had been spared. The waves of mercy, beaten back by stubborn pride, returned in a stronger tide of subduing love. But although surprised and alarmed at the discovery of his guilt, Judas became only the more determined. From the sacramental..."
Compromise with the world separates us from Christ

The sad history of all the rebellion and betrayal that we have seen in this article will be repeated among the professed followers of Christ in this our day; yea, is being repeated even as I type. Compromise with worldly ideas and customs has eaten the heart out of many who call themselves by the name of Christ. This is undeniable and uncontestable, to the mind of any person who knows the word of God and sees what is trending and happening in the Seventh-day Adventist church, in direct opposition to the Holy Bible: celebration worship, women elders and pastors, praise dancing, ignorance and defiance of health, dress and Sabbath reform, etc., etc… And because iniquity is so overwhelming, the love of many is dying out, growing ice cold. Everyone who refuses to humble themselves, cheerfully submitting to the guidance of Jesus Christ through His Holy Word, but continues in open rebellion against God, will be shaken out and separated from the true believers.

“As the praying ones continued their earnest cries, at times a ray of light from Jesus came to them, to encourage their hearts and light up their countenances. Some, I saw, did not participate in this work of agonizing and pleading. They seemed indifferent and careless. They were not resisting the darkness around them, and it shut them in like a thick cloud. The angels of God left these and went to the aid of the earnest, praying ones...I asked the meaning of the shaking I had seen and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. This will have its effect upon the heart of the receiver and will lead him to exalt the standard and pour forth the straight truth. Some will not bear this straight testimony. They will rise up against it, and this is what will cause a shaking among God’s people.” EW 270.

Christ’s blessings will surely come when Judas leaves

The challenge of those who heed the counsel of the True Witness, buying of our Lord the gold of faith tried in the fire, the eye salve of the Holy Spirit that they may have spiritual vision, and the white raiment of Christ’s righteousness, that their nakedness does not appear, is to stand unmoved amid the delusive doctrines that blow with the increasing winds of strife, waiting patiently for the blessings that will surely come when Judas leaves. This they can do only by depending wholly upon Christ’s unselfish love, overcoming power and matchless grace. “When the religion of Christ is most held in contempt, when His law is most despised, then should our zeal be the warmest and our courage and firmness the most unflinching. To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few – this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason.” 5T 136.

Patricia is a second-generation SDA writer who loves to study and share the Bible and the Spirit of Prophecy. She enjoys biking, rock collecting, and spending time with family. She resides in Louisiana with her husband and two children.
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Apricot Seed simply refers to the seed of the apricot fruit, and is one of the richest sources of a glycoside known as amygdalin, sometimes called laetrile or "vitamin" B17. This nutrient encourages healthy cell growth, enhances immune response, and strengthens the cardiovascular system. Also known as bitter almonds, they provide abundant nutrition and support for the immune system!

Apricot Seed

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Omega-6 fatty acids are considered essential fatty acids. Meaning, they are necessary for human health, but the body can't make them - you have to get them through food. Along with omega-3s, omega-6s play a crucial role in brain function, normal growth and development, and help the immune system recognize healthy tissue versus non-healthy tissue and foreign invaders (which is particularly important for people dealing with auto-immune responses, where the immune system is malfunctioning and attacks healthy tissue). Essential fatty acids are also needed by the immune system to help manufacture anti-inflammatory prostaglandins, which kill germs and invaders. As invaluable nutrients, essential fatty acids also:

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- Maintain bone health
- Regulate metabolism
- Reduce aches and pains
- Protect the nervous system
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PLANT STEROLS
Plant sterols are healthy cholesterol-like compounds found in plant-based foods best known for their ability to help regulate healthy cholesterol levels. However, they provide a host of other benefits, including: bolstering the immune system, supporting healthy lung function, and helping to relieve menopausal symptoms.

- According to scientific studies, a synergistic relationship seems to exist between plant sterols and the immune system, meaning they complement each other and work together for enhanced performance.
- Important immune system cells, called T-Cells, exhibit increased effectiveness in the presence of plant sterols.
- Sterols may help normalize the immune system and reduce the likelihood of autoimmune responses.
- Plant sterols have shown to improve immune cell activity.

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This important antioxidant and immune booster doesn’t get as much press as vitamin C, yet it’s critical for a healthy immune system! Vitamin E stimulates the production of the immune cells that seek out and destroy germs and unhealthy cells. It also enhances the production of immune cell antibodies that protect against foreign invaders. Maintaining a proper level of vitamin E may help reverse some of the decline in immune response commonly seen in aging and also help protect from free radicals that damage the body and lead to chronic illness. In addition, it is particularly important for keeping your skin, heart, brain, nerves, muscles, and red blood cells healthy!

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Apricot kernels contain a glycoside known as vitamin B17, which is also known by the names laetrile and amygdalin. It is found in the seeds of apples, peaches, cherries, grapes, and apricots (among many other foods), however it appears that Apricot Seed has one of the highest levels found naturally on earth! But ’vitamin’ B17 isn’t really a vitamin at all. It’s a compound of healthy substances that occur in nature and are beneficial to the human body (so you can see why it’s referred to as a ‘vitamin’). Studies have shown that B17 helps to increase the body’s ability to fight illness and unwanted or unhealthy cells. One of the exciting things about this nutrient is it seems to target the unhealthy cells for destruction while actually nourishing the normal and healthy cells! It may also help to balance the pH of the body. Abnormal pH levels, caused by poor diet, stress, or a number of other factors, can result in a toxic internal environment, ultimately paving the way for a variety of health conditions. According to “Foundations and Clinical Applications of Nutrition,” consuming adequate levels of B17 assists the body in regulating the pH level, which is vitally important in maintaining health.

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Another nutrient found in abundance in Apricot Seed is commonly called vitamin B15, although the proper names are dimethylglycine and pangamic acid. It has been proven to help a variety of health issues and/or bodily functions, including:

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In connection with the consideration of earthquakes, we can very appropriately present the matter of the ever increasing volcanic action, now becoming so pronounced as to be the subject of careful and continuous scientific inquiry.

Peter, speaking of the scoffers that should arise in the latter days, deriding the argument that the end of the world is drawing nigh, says: "For this they are willingly ignorant of, that by the Word of God the heavens were of old, and the earth standing out of the water and in the water, whereby the world that then was, being overflowed with water perished. But the heavens and the earth which are now, by the same Word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men." 2 Peter 3:5-7.

We, therefore, gather from this statement that as the earth was once destroyed by water, it is now reserved unto fire. In the account of the destruction of the earth by water, we are told that "the fountains of the great deep were broken up, and the windows of heaven were opened." Genesis 7.

Not only did rain descend from above, but the waters stored in the bowels of the earth burst forth, thus adding to the terrible force of the deluge and completely changing the face of nature.

This destruction by water is used by the apostle as a symbol of the impending destruction by fire; which the Word of God assures us is certainly coming. Therefore we must believe that the Lord will not only rain fire from heaven, even as He did upon Sodom and Gomorrah, but fires will also burst forth from the interior of the earth.

Something of this kind would seem to be foreshadowed by Isaiah 34:9: "The streams thereof shall be turned into pitch, and the dust thereof into brimstone, and the land thereof shall become burning pitch." The previous verse declares that this is a description of "the day of the Lord's vengeance, and the year of recompenses for the controversy of Zion."

**VESUVIUS**

In Southern Italy, ten miles E.S.E. from the City of Naples, stands the huge volcano mountain known as Mt. Vesuvius, rising 2300 feet above the level of the sea, with, formerly, a cone 1900 feet tall, giving a total height of 4200 feet above sea level.

During medieval times, Vesuvius was looked upon as being the "opening of hell." It had been in eruption in A.D. 63, which is the first record we have of this volcano. But as time passed the mountain became again clothed with a carpet of green; stately trees grew on its sides and crowned its summit, while pretty villages and beautiful cities clustered at its base. No one dreamed of danger from the volcano. The peasantry called it their Protector.

In A.D. 79, without warning, steam, smoke, and fire burst from Vesuvius. Enormous quantities of ashes and other material were thrown high into the air, spreading out like a vast pall, and continuing for eight days and nights. The cities of Pompeii and Herculaneum were slowly smothered out of sight. Pompeii was buried under dry scoria, but Herculaneum under a layer of mud and lava, which dried like rock. It was long supposed that when the eruption occurred the people of Pompeii were in the theatre, but excavations show this to be an error, and it is conjectured that the people escaped, and the loss of life was small.

Another eruption occurred in A.D. 223, another in A.D.
473, and nine others from that time to A.D. 1500. Since the last date there have been many eruptions with serious results.

Notwithstanding all the warnings of the past and the awful records of death and destruction the people possessed through the city of Pompeii, Herculaneum, and the several villages which lie buried beneath tons of scoria and lava, monuments to the awful destructive latent power of the volcano, the people still crowded around the base of the “mouth of hell,” and the villages of Portico, Revina, Torre del Greco, and Torre del Annunziata, with a large population, took the place of the former, the danger all forgotten.

THE MOUNT PELEE DISASTER

In 1902, when the eruption of Mt. Pelee occurred, notes of warning were heard from Vesuvius, and again in February, 1906. In April lava began to flow down its sides, and the people in the pretty villages at its base, awoke from their dream of security, to find themselves face to face with death in a horrible form.

Down came the ashes in ever increasing quantities, darkening the sky and filling the air with suffocating fumes, while lava streams swept on and on towards the doomed villages, and the City of Bosco Trecase with its 10,000 inhabitants. The terrified people hastily evacuated their homes and fled. On Saturday, the 7th, the city was destroyed.

The great loss of life in the destruction of Bosco Trecase and Ottajan was due to the vast fall of ashes crushing in the roofs of the houses. It is estimated that fully 5,000 houses were destroyed in this way, many of the people being buried with them. Another sickening scene of horror was seen at San Guiseppe, when the roof of the market house caved in from the weight of ashes upon it, burying some 200 persons in the ruins.

The total estimated loss of life in this last eruption of Vesuvius is placed at 2000 persons, and the loss in property at not less than $20,000,000.

One of the most terrible disasters due to volcanic eruption occurred May 12, 1902, by the sudden bursting asunder of Mount Pelee, on the Island of Martinique, Windward Islands. Between this mountain and the bay was St. Pierre, a city of 30,000 inhabitants. No one actually in the city at the time of the disaster was left to describe the horror of the scene. Thirty thousand souls were in a moment ushered into eternity, overtaken by the destroyer, some in their quiet homes, some in the marts of the business quarters, and some—alas, in the haunts of vice.

Many of the descriptions of this scene, though vivid and doubtless accurate as far as they go, fail of mentioning one important feature of the Mt. Pelee disaster, namely, the combustible gases, which coming out of the mountain spread over the city and bay, enveloping in their deadly embrace both city and shipping.

THE ELEMENTS SHALL MELT

The account of the spread of destructive gases at the eruption of Pelee is most suggestive of the time foretold by the Apostle Peter (2 Peter 3:10), when “The heavens shall pass away with great noise, and the elements shall melt with fervent heat.”

While not so intended by their authors, many of the accounts of the destruction of St. Pierre are very suggestive of—

“That day to holy inspiration known,
When earth with fervent, glowing heat shall melt,
And works of boastful men shall perish all
As withered flower of the summer field
Into the over-heated oven cast.”

Of the condition of the earth after and following this time, the prophet says:

“From generation to generation shall it lie waste…He shall stretch out upon it the line of confusion, and the stones of emptiness.” Isaiah 34:10, 11.

Who can read these things (and many similar accounts of disasters might be given did space permit), and doubt that by these visitations, whether directly sent or merely permitted, God would warn the world of that day when every island shall flee away, and the mountains shall not be found, and when there shall fall upon men a great hail, every stone about the “weight of a talent?” Revelation 16:20, 21.

Who can hear of, and read about, these awful calamities, and not realize that God is, in mercy, warning all to flee from the wrath to come, while yet probation shall be extended to them?
We are told that the Book of Esther is a very good example of what it will be like for Seventh-day Adventists during the end times. Since this is an example of how it will be for us, maybe we should take a look at the Book of Esther a little more closely. There is one particular thought that I would like to zero in on, for the devil surely does not want us to grasp this hope and promise. It’s not specifically in the Book of Esther, but it is related to it. The actual promise, or maybe better, admonition, is found in the Book of Zechariah. “For who hath despised the day of small things? for they shall rejoice, and shall see the plummet in the hand of Zerubbabel with those seven; they are the eyes of the LORD, which run to and fro through the whole earth.” Zech. 4:10.

We, like the Jews in Zechariah’s day, tend to expect God to perform magnificent miracles

Zechariah prophesied that Zerubbabel would have a plummet in his hand. A plummet is a pointed rock or piece of metal with a string attached. It is what builders use to make sure a wall is plumb or straight up and down. In other words, Zerubbabel would be used by the Lord to rebuild the temple and the walls and gates of Jerusalem.

But my focus in this study is on God’s question about who hath despised the day of small things. We have a tendency to look for God to do large things. We see the plagues of Egypt and tens, and sometimes hundreds, of thousands of the enemy slain in a night. We remember the opening of the Red Sea and its closing, taking out all of Egypt’s army. We think about the thunder and lightning and fire on top of Mount Sinai; angels with flaming swords; fiery chariots, etc., etc. And most certainly, God does work in large and grandiose ways. But… that is not the only way He works.

Just before God told Zechariah that we should not despise the day of small things, He said this to him … “Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts.” Zech. 4:6.

The Jews were looking for miracles in the restoration of Jerusalem. They wanted God to intervene. And God was intervening… again and again and again. But because it was not with fabulous displays of power and might, they questioned whether God was with them. Oh, sure, there were little things, but not the big things they were expecting. So God tells Zechariah to write that we should not despise the days of little things. “By my spirit,” God said. And we cannot limit the ways that the Spirit of God works.

God was in none of these things that passed before Elijah

Elijah needed that same instruction. You see, Elijah had gotten used to dramatic miracles. Fed by ravens; fire coming down from heaven completely annihilating the altar he built along with the sacrifice, and even the water poured on it; a crazy rainstorm, and many others. And again, most certainly, God was in every one of those things. But Elijah needed to be reminded that it was not by power… not by might… but by God’s Spirit. “And he said, Go forth, and stand upon the mount before the LORD.
And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.” 1 Kings 19:11,12. God was in the still, small voice.

Did you notice that as the Lord passed by, there were these stupendous actions? There was a wind like Elijah had never seen. This wind was so powerful and catastrophic that it rent, or tore, the mountains and broke rocks in pieces. Do you have any idea how powerful wind has to be to tear a mountain or even a rock apart? Then there was an earthquake. I have never actually experienced an earthquake, but I can only imagine how terrifying that the very ground underneath your feet can shake uncontrollably. I have been to Alaska, and actually lived there for three years and have been to what they call “Earthquake Park”. It is practically inconceivable the damage that can be done by earthquakes. And I’m not even talking about the damage to buildings and infrastructure.

Then a fire passed by Elijah. The Bible does not indicate whether the fire was large or small, but seeing where God was going with this, I imagine it was quite the spectacle.

All of these things passed before Elijah but God was in none of them.

What was God in? – The still, small voice. What do you think God was trying to explain to Elijah? – Don’t despise the day of small things! Not everything that God does is as dramatic as wind and earthquakes and fire, but God is still always there and working. Sometimes it is with a plague of locusts. Sometimes it is a still small voice. And this is where I want to go back to the Book of Esther.

The devil is all about outrageous displays of power

Remember, we are told that the last day events will mirror, in many ways, the Book of Esther. Back in Esther, Haman, who hates Mordecai with an insane rage, is building a gallows to murder Mordecai on. And these gallows are not just any ordinary gallows. No… these are quite spectacular gallows. “Then said Zeresh his wife and all his friends unto him, Let a gallows be made of fifty cubits high… And the thing pleased Haman; and he caused the gallows to be made.” Esther 5:14.

Fifty cubits high. A cubit is a measurement of about 18 inches, or a foot and a half. Fifty times a foot and a half is 75 feet. Now, why build a gallows 75 feet tall? Do you get more dead at 75 feet than 10 feet? No… Haman is trying to make a statement. The devil has been in this whole thing and he is trying to dissuade anyone from following Mordecai’s course, which is following what God said instead of what Haman said. The devil is all about fascinating and titillating and outrageous displays of power.

These 75-foot tall gallows are being built in one evening so Mordecai can be hung the next morning on them. And you can only imagine that these gallows were not being built secretly, but in the most ostentatious and loud and public way possible. Haman… or better, the devil… wants to make sure no one will even think to disobey Haman’s desire for reverence. Haman wanted Mordecai to bow to him, but Mordecai bowed only to the God of heaven! Haman wanted Mordecai to fall at his feet, but that was reserved only for the God Mordecai served.

God could intervene in any number of ways

Mordecai would do what was required of him… up to the point where it interfered with his God. Do you see where this is going in regard to these last days? But before I get too far down that road, let’s get back to Mordecai’s plight… the gallows. Haman’s plan is to have Mordecai dead in the morning, before he goes to his second dinner party with the king and Esther. He wants this problem resolved as soon as possible. He has already obtained the okay from the king to kill all the Jews in the Medo-Persian empire. All Jews are going to die anyway, but he is taking matters into his own hands with Mordecai.
He is not willing to wait for the death decree. Sound familiar? But God intervenes. Again… sound familiar?

But here is where it gets very interesting. We might expect that God would send a bolt of lightning down from heaven to destroy the gallows, like He did the Tower of Babel. That would have been quite imposing. Maybe He would turn Haman into a leper… completely white as snow. He could have had angels surrounding Mordecai, and anyone who came near him would fall to the ground like dead men, like what happened to the soldiers at the tomb of Jesus. There could have been any of a number of ways that God might have intervened. And had He stepped in by any one of these glorious miracles, we would have been mightily impressed.

The miracle of a sleepless night

But He didn’t do any of those things. He did something so minor that it would barely have caught the attention of any of us. “On that night could not the king sleep, and he commanded to bring the book of records of the chronicles; and they were read before the king.” Esther 6:1. God didn’t rain down fire or use an earthquake or a mighty wind… He used… sleeplessness. He caused the king to not be able to sleep. Not much of a miracle, as we usually think of miracles, is it? What could possibly be gained by keeping the king awake? God didn’t give him a dream or a

vision or have an angel visit him… He simply made him sleepless. And since the king couldn’t sleep, he had an idea.

Now the Bible does not say how or where the king got this idea, but it seems pretty obvious to me. He commands to have the chronicles of his kingdom brought in to him and be read. He’s going over the history books of his reign. Sounds like a sleep-inducing process to me. When it is nighttime and late, and you can’t sleep, have someone read to you and see how fast you nod off. How is God going to take care of Mordecai’s situation with a “book reading” session? Don’t despise the day of small things!

So, as the chronicles are being read, the king is reminded about the attempt on his life and who informed him about it. “In those days, while Mordecai sat in the king’s gate, two of the king’s chamberlains, Bigthan and Teresh, of those which kept the door, were wroth, and sought to lay hand on the king Ahasuerus. And the thing was known to Mordecai, who told it unto Esther the queen; and Esther certified the king thereof in Mordecai’s name. And when inquisition was made of the matter, it was found out; therefore they were both hanged on a tree: and it was written in the book of the chronicles before the king.” Esther 2:21-23. “And it was written in the book of the chronicles…”

God cares about every minute detail of our lives

God is so involved in every affair of our lives that we cannot even begin to imagine it; but these stories are in the Bible so that we may catch a glimpse of how much He does care and love us. When Jesus said that not a hair is missed on our heads, the point was that we are very important to our heavenly Father. “But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.” Luke 12:7.

God is very close to us… all the time. Whether we perceive Him in the fire or the wind or the storm or that still, small voice, He is always right here with us. This should cause
us to praise His name continually! We are told that God works in mysterious ways – they are mysterious because His ways are not our ways.

We would have addressed Mordecai’s problem differently. We would have sent in Seal Team 6. We would have sent in a laser-guided missile. We would have done some spectacular thing, because that is our way. But God does not use a hammer to take care of a mosquito. All He needed was a bad night’s sleep. You can’t even make this kind of stuff up.

The king hears about how the attempt on his life was foiled and who blew the whistle. It was Mordecai. We can rest assured that God has a plan, and it will work

Then the king asks a question ...“And the king said, What honour and dignity hath been done to Mordecai for this? Then said the king’s servants that ministered unto him, There is nothing done for him.” Esther 6:3. The king wants to know what they did for this man who saved his life. When he hears that nothing was done, he wants to get a little advice from his wise men about what should be done for this Mordecai.

Now, who do you suppose got up real early in the morning to prepare for his dastardly deed? You already know, don’t you? “And the king said, Who is in the court? Now Haman was come into the outward court of the king’s house, to speak unto the king to hang Mordecai on the gallows that he had prepared for him.” Esther 6:4. This is better than any movie on TV! God has events timed to the second! Well, when you are dealing with a Being that knows everything from the beginning to the end, you can kind of set things up the way you want. And this is so important as we get nearer to these last days. Our God is in control! Our God knows how every single detail will play out. Our God knows every hair on our heads! Can we possibly imagine that He is unaware of what we are going through, or will go through? This is what the Book of Esther was written for. This story is to provide us such encouragement that we will be perfectly content and happy and at peace, no matter what happens to us or threatens us.

Let the devil build his gallows!

When the Sunday laws begin to be enforced, do we think God will be prepared? Will He know how these laws will affect us? Does He know what is going to happen to us? Of course He does! Did God know what was going to happen to John the Baptist? Did He know what Herodias’ daughter was going to ask for when she danced for the king? Of course! God has a plan for each one of us. And He may use some spectacular miracle to save us. And He may use some small thing to work in our behalf. And we will be called to be a witness for Him, either in life or in death.

But however it works out, we can know for a surety that God is there behind the scenes making everything work out as He deems fit. I cannot praise God enough for that! Does it not make your heart thrill to know and understand that the One you gave your heart to is in total and absolute control! Let the devil build his gallows! Let the devil threaten and menace and terrorize! He can only do what God allows him to do. Remember what Pilate said to Jesus in the judgment hall? “Then saith Pilate unto him, Speakest thou not unto me? knowest thou not that I have power to crucify thee, and have power to release thee?” John 19:10. Pilate actually believed he had this power. Satan convinced him that he had power over the Son of God! But did he really have any power at all? What did Jesus respond with? “Jesus answered, Thou couldst have no power at all against me, except it were given thee from above...” John 19:11. How much power could he have? No power at all!!! Pilate had no power. Satan has no power. No ruler; potentate; monarch; emperor; leader or head of state has ANY power, except it
be given him or her from above. In other words, we serve the only One who really does have the power. What can we possibly be afraid of? We are children of the heavenly King! Hallelujah!

Nothing can happen to us that our Heavenly Father does not allow

And I'd like to address that idea for just a moment…Jesus said to Pilate that he could have no power unless it were given him from above. In other words, the only things that can be done to Him were things that the Father allowed. We are God's children just as verily as Jesus is. God the Father has adopted us. Jesus says He is our Elder Brother. Then, can anything happen to us unless God allows it? No! And this thought should thrill us to our very core!

My point in this message is to encourage you as we begin these last moments of history. Sunday laws are being created and enforced as I write. Right now, it has more to do with businesses being closed on the Sun-day and workers being allowed off to do as they please, which will be to go to church on Sunday. The final events will be rapid ones we are told. As these laws begin to take effect, the devil will try to discourage and cause fear and do his best to get us to give up on our God. And you can guarantee that he will point us to the gallows being built for us. Then he will whisper to us this question …“Where is your God?” You see, he will do his best to point out that in order for God to defend us or to be there for us, it will have to be in some outrageous, spectacular way – It will have to be in fire or earthquake or wind or some such thing.

Our God is always here

But God made a point to the people in Zechariah's time and Elijah's time and now in our time, that we should not "despise the day of small things!" God is here. When things get bad for us… God is here. When we get down and discouraged, God is here. When we look for Him to move in our behalf… God is always here. He may not send an earthquake or a terrible storm or some other ostentatious miracle, but that in no way means He is not there.

Don’t despise the day of small things! He may cause sleeplessness. He may delay us a few minutes from where we are going. He may cause our car to not start. He has a million ways that we know not of. But He is ever there and ever close and is always watching. Even in our lives right now, when we are faced with problems and troubles and tribulations, we can rest assured that God is right there, working out His glorious plan! Hallelujah! Don’t despise the day of small things!

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
Defend us, Lord, from every ill,
Strengthen our hearts to do thy will,
In all we plan and all we do
Still keep us to thy service true.

O, let us hear the inspiring word
Which they of old at Horeb heard.
Breathe to our hearts the high command,
“Go onward and posses the land!”

Thou who art Light, shine on each soul!
Thou who art Truth, each mind control!
Open our eyes and make us see
The path which leads to heaven and thee!

–John Hay, in Presbyterian Banner
In his teachings, Christ likened his disciples to objects most familiar to them. He compared them to salt and to light. “Ye are the salt of the earth,” he said; “ye are the light of the world.” These words were spoken to a few poor, humble fishermen. Priests and rabbis were in that congregation of hearers, but these were not the ones addressed. With all their learning, with all their supposed instruction in the mysteries of the law, with all their claims of knowing God, they revealed that they knew him not. To these leading men had been committed the oracles of God, but Christ declared them to be unsafe teachers. He said to them, “Ye teach for doctrine the commandments of men. “Ye do err, not knowing the Scriptures, nor the power of God.” Turning from these men to the humble fishermen, he said, “Ye are the salt of the earth.”

**Christ’s own character was to be represented in his disciples**

They were to bear the gospel to the world. They were to be doers of the word that they presented, which was to be to them and to others a savor of life unto life. From them was to go forth a message, illuminating in its influence, and saving in its power.

By these words of Christ we gain some idea of what constitutes the value of human influence. It is to work with the influence of Christ, to lift where Christ lifts, to impart correct principles, and stay the progress of the world’s corruption. It is to diffuse that grace which Christ alone can impart. It is to uplift, to sweeten the lives and characters of others by the power of a pure example united with earnest faith and love. God’s people are to exercise a reforming, preserving power in the world. They are to counter-work the destroying, corrupting influence of evil. By pen and voice they are to uplift before men the One who came to seek and to save that which was lost.

**The salt was within the Jewish nation, but it was useless**

The Jews were familiar with the figure of the salt, and there was in the words of Christ that which commended his principles to his hearers. “If the salt have lost its savor,” he said, “wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden underfoot of men.” This was the condition of the Jewish nation. The salt was there, but it was useless. It could do no good to any one. This represents those who have once accepted Bible truth, who have once understood what it means to be as the salt with its saving properties, but who have lost their connection with Christ. They possess in themselves no saving qualities. They are critics, accusers of the brethren, as was the first apostate. They do not seek to enlighten and save their fellow men. These persons are useless.
as far as truth and righteousness are concerned, and are fit only to be treated as the salt that has lost its savor.

Christ presents before us true religion. He reverses the decisions of ages, and shows that true knowledge is in direct opposition to the opinions of men. The work of the people of God in the world is to restrain evil, to elevate, to purify, and to ennoble mankind. The principles of kindness and love and benevolence are to uproot every fiber of the selfishness that has permeated all society and corrupted the church. Then the Lord God Omnipotent can reign, and the Spirit of Christ will be an abiding influence in the life. If men and women will open their hearts to the heavenly influence of truth and love, these principles will flow forth again, like streams in the desert, refreshing all, and causing freshness to appear where now are barrenness and dearth. The influence of those who keep the way of the Lord will be as far-reaching as eternity. They will carry with them the cheerfulness of heavenly peace as an abiding, refreshing, enlightening power.

**Christ is the light, the life, the holiness, the sanctification, of all who believe**

Again, there is to be an open influence. Christ says, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” Christ exercised mercy, tenderness, and compassion, that he might bless suffering humanity. He worked to restore the physical and the moral image of God in man. In this work man is to be a laborer together with God. Physical and moral health and spiritual light are to be communicated from the mighty Healer.

The light that shines from those who receive Jesus Christ is not self-originated. It is all from the Light and Life of the world. He kindles this light, even as he kindles the fire that all must use in doing his service. Christ is the light, the life, the holiness, the sanctification, of all who believe, and his light is to be received and imparted in all good works. In many different ways his grace is also acting as the salt of the earth: whithersoever this salt finds its way, to homes or communities, it becomes a preserving power to save all that is good, and to destroy all that is evil.

True religion is the light of the world, the salt of the earth. Christian parents, will you consider that the salt possesses saving virtues for your family? There are to be no loud-voiced commands in the home. Let nothing come forth from your lips that is unkind and exasperating to your children. These children receive their first lessons from their father and mother; and no harsh, severe, gloomy representation should be given them. The love of Christ is to fashion their characters. Manifest the meekness and gentleness of Christ in dealing with the wayward little ones. Bear in mind that they have received their perversity as an inheritance from the father or mother, and be patient with the children who have inherited your own traits of character.

**Souls are starving for the bread of life**

Be firm and decided in carrying out Bible instruction, but never give way to passion. Bear in mind that when you become harsh or unreasonable before your little ones, you teach them to be the same. God requires you to educate your children, bringing into your discipline all the generalship of a wise teacher, who is under the control of God. If the converting power of God is exercised in your home, you yourselves will be constant learners. You will represent the character of Christ, and your efforts will please God. Never neglect the work that should be done for the younger members of the Lord’s family. You, parents,
are the light of your home. Let your light shine forth in pleasant words, in soothing tones. Then angels will be in your home; and the discipline you give your children will go forth in strong, clear currents to the world. Your children will carry with them the precious influence of their home education. Then work in the home circle, in the first years of the children’s lives, and they will carry into the schoolroom and into the world an influence that will be a savor of life unto life.

When the church shall understand her relation to the world, active personal work will be done. As a people, we are responsible for the souls that are perishing out of Christ. Every soul who is joined to Christ should be a living, active agency to represent him. He is to be a saving power in a perishing world. Souls are crying, “Send us help. We are thirsting for the waters of salvation. We are starving for the bread of life.” Will our church members feed upon the word of life, and feel no burden to carry the truth to those who sit in the darkness of error? Do Christ’s followers have no conception of the infinite price that has been paid to ransom these souls from the power of Satan? There is need of a strong and united influence to co-operate with the Captain of our salvation in taking the spoil from the power of the enemy, and making men and women free in Christ. Shall we not every one seek to stimulate others to work for fallen man? Pray earnestly, unitedly, perseveringly, for spiritual power. The fountain of grace and knowledge is ever flowing. It is inexhaustible. It is from this abundant fulness that we are supplied.

The truth is to be scattered by all who claim to be disciples of Christ

Every one has talents of value to be used in winning souls to Christ. But many who claim to be disciples of Christ have no real connection with God. They do not go forth in service. They possess no Christlike attributes. The salt has lost its savor. Men who have never experienced the tender, winning love of Christ in the soul can not lead others to the fountain of life. But if the love of Christ is abiding in the heart, it will prove a powerful, working agency. It will be revealed in the conversation, in the tender, pitiful spirit, in the efforts made to uplift the souls with whom we are brought in contact.

The dissemination of the truth of God is not confined to a few ordained ministers. The truth is to be scattered by all who claim to be disciples of Christ. It must be sown beside all waters. There is danger for those who do little or nothing for Christ. The grace of God will not long abide in the soul of him who, having great privileges and opportunities, remains silent. Such a man will soon find that he has nothing to tell. If church-members would realize what their account has been, and still is, they would deny self. They would lift the cross. They would seek to save the souls that are perishing. They would go forth with weeping, bearing precious seed in love, that they might come again with rejoicing, bringing their sheaves with them.

Review and Herald, August 22, 1899

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.
A powerful blood purifier and detoxifier, **ArcoDrops** boosts immune response, encourages healthy cell growth, reduces stress on the adrenal glands and assists in relieving joint pain.

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Pau d’arco has been used for hundreds of years for its powerful anti-fungal and immune-building properties. Interesting Fact: No fungus ever forms on the pau d’arco tree! Even though it grows in the lushest tropical rain forests in the world, this amazing tree has proven entirely immune to fungal infection, which makes it a one-of-a-kind!

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**Horsetail**

Also known as “shavegrass”, horsetail contains the highest amount of silicon of all the known herbs. Silicon is a vital trace mineral required by the body for strong and flexible joints, glowing skin and stronger bones.

**Yellow Dock**

Has been used for hundreds of years for its astringent properties, aiding a variety of skin problems, including boils, rashes, blemishes and burns.

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- Helps reduce bowel inflammation and irritation
- Supports bladder, kidney, and liver function
- Provides iron and promotes its absorption for optimal blood health

**Anamú**

People with compromised immune systems may benefit from the immune-supporting properties of anamú. In one study, anamú increased natural killer cells (the cells that kill disease throughout the body) by 100%. It also increases chemicals such as interleukin and interferon (which help protect the body against future health problems). In addition, anamú’s pain-relieving and anti-inflammatory qualities have made it a popular supplement for reducing joint pain and inflammation.

**Chaparral**

Known as “Nature’s Detergent” due to the foamy residue produced when the leaves are shaken in water, chaparral is recognized for having properties that assist in the overall well-being of the body and in the improving of a variety of maladies. Chaparral boosts the immune system and helps keep the body in an alkaline state that allows it to naturally fight against infection, microbial invaders, and many other potential health problems. It is widely accepted that chaparral prevents the developmental growth of irregular cells.

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Combining nature, faith, and love to bring health to the world.
What is vitamin B-Complex?

A vitamin B complex is a dietary supplement that contains all eight of the B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and the cobalamins (vitamin B12). These form all known essential water-soluble vitamins except for vitamin C. Water-soluble vitamins are ones that cannot be stored in the human body, (they are flushed out of our systems through our urine) and so need to be continually obtained through our daily intake of nutrition.

Also found naturally in a number of foods, all the B vitamins help turn food into fuel, giving us the energy our bodies need during the day and also helping our bodies form essential red blood cells – the cells required to carry much-needed oxygen to all parts of our body. However, research has now confirmed that the vitamin B group also assists in the protection from, and healing of, many additional health problems.

For instance, it appears that successful treatment of B-complex vitamin deficiencies may actually reduce alcohol cravings, because animals crave alcohol when fed a B-complex-deficient diet, and as early as the 1940’s research findings were being reported of improvements in chronic inflammatory skin conditions after oral supplements or injections of vitamin B were administered. It is also reported that vitamin-B Complex has assisted with conditions such as anxiety, depression, fatigue, heart problems and premenstrual stress, and it is also well recognized that they help promote proper liver, eye and nervous system function, as well as healthy skin and hair.

“Vitamin B” was once thought to be a single nutrient that existed in extracts of rice, liver or yeast. However, researchers later discovered these extracts contained several vitamins and these were then given distinguishing numbers. Additionally, it was found that, in fact, each member of the B-complex has a unique structure and performs unique functions in the human body. Here are just some of those vital individual functions:

Vitamin B1 (Thiamine)

We need vitamin B1 so that our body can use carbohydrates as energy and to metabolize glucose. Glucose is important to the reproduction of cells, the composition of proteins and nucleic acids found in all cells, and helps with our growth processes.

Vitamin B1 also plays a key role in nerve, muscle and heart function. In studies, Vitamin B1 (as well as other B vitamins) has been shown to play a role in wound healing. For this reason some alternative healthcare practitioners recommend a high-potency B vitamin supplement to promote wound healing. Deficiency in this vitamin has been linked specifically to an increased risk of canker sore (mouth ulcers), and anyone who has had a mouth ulcer knows how painful that can be! However, it was found that supplementing with vitamins B1, B2, and B6 provided relief.

Vitamin B2 (Riboflavin)

Vitamin B2 is an essential daily requirement in the human body. It helps our bodies break down calories, thereby producing much-needed energy to give us our “get up and go”. It also helps our bodies produce red blood cells. Red blood cells are the most common type of blood cells in the body, in charge of delivering oxygen to all of its different parts, so we certainly need plenty of these!

Vitamin B2 also helps the body to maintain the proper pH balance in our skin, which lessens its tendency to dry and rapidly age, or to cause acne, and so a proper balance is essential if we want to keep it clear, youthful and glowing. The vitamin is also essential
Vitamin B2 (Riboflavin)

Vitamin B2 is necessary for the proper growth and development of the brain, nerves, skin, and many other parts of the body. It helps our bodies maintain normal nerve function, break down proteins, keep blood sugar levels in check and produce essential antibodies (large Y-shaped proteins which function to identify and help remove foreign elements such as viruses and bacteria). Beyond the attributes it shares with other B vitamins, vitamin B6 additionally promotes brain development and regulates hormones such as melatonin, norepinephrine and serotonin, which regulate sleeping patterns and mood.

Vitamin B7 (Biotin)

Vitamin B7 is necessary for the growth of our bodies’ cells, as well as the production of fatty acids and the metabolism of amino acids and fats within the body. This vitamin is also used in the body to regulate the amounts of glucose in the blood stream, which means it can affect problems people may have with unhealthy blood sugar levels. Vitamin B7 also assists in various metabolic reactions and it can help the body to transfer carbon dioxide. As it is also linked to the creation and growth of our bodies’ cells, it is used in many cosmetic and other

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products which promote the growth of nail, skin and hair.

Vitamin B9 (Folate)

Folic acid is required for the body to be able to make and maintain our DNA (the individual hereditary material in each person's body cells), and for body cell division and replication – so it is obviously a very important ingredient! It is essential for cell growth and important for red blood cell formation, energy production and the forming of amino acids, the very building blocks of our protein and our muscle tissue. Amino acids also play a major part in physiological processes relating to our energy, recovery, mood, brain function, muscle and strength gains, and also in our quest for fat loss. There are 23 amino acids and 9 of these are classed as essential or indispensable amino acids that have to be obtained from our nutritional intake.

Folic acid is also essential for creating heme, the iron-containing substance in our red blood cells (crucial for the transport of oxygen throughout the body). In addition, Folic acid assists with our digestion, the health of our nervous system, and works at improving mental as well as emotional health. This vitamin plays a very important role also in the development of a healthy nervous system in a developing fetus. A deficiency in folic acid may increase the risk of the baby being born with serious defects of the nervous system, and so this is a very important vitamin.

When deficient of folic acid, you might suffer from diarrhea, heartburn, constipation, fatigue, acne, a sore tongue, cracking at the corners of your mouth (same as with a deficiency of vitamin B2, vitamin B6, or iron). Long-term deficiency may result in low red blood cell levels, abnormal cell growth in the bowel and cervix, and later, in bone thinning and softening, which naturally increases the risk of easily fractured bones.

Vitamin B12

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and also helps make our DNA, our individual genetic material that gives us all our separate and distinguishing characteristics such as body shape, height and type, hair and eye color, etc. It is therefore important that pregnant women get adequate amounts of this vitamin. Vitamin B12 is also needed to help form cells and properly metabolize food. It helps the body digest proteins and fats, which assist it to use more efficiently as fuel the food we eat.

Vitamin B12 supplementation may be beneficial for a subset of people suffering from indigestion: those with delayed emptying of the stomach contents in association with Helicobacter pylori infection and low blood levels of vitamin B12. In a double-blind study of people who satisfied those criteria, treatment with vitamin B12 significantly reduced symptoms of dyspepsia and improved stomach-emptying times.

Not getting enough vitamin B12 can affect your nerve functioning and cause larger than normal growth of the red blood cells, and also a great deficiency in the number of those cells, which means that oxygen is then not effectively carried to where it is needed constantly in the body. This will make a person tired and weak, to begin with.

While vitamin B12 deficiency is not common, even slightly low levels can cause abnormal neurological symptoms. A deficiency often results in nerve disturbances, such as muscle weakness, shaky movements or tingling in the hands and feet, and can include problems with balance, depression and confusion, as well as poor memory and soreness of the mouth or tongue. Vitamin B12 deficiency can even damage the nervous system – so it is important to treat a deficiency as soon as possible. The people who are most at risk for a deficiency are those being strict vegetarian or vegan, the elderly, and those who have had
stomach surgery. In infants, signs of a vitamin B12 deficiency may include failure to thrive, problems with movement, delays in reaching the typical developmental milestones, and megaloblastic anemia, a condition where the body is unable to produce sufficient healthy red blood cells.

**Am I getting enough vitamin B12?**
Most people in the United States get enough vitamin B12 from the foods they eat, but some people have trouble absorbing vitamin B12 from food. As a result, vitamin B12 deficiency affects between 1.5% and 15% of the public. Your doctor can test your vitamin B12 level to see if you have a deficiency. Certain groups may not get enough vitamin B12, or have trouble absorbing it.

**Vitamin B12 for Vegetarians and Vegans**
Vegetarians and vegans are at risk of not getting enough vitamin B12 in their diet, simply because very few plants provide any vitamin B12 at all. The Dietary Reference Intake, or DRI, for adult men and women is 2.4mcg of vitamin B12 per day. Plants can help provide some vitamin B12, but usually not directly. This is because vitamin B12 is a byproduct of bacteria in the hindgut, but the amount of this vitamin produced from bacterial fermentation is still not enough to meet the nutritional requirements of vitamin B12, according to the Vegan Society.

For the lacto-ovo vegetarian, reliable sources would include dairy products and eggs which can supply substantial amounts of B12. A slice of vegetarian cheddar cheese (40g) contains 0.5µg. A boiled egg contains 0.7µg. Fermentation in the manufacture of yoghurt destroys much of the B12 present, as can boiling milk. Mushrooms cultivated on manure-enriched compost will contain vitamin B12, and if they are not overwashed before use they will contain some vitamin B12. There is 0.26µg of vitamin B12 in 100g of mushrooms. A serving of 4-6 mushrooms weighs 75g.

Vegans, however, are particularly advised to ensure their diet includes foods fortified with vitamin B12 because of the lack of the B12 provision which dairy products and eggs in the lacto-ovo vegetarian diet contain. A range of B12 fortified foods suitable for the vegan's use are available. These include fortified cereals, yeast extracts, fortified soy milk, Vecon vegetable stock, veggie-burger mixes, textured vegetable protein and vitamin B12-fortified meat analogues (food made from wheat gluten or soybeans to resemble meat, poultry or fish), vegetable and sunflower margarines, breakfast cereals, and a small amount in the nori algae commonly used as a wrap for sushi rolls.

A further alternative method is to receive supplementation by way of injections of Vitamin B12, or a much nicer way for most of us who don't like having injections, by purchasing a convenient Vitamin B12 supplement that does not contain any animal products, such as is found in Hope for Health’s Vitamin B Complex formula, which also conveniently and adequately meets the DRI.

Please find details at our online store at [www.hopeforhealthusastore.com](http://www.hopeforhealthusastore.com), together with additional helpful information and ordering methods. You can also call for free for our informative and educational product catalog at 1-800-468-7884.
When dangers come, we fear the worst,
And yet, God rules and reigns above:
He has a purpose from the first,
He rules and reigns in love.

We know not why, we see not how;
And yet, God's plans for us are best.
Whatever comes, to him we'll bow,
We'll trust—and in him rest.

Whate'er befalls, the time will come
When darkness fades before the light;
When we with joy shall reach our home,
A home forever bright.

This faith in God shall be our stay,
Our anchor when wild billows roll.
The fiercest storms shall pass away,
There's safety for the soul.

–John M. Morse, in New York Observer
Americans of all religions (and atheists) agree: We like the pope

By Anna Matranga CBS News March 6, 2015, 10:48 AM

Only six months before his first visit to the United States, Pope Francis’ popularity in the United States is at an all-time high, according to a report released on Thursday by the Pew Research Center.

Pope Francis wears a plastic poncho as he waves to well wishers after a mass in Tacloban on January 17, 2015. JOHANNES EISELE/AFP/GETTY IMAGES

End Time Perspective: “The Protestant churches are in great darkness, or they would discern the signs of the times. The Roman Church is far-reaching in her plans and modes of operation. She is employing every device to extend her influence and increase her power in preparation for a fierce and determined conflict to regain control of the world, to re-establish persecution, and to undo all that Protestantism has done. Catholicism is gaining ground upon every side. See the increasing number of her churches and chapels in Protestant countries. Look at the popularity of her colleges and seminaries in America, so widely patronized by Protestants. Look at the growth of ritualism in England and the frequent defections to the ranks of the Catholics. These things should awaken the anxiety of all who prize the pure principles of the gospel.” GC 565.
I was shown God’s people waiting for some change to take place,—a compelling power to take hold of them. But they will be disappointed, for they are wrong. They must act; they must take hold of the work themselves, and earnestly cry to God for a true knowledge of the work themselves. The scenes which are passing before us are of sufficient magnitude to cause us to arouse, and urge the truth home to the hearts of all who will listen. The harvest of the earth is nearly ripe.

**Every Christian must stand in his lot**

Everything in the universe calls upon those who know the truth to consecrate themselves unreservedly to the proclamation of the truth as it has been made known to them in the third angel’s message. That which we see and hear calls us to our duty. The working of satanic agencies calls every Christian to stand in his lot.

The message of Christ’s soon coming is to be given to all the nations of the earth. Vigilant, untiring effort is required to overcome the forces of the enemy. Our part is not to sit still and weep and wring our hands, but to arise and work for time and for eternity.

“No something, do it soon, with all thy might;  
An angel’s wing would droop if long at rest;  
And God Himself, inactive, were no longer blest.”

**No one can be saved in indolence and inactivity**

Let no one think that he is at liberty to fold his hands and do nothing. That any one can be saved in indolence and inactivity is an utter impossibility. Think of what Christ accomplished during His earthly ministry. How earnest, how untiring, were His efforts! He allowed nothing to turn Him aside from the work given Him. Are we following in His footsteps?

Divine and human agencies are combined in the work of saving souls. God has done His part, and Christian activity is needed now. God calls for this. He expects His people to bear a part in presenting the light of truth to all nations. Who will enter into this partnership with the Lord Jesus Christ?

The church must be a working church if it would be a living church. It should not be content merely to hold its own ground against the opposing forces of sin and error, not be content to advance with dilatory step, but it should bear the yoke of Christ, and keep step with the Leader, gaining new recruits along the way.

**An idle man is a miserable creature**

We have only a little while to urge the warfare; then Christ will come, and this scene of rebellion will close. Then our last efforts will have been made to work with Christ and advance His kingdom. Some who have stood in the forefront of the battle, zealously resisting incoming evil, fall at the post of duty; others gaze sorrowfully at the fallen heroes, but have no time to cease work. They must close up the ranks, seize the banner from the hand palsied by death, and with renewed energy vindicate the truth and the honor of Christ. As never before, resistance must be made against sin,—against the powers of darkness. The time demands energetic and determined activity on the part of those who believe present truth. They should teach the truth by both precept and example.

The Lord now calls upon Seventh-day Adventists in every locality to consecrate themselves to Him, and to do...
their very best, according to their circumstances, to assist in His work.

Idleness and religion do not go hand in hand; and the cause of our great deficiency in the Christian life and experience is inactivity in the work of God. The muscles of your body will become weak and useless if they are not kept in exercise, and it is so with the spiritual nature. If you would be strong, you must exercise your powers.

We are to be diligent workers; an idle man is a miserable creature. But what excuse can be offered for idleness in the great work which Christ gave His life to accomplish? The spiritual faculties cease to exist if they are not exercised, and it is Satan's design that they shall perish. All heaven is actively engaged in the work of preparing a people for the second coming of Christ to our world, and "we are laborers together with God." The end of all things is at hand. Now is our opportunity to work.

**There can be no spiritual idleness at this time**

It is heart missionaries that are needed. Spasmodic efforts will do little good. We must arrest the attention. We must be deeply in earnest.

There are among us those who, if they would take time to consider, would regard their do-nothing position as a sinful neglect of their God-given talents.

What is our position in the world? We are in the waiting time. But this period is not to be spent in abstract devotion. Waiting, watching, and vigilant working are to be combined. Our life should not be all bustle and drive and planning about the things of the world, to the neglect of personal piety and of the service that God requires. While we should not be slothful in business, we should be fervent in spirit, serving the Lord. The lamp of the soul must be trimmed, and we must have the oil of grace in our vessels with our lamps. Every precaution must be used to prevent spiritual declension, lest the day of the Lord overtake us as a thief.

We are living in an age when there is to be no spiritual idleness. Every soul is to be charged with the heavenly current of life.

**Crowd all the good works, you possibly can into this life**

Jesus would have all who profess His name become earnest workers. It is necessary that every individual member build upon the rock Christ Jesus. A storm is arising that will wrench and test the spiritual foundation of every one to the utmost. Therefore avoid the sandbed; hunt for the rock. Dig deep; lay your foundation sure. Build, oh, build for eternity! Build with tears, with heartfelt prayers. Let every one of you, from henceforth, make your life beautiful by good works. Calebs are the men most needed in these last days.

Christian Service 82-85
ACROSS
3. A son of Levi
9. He helped the man that was set upon by thieves on his way to Jericho
11. The mother of John the Baptist
12. Whose tomb was Jesus buried in?
15. Jesus was brought up in _____
19. He was placed in a log and sawn in two
22. A prophet that encouraged the people in rebuilding the temple
26. He sought a decree against the Jews from King Ahasuerus
27. He saw a vision of Jesus standing by the Father
28. A Shuhite that sought to counsel Job
29. The name of a Hebrew coin and weight

DOWN
1. King Saul's oldest daughter
2. They were dedicated instead of the first born as priests
3. Capernaum is a city of _____
4. Who conquered that city? [BABYLONIANS]
5. Esther's Hebrew name
6. Joseph, Mary's husband, was of the house of _____
7. A false prophet that spoke against Jeremiah
8. The father of John the Baptist
9. How many generations between the captivity in Babylon and Christ? [FOURTEEN]
10. The area from which Amos the prophet came
11. The mother of John the Baptist
12. Joseph, Mary's husband, was of the house of _____
13. When he left the land of the Chaldeans he dwelt in _____
14. The father of Jehoshaphat the king
15. Jesus raised the son of the widow of _____
16. The father of Jeremiah
17. While near the River Chebar, he had visions of God
18. Corinth is located in which country
20. The queen that came to visit Solomon in Jerusalem
21. King of Persia commanded by God to build a house at Jerusalem
22. The king that had John the Baptist beheaded
23. The father of Samuel
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 _____
27. He saw a vision of Jesus standing by the Father
28. A Shuhite that sought to counsel Job
29. The name of a Hebrew coin and weight

Answers from Christian Crossword published in the March 2015 issue of Our Firm Foundation