THE WEATHER AND ITS MEANING

IN THIS ISSUE:
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Ellen White’s Vision: The Ministry of Christ
“As a people, we are to stand firm on the platform of eternal truth that has withstood test and trial. We are to hold to the sure pillars of our faith. The principles of truth that God has revealed to us are our only true foundation. They have made us what we are. The lapse of time has not lessened their value. It is the constant effort of the enemy to remove these truths from their setting, and to put in their place spurious theories. He will bring in everything that he possibly can to carry out his deceptive designs. But the Lord will raise up men of keen perception who will give these truths their proper place in the plan of God.”
1 SM 201.

Recently, I received a box of books promoting the feast days from a lady who I had done a favor for. I know that many very nice people are involved in keeping the feast days, including the Passover. Some of the people involved have been good friends. My copy editor mentioned to me that in a church she used to attend, a person who is a feast day keeper said one of the plans of the feast day keepers is to go to different churches and “infiltrate” these churches and bring in the feast days. For a while we had three feast day keepers that came to our church. When they could make no headway there, they left to another church.

We have been given special messages for our time—the three angels’ messages including the commandments and the seventh-day Sabbath. Our outreach is to be to those outside our Church to guide them into the truths for this time. But the feast day keepers are seeking to convert people inside the church. By pushing the feast days, an extra burden is put on the messages we already have—the feast days are not part of “our only true foundation”.

Ellen White states on page 208 of Selected Messages, Book One, “Messages of every order and kind have been urged upon Seventh-day Adventists to take the place of the truth which, point by point, has been sought out by prayerful study, and testified to by the miracle-working power of the Lord…. (God) calls upon us to hold firmly with the grip of faith, to the fundamental principles that are based upon unquestionable authority.”

Back on page 207 of the same book, we read: “Thus light was given that helped us to understand the scriptures in regard to Christ, His mission, and His priesthood. A line of truth extending from that time to the time when we shall enter the city of God, was made plain to me, and I gave to others the instruction that the Lord had given me.”

In Youth Instructor of May, 1873, we read, “While the institution of the Passover was pointing backward to the miraculous deliverance of the Hebrews, it likewise pointed forward, showing the death of the Son of God before it transpired. In the last Passover our Lord observed with His disciples, He instituted the Lord’s supper in place of the Passover, to be observed in memory of His death. No longer had they need of the Passover, for He, the great antitypical Lamb, was ready to be sacrificed for the sins of the world. Type met antitype in the death of Christ.”

In PP 539, it states, “When the Saviour yielded up His life on Calvary, the significance of the Passover ceased.”

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

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

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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
My message this month is about the weather. Everybody talks about the weather. I don't care who you are or where you are from, across the globe or within your hometown… everyone talks about the weather. And why is that? Why does absolutely everyone talk about the weather? Because every single one of us is affected by it. Even if you don't have to go out in it, someone does to bring you your food, or power, or water, or something. If you wanted to use something to get our attention, I cannot imagine a better communication device than the weather.

**SIGNS GET US HOME SAFELY**

So, if God was trying to tell the human race something, what could be better than to give us signs in the weather? Actually, God has been using the atmosphere and the firmament above us as signs to, or for, us since the beginning. God said that this would be the way for us to determine things. “And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years.” Gen. 1:14. Let them be for signs … Signs point the way. Signs keep us from getting lost. Signs get us home safely. Signs are very important. And God uses signs all the time.

We humans have learned to use signs to communicate just as God does. Indians used to use smoke. We used to chisel into rocks. Sometimes we made rock piles to use as a sign… “And Joshua said unto them, Pass over before the ark of the LORD your God into the midst of Jordan, and take ye up every man of you a stone upon his shoulder, according unto the number of the tribes of the children of Israel: That this may be a sign among you…” Josh. 4:5,6.

Today, we have flashing signs over the roadways to communicate with. But unless you are driving down the road, you may not be able to communicate with everyone who is trying to give you a sign. With all our communicative ability, we still
are unable to reach everyone at once. With our wonderful technological prowess, we are still woefully lacking in reaching everyone at the same time.

**JESUS SAID WE ARE ABLE TO DISCERN THE FACE OF THE SKY**

As usual, God’s way is so much better than ours. With the weather, He can reach every single person at the same time. And Jesus Himself even told us that we are able to discern the weather and know what it means. “The Pharisees also with the Sadducees came, and tempting desired him that he would shew them a sign from heaven. He answered and said unto them, When it is evening, ye say, It will be fair weather: for the sky is red. And in the morning, It will be foul weather to day: for the sky is red and lowering. O ye hypocrites, ye can discern the face of the sky; but can ye not discern the signs of the times.” Matt. 16:1-3.

We can discern the face of the sky, Jesus said. God has said that we are able to determine what the weather means. I’m sure most of us have been looking at the weather channel to see what is coming in whatever latest storm is upon us. The weather-casters give names to each storm, as you well know, and each name is decided alphabetically. The first storm of the year starts with an “A” and then next one starts with a “B” and so on. At the time of this writing, it is March 7th and we are already up to “T”. We have just been dealing with the effects of storm “Thor”. There are only six more letters of the alphabet. That means we have already had 20 major storms in just the first two months and a week of the year.

**THE DEVIL DOES NOT WANT US TO UNDERSTAND MESSAGES FROM GOD**

Now, while we want to know how much snow or rain or ice or sleet we might have to endure, is there anything else we should be looking for? I mean, is there any other message in this weather that might be intended for us? Is God trying to say something? Is God communicating with us in all of these storms? And if He is … what is He trying to say?

In these last several weather events, there have been many, many records broken. More snow, more rain, more cold, more whatever than ever before. Is there any meaning to all of this, or is this just … happening? Is the weather just “evolving” as the scientists might suggest? Is it global warming? Is it climate change? Is it just that we have used too much underarm deodorant? Or … is it something more?

You know, the devil doesn’t want us to get it. He hates it when God communicates with us. If we understand God’s communication, there is a chance we might listen and be saved. So Satan will do all in his power to minimize what God is communicating. And this is not new. He did that with Noah when God was using him to share with others what was going to happen. “It is going to rain,” said Noah. “It is going to rain a lot!” Noah said that it would rain so much that it would destroy the world. God was going to use the weather to not only communicate, but to eradicate as well. And this big weather event was supposed to get our attention. Not just the antediluvian, or those before the flood, but all of us after that cataclysmic event. We were to remember that weather phenomenon, and realize that God will not always bear with our iniquities. God has tried to make that point over and over again.

**GOD HAS ALWAYS USED WEATHER TO COMMUNICATE WITH US**

Remember the Egyptians? “Behold, to morrow about this time I will cause it to rain a very grievous hail, such as hath not been in Egypt since the foundation thereof even until now.” Ex. 9:18. Hailstones! God uses hailstones to get our attention!

Remember when the people of Israel wanted a king instead of God to rule over them? What did God use to show them how evil their choice was? “Is it not wheat harvest to day? I will call unto the LORD, and he shall send thunder and rain; that ye may perceive
and see that your wickedness is great, which ye have done in the sight of the LORD, in asking you a king.” 1 Sam. 12:17. Thunder and rain! And Samuel said that this weather will show them how wicked they were. God would use the weather to make His point of their wickedness.

How did God show His disapproval with Sodom and Gomorrah? Fire and brimstone … right? I believe they got the message back then. But it doesn’t seem to me that the people of today have remembered the message. I would hate for God to have to communicate through the weather on the citizens of today who have similar leanings.

The psalmist said that God is responsible for the ice and the cold… Psalms 147:17 “He casteth forth his ice like morsels: who can stand before his cold?” Ps. 147:17.

GOD WANTS US TO BE AWARE OF HIS MIGHT AND POWER

Job knew who was responsible for the snow and thunder and rain … “God thundereth marvellously with his voice; great things doeth he, which we cannot comprehend. For he saith to the snow, Be thou on the earth; likewise to the small rain, and to the great rain of his strength. He sealeth up the hand of every man; that all men may know his work.” Job 37:5-7. God wants all men to know His work. He wants us to know that He is in charge. He wants us to be aware of His might and power. And He wants us to be done with sin and evil. He wants to get us focused on what the problem is. “And I called for a drought upon the land, and upon the mountains, and upon the corn, and upon the new wine, and upon the oil, and upon that which the ground bringeth forth, and upon men, and upon cattle, and upon all the labour of the hands.” Hag. 1:11.

Drought, fire, rain, snow, hail, ice, wind, etc., etc., etc. There is a reason for all these weather calamities! Maybe it is better said that there are “reasons” for all these weather problems. Sometimes it is punishment. Sometimes it is to prove that there is Someone with whom we have to do. Sometimes it is a warning. Sometimes it is to shake us up to get our minds straight. But you can be sure that God is in it. We have had terrible weather conditions lately. Record-breaking terrible! What does it mean? Is God trying to get our attention? And if so, about what? What would God be trying to tell us, or prepare us for, or warn us about?

DO THESE SIGNS IN THE HEAVENS MEAN JESUS IS COMING SOON?

There were others who wanted to know what God was trying to convey as well. “And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what shall be the sign of thy coming, and of the end of the world?” Matt. 24:3. Jesus was telling them about future events. They wanted to know how to tell when these things would be? They wanted to know about His promised return. They wanted to know when the end of the world would be. And they wanted to know what the signs would be. And Jesus told them what signs would reveal these things. First He said to not be deceived, for many would say they were Him. Then He said there would be wars and nations against nations. Then He said there would be famines and pestilences and earthquakes. These are signs, He said. Drought, heat and fires, terrible diseases, earthquakes, snow, ice, cold, hail, etc., etc. There are signs all around us. Does this mean Jesus is coming soon? Does this mean that the end is near? Depends on whom you ask. Those who study the Bible will give you a resounding, “Yes!” Those who do not believe God’s word will say, “This is just nature.” Those who are not really following God’s will, but are not dis-believers, fall somewhere and anywhere in between. But for those who are looking forward to the return of Jesus, their Master, they DO think these signs portend of important events to come. And God has a wonderful promise for them. This promise is for those who truly believe … “Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them.” Jer. 10:2.

WHAT IS IT THAT’S COMING?

There are many, many, many people who think something is coming. Almost no one thinks it’s good. They are afraid. They are worried. They are
convincing that it is going to be bad. Almost everyone who I talk to believes we are heading for serious problems ahead. But, when you ask them about what is coming, almost no one has an answer … just that it will be bad. Economic collapse … a worldwide plague … religious terrorism … governmental control … whatever. They know “it” is coming. They just aren’t sure what, “it” is. Isn’t that strange? And what is even stranger … a lot of these people are Christian … or at least claim to be. They should know what “it” is. But they don’t. Why not? Why don’t they assume it is what God says are the signs of the times and where we are in this world’s history? Well, why didn’t the people believe Noah when he told them that the world was to be destroyed by a flood? Now, I am not referring to the unbelievers or the scoffers. I’m talking about those who claimed to be followers of God. Why didn’t they believe? Here is what Ellen White said about the people at that time … “Scientists quieted the fears of the people by assuring them that it was impossible for his predictions to be fulfilled…” ST, Feb. 16, 1882. Supposedly, learned men told the people that there was nothing to fear. They assured the people that these threatenings were not signs from God. It was impossible for this to be correct. And sure enough … they quieted the fears of the people.

**WHO IS WARRING WITH WHOM?**

And it just so happens, that this month’s National Geographic is addressing the fears of the people. Literally, on the front cover of the magazine! And what is even more interesting, is how they present the situation. Rather than emphasizing that they know the truth about what is happening, like the antediluvians, they try to play the victim of our unbelief in them. Front page … March, 2015 issue … “The War On Science.” We are at war … according to the National Geographic. We are at war with those who don’t believe us. We don’t just have a differing opinion … we are warring against them. Isn’t that interesting? We, who believe differently than what they believe, are enemy combatants. And what does the National Geographic say we are at war, or that we differ, about? And this is right from their cover page!

1. Climate change – doesn’t exist
2. Evolution – never happened
3. The Moon Landing – was fake
4. Vaccinations – can lead to autism
5. Genetically Modified Food – is evil

**DON’T CONFUSE THEM WITH FACTS!**

Front page… National Geographic. If we differ or disagree with what they say are “facts”, we are at war. Interestingly … THEY are not at war with us -- WE are the ones at war with them. We are the bad ones. We are the wrong ones. We don’t know what we are talking about. They DO! They KNOW! We don’t know. It doesn’t matter what facts we have. Our facts are wrong. And when we are confronted with this argument … many of us capitulate. Many of us just bow to their “supposed” intelligence. After all … they are scientists … they are educated … they are doctors!

How did that work out for our forbears before the flood? Were the scientists right then? Then why let them try to convince us now? Why should we let them quiet our fears? Remember, just a few years ago they were screaming global warming. When it was proved that the earth has actually been cooling … then they changed it to climate change. Must be nice to be able to just rename it when you are wrong. They can show any and every report they want about vaccinations and their having no effect on our babies and children, but we know better. They spend untold billions trying to prove evolution, but the Bible is clear how this world was created. Genetically modified food? Let them eat it for 50 years so we can see what the results are. And they threw in the moon landing just to be able to label the rest of us crazy. I just find it interesting that if you believe that God created the world, then you are dumped into the category of fake moon landing
Our Firm Foundation

believers. Actually … now that I think about it …?? But the point is that if we don’t accept what they believe, we are at war. And no one likes to think he is fighting someone. We want peace. We all want to get along. We don’t want controversy and stress and disagreements. But … who has to change what they believe for us to get along? Sound familiar? It should!

They, the scientists, or at least many of them, come up with their own theories, and try to shame us into believing them. Why? Why do they care so much that we believe them? Why do they want us to believe in evolution, believe in vaccines, believe in genetically modified foods and global warming? Because it will cause us to quit thinking about God and His Son’s soon return. It will cause us to forget about sin. It will make us … less concerned, and these theories will quiet our fears.

Now, admittedly, these scientists have no idea what they are doing in this regard. National Geographic does not have an agenda to make us lose heaven. They are all willing pawns of the devil, with no clue about what, or how, they are being used. But we know better and cannot allow the devil to use them to deceive us.

**WILL WE DISCERN THE SIGNS OF THE TIMES, OR WILL WE LET THEM QUIET OUR FEARS?**

So what does this horrendous weather mean? What is God trying to get our attention for? What is He communicating? Get ready! Get ready! Get ready! Look at all the examples in the Bible and see what God used the weather for. We addressed a few, but there are many others.

This world is soon to be destroyed… not by water, but by fire. “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 Pet. 3:7. God is going to rain down fire to cleanse this earth. He is trying to prepare us for that cataclysmic event. Just like the boat He provided for the rain that was to come down, He has provided a way of escape. Will we listen? Will we discern the signs of the times? Or will we be lulled to sleep, accepting what the scientists “so-called” are telling us? Don’t let them quiet your fears! Come to Jesus now, while the door of the boat is still open. Give Him your heart before it is too late. Ask Him to come in and change you into His image.

“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.”

Rev. 3:20

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
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“And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body. And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. And he said unto them, This is my blood of the new testament, which is shed for many. Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of God. And when they had sung a hymn, they went out into the mount of Olives.” Here was established the great memorial, the Lord’s Supper. Can we take in the strains of Christian melody rising to heaven from the lips of the disciples? Christ, the Captain of our salvation, made of himself a sacrificial offering. The Prince of life became the Prince of martyrs.
There is to be no disunity or self-exaltation among the brethren

“Now before the feast of the passover, when Jesus knew that his hour was come that he should depart out of this world unto the Father, having loved his own which were in the world, he loved them unto the end. And supper being ended, the devil having now put into the heart of Judas Iscariot, Simon’s son, to betray him; Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God; he riseth from supper, and laid aside his garments; and took a towel, and girded himself. After that he poureth water into a basin, and began to wash the disciples’ feet, and to wipe them with the towel wherewith he was girded. Then cometh he to Simon Peter: and Peter saith unto him, Lord, dost thou wash my feet? Jesus answered and said unto him, What I do thou knowest not now; but thou shalt know hereafter. Peter saith unto him, Thou shalt never wash my feet. Jesus answered him, If I wash thee not, thou hast no part with me. Simon Peter saith unto him, Lord, not my feet only, but also my hands and my head. Jesus saith to him, He that is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all. For he knew who should betray him; therefore said he, Ye are not all clean.”

The act of Christ in washing the feet of his disciples was a sacred one; his motive in so doing was to bring about, through their remembrance of what Christ had done for them, a state of feeling where no exaltation of one above another should find place. This ordinance was to bring brother to an understanding of the feelings of his brother.

Jesus had read the secret purposes of Judas

The last act of Christ in behalf of his betrayer was to wash his feet. He, their Lord and Master, showed that he would do anything to save the most guilty sinner. He said, “He that is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all.” If he will believe on Jesus Christ as the Son of God, the Redeemer of the world, he is the child of God.

Christ came not to save man in his sins, but from his sins. John’s testimony of him was, “Behold the Lamb of God, which taketh away the sin of the world.” And “as many as received him, to them gave he power to become the sons of God, even to those that believe on his name.”

Christ had washed the feet of Judas first. This disciple was having his last opportunity. When the ceremony was ended, the Master said, “Ye are clean, but not all. For he knew who should betray him; therefore said he, Ye are not all clean.” These words were spoken that Judas might understand that Christ had read his secret purposes, that he was not ignorant of his wicked schemes. This was his opportunity to confess and be converted. The disciples did not understand his words at the time, but they were imprinted on their memory afterward, and they had something to consider in the patience, the mercy, and the forbearance of God toward the most grievously erring.

The object of this ordinance is to teach humility

Christ gave his disciples to understand that the washing of their feet did not cleanse away their sin, but that the cleansing of their heart was tested in this humble service. If the heart was cleansed, this act was all that was essential to reveal the fact. He had washed the feet of Judas; but he said, “Ye are not all clean.” Judas brought a traitor’s heart to this scene, and Christ revealed to all that he knew him to be the betrayer of his Lord, and that the washing of his feet was not an ordinance to cleanse the soul from its moral defilement.

“So after he had washed their feet, and had taken his garments, and was set down again, he said unto them,
Know ye what I have done to you? Ye call me Master and Lord; and ye say well; for so I am [for I have given you an example of the position you should hold toward one another]. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet. For I have given you an example, that ye should do as I have done to you.” Here is the object-lesson: “Ye also ought to wash one another’s feet.” “Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent, greater than he that sent him. If ye know these things, happy are ye if ye do them.” This ordinance is not to be treated in a mechanical way as a form. Its real object is to teach humility.

**Christ knew the heart of Judas, yet he washed his feet**

“I speak not of you all: I know whom I have chosen: but that the scripture may be fulfilled, He that eateth bread with me hath lifted up his heel against me. Now I tell you before it come, that, when it is come to pass, ye may believe that I am he. Verily, verily, I say unto you, He that receiveth whomsoever I send receiveth me; and he that receiveth me receiveth him that sent me. When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me.”

Jesus would give convincing proof that he understood perfectly the character of Judas, and that he had not withheld his ministry even from him whom he knew to be working to betray him into the hands of his enemies. And we have, in his example, the lesson that the ordinance of feet-washing is not to be deferred because there are some professed believers who are not cleansed from their sins. Christ knew the heart of Judas, yet he washed his feet. Infinite Love could do no more to bring Judas to repentance, and save him from taking this fatal step. If this service of his Master, in humbling himself to wash the feet of the worst sinner, did not break his heart, what more could be done? It was the last act of love that Jesus could evidence in behalf of Judas. Infinite Love could not compel Judas to repent, confess his sin, and be saved. Every opportunity was granted him. Nothing was left undone that could be done to save him from the snare of Satan.

Let all behold, in the boundless love of Christ, a long-suffering Saviour, who holds out every inducement for the sinner to receive him, repent, and be cleansed from the defilement of sin. We must understand that because we suppose one to be in error and sin, we are not to divorce ourselves from him, refuse to have any association with him, and make our suppositions prominent. The example of Christ will not sustain any one in these conclusions. Many a soul may be saved by further effort on the part of his brother; but a careless separation from him, leaving him exposed to the temptations of Satan, and driving him upon the devil’s battle-ground, is not the method of Christ. He sought to restore, not to destroy. He who washed the feet of his disciples was the Majesty of heaven. He had the hoarded love of eternity in his heart, but he was in their midst as one who served; and in washing their feet, he gave them evidence that he would do any service, however humble, in order to make them heirs together with him of all the eternal wealth of heaven’s treasure.
Christ will meet you in your weakness with his divine strength

When this simple ordinance is being performed, the followers of Christ should bear in mind that this is the time for all to search their hearts to see if they are willing to humble themselves in spirit, and follow the example of Christ. He gives them this ordinance as a test, a heart-searcher. The Holy Spirit will be present on every occasion to convince of sin, of any wrong action done to a brother. Let none grieve the Holy Spirit of God by disregarding the object of this ordinance, and the gracious opportunity it presents to confess every wrong, every act of injustice done to a brother. Had Judas accepted this last chance given him by Christ, the poor sinner would never have betrayed his Lord, and the words of Christ would never have been spoken, “Ye are not all clean.”

The Lord is present on every occasion when this humble ceremony is performed. He is the unseen Witness. He reads every heart, with its concealed purposes, its wrong-doings, its sin. You can neglect, you can leave, these seasons of divine appointment; and of you Christ’s words may be appropriately spoken, “Ye are not all clean.”

Is any sin cherished? Let it be cut away from the soul by confession. The first look, the first act, of contrition and repentance that you direct toward Christ, does not escape his notice. The first step you take toward him will bring him more than a step toward you. All things, especially on this occasion, are ready for your reception. He will meet you in your weakness, repenting, broken-hearted soul, with his divine strength; he will meet your emptiness and spiritual poverty with his inexhaustible fullness.

To continue these rites and ceremonies would be an insult to Jehovah

In this ordinance, Christ discharged his disciples from the cares and burdens of the ancient Jewish obligations in rites and ceremonies. These no longer possessed any virtue; for type was meeting antitype in himself, the authority and foundation of all Jewish ordinances that pointed to him as the great and only efficacious offering for the sins of the world. He gave this simple ordinance that it might be a special season when he himself would always be present, to lead all participating in it to feel the pulse of their own conscience, to awaken them to an understanding of the lessons symbolized, to revive their memory, to convict of sin, and to receive their penitential repentance. He would teach them that brother is not to exalt himself above brother, that the dangers of disunion and strife shall be seen and appreciated; for the health and holy activity of the soul are involved.

This ordinance does not speak so largely to man’s intellectual capacity as to his heart. His moral and spiritual nature needs it. If his disciples had not needed this, it would not have been left for them as Christ’s last established ordinance in connection with, and including, the last supper. It was Christ’s desire to leave to his disciples an ordinance that would do for them the very thing they needed,—that would serve to disentangle them from the rites and ceremonies which they had hitherto engaged in as essential, and which the reception of the gospel made no longer of any force. To continue these rites would be an insult to Jehovah. Eating of the body, and drinking of the blood, of Christ, not merely at the sacramental service, but daily partaking of the bread of life to satisfy the soul’s hunger, would be in receiving his word and doing his will.

RH, June 14, 1898

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.
On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. A great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. He said to them, “Why are you so afraid? Have you still no faith?” And they were filled with great fear and said to one another, “Who then is this, that even wind and sea obey him?” Mark 4:35-41.

It had been an eventful day in the life of Jesus beside the Sea of Galilee. All day He had been teaching and healing; and as evening came on the crowds still pressed upon Him and now the close of the day found Him so utterly wearied that He determined to seek retirement in some solitary place across the lake. Day after day He had ministered to them, scarcely pausing for food or rest.

When evening came, at the end of a long day of ministry, after Jesus and his disciples had spent hours ministering to the needs of people, after giving of themselves for the needs of others, it was Jesus himself who said, “Let us go across to the other side.” No doubt his disciples were glad to hear that word because they were very tired.

Helping hurting people, if you really care about them at all, will cost you everything you have. Serving others takes a toll on the spirit. Who among us has not gone to bed at night so weary from a day spent solving difficult situations and trying to untangle the problems of others that we wanted nothing more than a good night’s rest? When you have given all that you have, rest is what you need. And I do not doubt that the disciples were glad to hear that they were going to go to the other side of the lake. Several of them were fishermen who knew the Sea of Galilee intimately. And that night the skies promised smooth sailing from the west to the east. They had made that journey themselves many times in their fishing boats and they looked forward to a few hours of rest.

"Master, don’t you care that we perish?" As the water entered, the disciples furiously tried to bail it out but the water rushed in faster than they could bail it out. The little fishing boat bobbed like a cork as wave after wave crashed into it. Nothing could be more terrifying than to be on a boat in the blackness of night as it takes on water and slowly begins to sink.

Absorbed in their efforts to save themselves, they had forgotten that was so calm, that the Saviour was at last relieved from the pressure of the multitude, and, overcome with weariness and hunger, He lay down in the stern of the boat, and soon fell asleep. The evening had been calm and pleasant, and quiet rested upon the lake; but suddenly darkness overspread the sky, the wind swept wildly down the mountain gorges along the eastern shore, and a fierce tempest or a great storm burst upon the lake.

The sun had set, and the blackness of night settled down upon the stormy sea. The waves, lashed into fury by the howling winds, dashed fiercely over the disciples’ boat, and threatened to engulf it. Those hardy fishermen had spent their lives upon the lake, and had guided their craft safely through many a storm; but now their strength and skill availed nothing. They were helpless in the grasp of the tempest, and hope failed them as they saw that their boat was filling.
Jesus was on board. Now, seeing their labor vain and only death before them, they remembered at whose command they had set out to cross the sea. In Jesus was their only hope. In their helplessness and despair they cried, “Master, Master!” But the dense darkness hid Him from their sight. The roaring of the tempest drowned their voices, and there was no reply. Doubt and fear assailed them.

Again they call, but there is no answer except the shrieking of the angry blast. Already their boat is sinking. Suddenly a flash of lightning pierces the darkness, and they see Jesus lying asleep, undisturbed by the tumult. In amazement and despair they exclaim, “Master, don’t you care that we perish?” How can He rest so peacefully, while they are in danger and battling with death?

**Finally, Their Cry Aroused Jesus**

The disciples asked him a question that to us may seem impertinent, but it is one many of us have asked in moments of desperation; “Do you not care that we are perishing?”

- Master, don’t you care that my child is sick?
- Master, don’t you care that my marriage is falling apart?
- Master, don’t you care that my friends have deserted me?
- Master, don’t you care that I am in a financial crisis?
- Master, don’t you care that my husband is dying?
- Master, don’t you care that I lost my job?

Many of us have asked that question in a million ways a million times. We never question the Lord’s compassion when things are going well. But God’s compassion is not measured by our circumstances nor is his kindness limited to our understanding. God cares just as much when the tempest is raging as when the seas are calm and the sun is shining. His mercy is not limited to the stillness of the waves.

*Never Did a Soul Utter That Cry Unheeded*

As the disciples grasp their oars to make a last effort, Jesus rises. He stands in the midst of His disciples, while the tempest rages, the waves break over them, and the lightning illuminates His countenance. He lifts His hand, so often employed in deeds of mercy, and says to the angry sea, “Peace, be still.” The storm ceases. The billows sink to rest. The clouds roll away, and the stars shine forth. The boat rests upon a quiet sea. Then turning to His disciples, Jesus asks sorrowfully, “Why are ye fearful? have ye not yet faith?” Mark 4:40 (R.V.), DA 335.

I find it encouraging that the text says Jesus rebuked the storm—not the terrified disciples. To them He simply said, “Why are you so afraid? Have you still no faith?” Implicit in those words is a lesson we all need to learn. The disciples were afraid because they were men who were used to being in control of life. They knew how to handle hard situations. There wasn’t a weakling among them. And yet, when put in a life-threatening situation beyond their control, their faith turned to fear. Instead of putting them down, Jesus simply says, “Have you still no faith?” The answer is yes and no. They had faith in Jesus. They truly believed in Him. But their faith, though real, was not yet full-grown. And how do you get the faith that enables you to survive the storms of life? The only answer I know is to get in the boat with Jesus and ride with him wherever he wants to go.

**There Are Many Great Lessons To Be Learned From the Great Storms of Life:**

- Where there are no storms, there are no dangers.
- Where there is no danger, there is no fear.
- Where there is no fear, there is no testing.
- Where there is no testing, there is no learning.
- Where there is no learning, there is no growing.
- Where there is no growing, there is no faith.

To summarize it all, it means no storms, no danger; no danger, no need for the master; no need for the master, no faith. This also means more storms, more need for the master; more need for the master, more faith.

So it is for all of us who follow Jesus. The storms of life are necessary for our spiritual growth. Just as the great captains, are made out of the rough seas, heroes of faith are made out of great storms.

Your storms are sent by God to cause you to reach the end of yourself so that you will cry out to the Lord in utter desperation, “Don’t you care
that I am perishing?” And in that moment—not before it, but in it, when the water seems about to engulf you and all that is dear to you is lost—in that moment, the Lord rises and says, “Peace, be still!”

Jesus knew all along that there would be a storm. So that you will not miss the point, let me repeat it one more time. Who told them to get in the boat in the first place? The answer is Jesus. It was his idea all along. Did he know about the storm in advance? Of course he did. And he told them to get in the boat anyway. Did he warn them in advance? No, because that would have ruined the lesson they needed to learn.

All of us have stormy moments—most of us have many of them—when we feel utterly alone and forgotten by God. When life tumbles in around us, even after we have tried to serve God to be the best of our ability, there are moments when we feel that God has left us completely.

We cannot avoid moments of utter despair. Sometimes we bring them on ourselves by the choices we make. Sometimes they come because we have done what the Lord told us to do. Sometimes the storms of life seem to come out of nowhere. Whatever the reasons for the storms, what matters most is to be with the master in your life storms.

We do not cry out for help in vain.

We cannot manipulate God into avoiding the storms of life or somehow making them suddenly disappear. If anything, this story is meant to teach us exactly the opposite. Storms don’t spare even a boat where Jesus is, which means walking with Jesus does not exempt us from life storms. Sometimes our path takes us into the storm. Sometimes we see the clouds gathering and know it is coming. More often the winds suddenly rise up and our life, which had been so well-planned, suddenly turns upside down and we begin to sink beneath the waves, but, “Peace, be still” for those who travel their journey of life with the Master, for Jesus is the Master of the wind and the waves.

“How often the disciples’ experience is ours! When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear. Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best.” DA 336.

When you look back, you will see how your faith has been made stronger by the storm.

You may be in a storm at this very moment. You are not there by accident but by your Father’s design. He does not intend to hurt you even though you feel like overwhelmed because your pain is so great. You are not alone, though it feels that way now. You may have lost everything, but you have not lost the Lord. If the Lord is all you have, then you have everything you need. He is still with you though you cannot see him or sense his presence.

The Master of the sea is by your side. When the time has come, he will say, “Peace, be still,” and the storm will run out of breath and the sea will become like glass. What a Christ we serve! Even the winds and waves obey him! Eventually, the day will break and the sun will shine again. And when you look back, you will see that your faith has grown stronger by the storm you passed through. When the storm is over, our faith is stronger; for there is power in the storm! Amen.

Emmanuel Machakaire is a(n) SDA writer who is based in So. Africa. He enjoys studying, writing, and sharing Bible truths.
How sweet the promises of God!
They closely hedge us round,
As walls 'round Salem's city stood,
Her ancient glory crowned.

No pearls beneath the ocean wave
With these at all compare;
The richest gems that earth e'er gave
Are not so choice or fair.

By darkness is their light defiled
Which earthly cares beget;
The mother may forget her child,
But God will not forget.

Such strong assurance of his care
Should living faith awake,
Till we can his baptism share,
And of his cup partake.
“And because iniquity shall abound the love of many shall wax cold”
MATTHEW 24:22


A glance, only, at passing events will convince one that these scriptures are literally fulfilling all around us. The increase of drunkenness, pauperism, and crime is absolutely startling.

We are living in the midst of an amount of corruption second only to that of Sodom and Gomorrah

In a sermon by Henry Ward Beecher, preached Nov. 15, 1868, he said: “The want of indignation at flagrant wickedness is one of the alarming symptoms of our times. We are living in the midst of an amount of corruption second only to that of Sodom and Gomorrah.”

Rev. Mr. McAllister said, in a sermon delivered at Philadelphia in 1871: “The dishonesty, the profanity, the drunkenness, the licentiousness, of a large portion of our public men are simply notorious.

In March, 1872, the Watchman and Reformer said: “Bank robberies, ring despotisms, official corruptions, domestic tragedies, garrotings, burglaries, suicides, --these come in upon us like tidal waves, so constant and regular in their visitation that we are no longer startled by them.”

The following is from the Christian Union of Nov. 4,
1874: “It is not to be denied that corruption, in both private and public life, is lamentably frequent; that crime of every grade abounds; and that men in all the relations of life exhibit a degree of selfishness which shows that the millennium is yet afar off.”

It cannot be denied that intemperance is the great, the crying evil of our time. Yet its enormity, as it really exists, is seldom appreciated.

There is a cry in the land against the oppression of the rich. There is a demand for bread for the poor. There is reason enough for all this; but there is a terrible slavery worse than that which is caused by the oppression of the monopolists and money kings.

As far back as 1887, it was shown by the report of the Commissioner of International Revenue that for that year there was expended in the United States $600,000,000 for tobacco, and $900,000,000 for liquor. There was an enormous expenditure of material, labor, and money in the manufacture and consumption of these poisonous products. If these habits were wiped out of our land, it would result in a saving sufficient to feed, clothe, educate, and evangelize the whole country.

The influence of these debasing habits on the young is truly awful, and what may we expect from the rising generation, brought up under such conditions? The liquor dealers are alive to the situation, and are looking to the youth as their patrons for the future. In one of the Central States the Liquor Dealers’ Association is reported as advocating a line of missionary work among the young, to create in them a love for liquor. This was to offset the various temperance movements which are cutting into their business.

In countries outside the United States the same evils prevail:

In England there is consumed annually thirty five gallons of malt liquor per capita, as compared with eleven gallons in the United States.

In Russia the greatest item of revenue is that derived from brandy. In Belgium there is a dram-shop for every six or seven persons, and the working classes spend annually about 55,000,000 francs, or $11,000,000 for alcoholic drinks.

In Belgium there is a dram-shop for every six or seven persons, and the working classes spend annually about 55,000,000 francs, or $11,000,000 for alcoholic drinks.

In France it is said that “drunkenness is the beginning and the ending of life in the great French industrial centers.” It is estimated that at Lille, one-fourth of the men and one-eighth of the women are confirmed drunkards.

Mr. Labaree, a missionary to Persia, writes: “There is scarcely a community to be found where the blighting influences of intemperance are not to be seen in families distressed and ruined, property squandered, character destroyed, and lives lost.”

The Encyclopedia Britannica informs us that annually Germany and Prussia use about twenty gallons of beer and two and one-third gallons of spirits per capita.

But turning from the terrible records of intemperance and crime which are flooding the earth, all naturally expect to find in the professed followers of Christ and element free from these taints of sin and folly, waging an unceasing warfare against evil and iniquity of every kind.

Churches which allow such sins among their members have fallen and occupy the position of Babylon

But on this point we find the Word of God speaking plainly. The Apostle Paul says: “This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful,
unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof.” 2 Timothy 3:1-5. These denunciations are made against those who have a form of godliness. They are church Christians, but have never known the power of true godliness.

A church which allows among its members such sins as those mentioned by Paul, cannot be standing in the light which will surround God’s true church on earth. The inevitable conclusion is that such churches have fallen, that they occupy the position of Babylon, as described in so many places in the Book of Revelation, for Babylon means confusion. The refusal to follow the precious light of God’s Word has brought confusion and iniquity into many churches of the day. Yet in them there are many honest souls who deplore those evils. To such the message comes with the sound of a bugle call: “Come out of her my people, that ye be not partakers of her sins, and that ye receive not of her plagues.” Revelation 18:4.

What is the condition of the popular churches of today? Let their own leaders tell:

Rev. Geo. F. Pentecost in the Christian Statesman of Jan. 8, 1876, says: “A confession can be had from the lips of the pastors of most of our churches, that in our midst there are wicked, unholy, corrupt men who maintain their position, and are saved from a righteous discipline either by their wealth or their social position.”

Says Robert Atkins, in a sermon preached in London: “The truly righteous are diminished from earth, and no man layeth it to heart. The professors of religion of the present day, in every church, are lovers of the world, conformers to the world, lovers of creature comfort, and aspirers after respectability.”

H. Mattison, D. D., in “Popular Amusements”, says: “You Methodists, who were once poor and unknown, but have grown rich and prominent in the world, have left the narrow way in which you walked twenty or thirty years ago, have ceased to attend class-meetings, seldom pray in your families or in prayer-meetings, as you once did; and you are now indulging in many of the fashionable amusements of the day, such as playing chess, dominoes, billiards, and cards, dancing, and attending theaters, or are allowing your children to indulge in them.”

There is scarcely a line of separation between the godly and irreligious

Prof. S. C. Bartlett, of Chicago, says in the New York Independent: “Religion now is in a different position from Methodism then. To a certain extent it is a very reputable thing. Christianity is, in our day, something of a success. Men ‘speak well of it.’ Ex-presidents and statesmen have been willing to round off their career with a recognition of its claims, and the popularity of religion tends vastly to increase the number of those who would secure its benefits without squarely meeting its duties. The church courts the world, and the world caresses the church. The line of separation between the godly and irreligious fades out into a kind of penumbra, and zealous men on both sides are toiling to obliterate all difference between their modes of action and enjoy-ment.”

Mr. Moody uttered the following scathing words in a sermon delivered at Baltimore: “Your fairs and bazaars won’t do, and your voting, your casting of ballots for the most popular man or the most popular woman, just helps along their vanity. It grieves the Spirit; it offends God. They have got so far now that for twenty-five cents young men can come in and kiss the handsomest woman in the room. Think of this! Look at the church lotteries going on in New York. Before God, I would rather preach in any barn, or in the most miserable hovel on earth, than within the walls of a church paid for in such a way.”
How can the religious community live in harmony with the LGBT community?

New York Times columnist Frank Bruni has the solution. Just rewrite the Bible.

Bruni cites with approval a quote from Mitchell Gold, a furniture maker and gay philanthropist who says, "church leaders must be made 'to take homosexuality off the sin list.'"

And Bruni means it when he says "made to" – as in pressured to or forced to or coerced to. As he writes at the end of his column, "His [namely, Gold's] commandment is worthy — and warranted. All of us, no matter our religious traditions, should know better than to tell gay people that they're an offense. And that's precisely what the florists and bakers who want to turn them away are saying to them." (Of course, Bruni misrepresents the positions of these Christian business owners as well, but why deal with truth when caricature is so much more effective?)

So, rather than follow the biblical commandments, which are explicit and unambiguous when it comes to both the heterosexual nature of marriage ("from the beginning," as Jesus said) and the sinfulness of homosexual practice, we should follow the new "commandment" of Bruni and Gold and simply rewrite the Bible.

End Time Perspective: "The word of God alone endures forever. In their ignorance souls are perishing out of Christ; they do not realize how offensive sin is in the sight of God, and nothing can arouse them but the clean-cut truth of God's word. The word of God is the only fixed, changeless thing that the world knows. The end of all things is at hand, and the world is to be warned." BEcho, May 28, 1894

Perversion Rising: 'Book of Yeezus' Replaces God With Rap Star Kanye West

Perhaps the most offensive translation so far is the Queen James Bible, known as the Gay Bible, which argues that "homosexuality was first mentioned in the Bible in 1946 in the Revised Standard Version" and "anti-LGBT Bible interpretations commonly cite only eight verses in the Bible that they interpret to mean homosexuality is a sin."

Now, we see a "Kanye West" version of God's Word, which effectively removes any and all mention of God's name, hitting the market. The "Book of Yeezus" publishers are setting up West, a Grammy-winning rapper who offended many by kicking off his "Yeezus" album tour by inviting a Jesus impersonator on stage as God.

The Book of Yeezus replaces every mention of God and Yeshua with Kanye and Yeezus. Here's an example of the language: "In the beginning Kanye created the heaven and the earth ... And Kanye said, Let there be light: and there was light." I'm not sure what the publishers did with the Holy Spirit, but this is blasphemous enough without involving the Third Person of the Trinity.

End Time Perspective: "The Lord sees, the Lord hears, and He will not hold the transgressor guiltless. He will not be mocked. Those who take the name of the Lord in vain will find it a fearful thing to fall into the hands of the living God." ML 282
When Love Came Down

When love came down—
To take a cross and leave a crown
And robes of light for pilgrim’s gown,
He came a stranger to his own,
When Love came down.

When Love hung on the tree—
His heart’s blood flowed for you and me,
That we might live, that we might be
With him through all eternity,
When Love hung on the tree.

When Love lay dead—
“The face of God was veiled in dread,
Seraph and cherub weeping fell
As rose that awful chant from hell,
‘The Son lies dead!’”

When Love awoke—
Ten thousand saints adoring spoke.
The golden harps of heaven rang,
And blood-marked throngs triumphant sang:
“He lives, he reigns forever more,”
The Lamb of God—to die no more—
When Love awoke.

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

**Optimal Nutrition**

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

**Betains, Betanin, Betaine and SAM-e**

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

Organic Beet Powder also contains another extremely valuable phytochemical called betaine which performs various functions in the body. Among other things, betaine helps the liver process fats (which prevents the accumulation of fatty tissues in the liver, especially in heavy drinkers), and also stimulates the production and preservation of the amino acid SAM-e, that is found naturally in the body. SAM-e is best known for boosting certain hormones like dopamine and serotonin. These hormones are responsible for the feelings of relaxation and well-being. Adding our Organic Beet Powder to your diet naturally increases the production of SAM-e in the body and may lead to reduced stress, anxiety, and worry. In addition, proper levels of SAM-e may also protect joints and reduce painful joint inflammation.

**Beet Fiber**

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

**Beet Powder and Bone Health**

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

**Testimonial:**

My husband and I take one teaspoon of your Organic Beet Powder mixed in water after our rigorous workouts. This powder has everything that is essential to the body and we feel great. I cancelled our expensive liquid supplements after researching and applying herbal knowledge. The beet powder also works well in our vegetable drinks.

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This month's presentation will take a look at the many wonderful benefits of Hope for Health's Coral Calcium. Coral Calcium is a vitally important essential mineral. You may wonder why we use coral as our source of calcium? Simply put, coral calcium is just calcium! Hope for Health has chosen to provide the most advantageous source of calcium possible, which is coral. Did you know that some trace minerals are missing entirely from our food supplies? And yet these minerals are necessary to maintain our health! Our Coral Calcium naturally contains every mineral that the human body could possibly need – and in just the right amount! As the name suggests, coral calcium is harvested from coral farms either located on the ocean floor, or from an above ground source, depending upon the method used by the company producing it.

Dead coral produces coral calcium

As many coral reefs today are dying, and as they are among the world's most fragile and endangered ecosystems, harvesting of live coral is not permitted, and strict laws are enforced to ensure that living coral reefs are preserved. This has resulted in more companies using ecological and safe means of harvesting coral calcium. Dead coral produces coral calcium that no longer contains living organisms, but which are nonetheless loaded with calcium and trace minerals. The coral grains are mined from fossilized coastline coral beds in shallow waters, from where they are pumped. This in itself helps to protect and preserve the living coral beds located in deeper ocean waters.

Coral calcium has been associated with longer lifespans among certain ethnic groups. For example, people in Okinawa Japan as well as people of the mountainous regions of Pakistan commonly enjoy long lives. What is their secret to long life? Scientific observation has revealed that one of the contributing factors is the intake of minerals. In these regions, coral calcium is one such mineral source, according to an article published in July 2008 in the “Townsend Letter.” The minerals in Coral Calcium are unique: they are the only source in the world of minerals which are naturally in a high ionized state (up to 92%) as compared to other common mineral forms which are typically poorly ionized. For example, calcium gluconate is only about 5% ionized; calcium citrate is about approximately 15% ionized.

Coral minerals are already highly ionized

Every mineral you ingest must undergo ionization by your stomach acids before it can be absorbed. That is why you can take in a lot of non-ionized minerals, but you won’t necessarily absorb much of them, even though your body may be starveing for minerals. If your digestion weakens (common during illness or as you get older), it becomes harder and harder to digest and absorb minerals, which can leave you feeling even sicker. Coral minerals are already highly ionized, so even those with poor digestion can easily absorb abundant amounts of the coral’s minerals! To live and function with optimum health, every cell in your body requires a complex interaction of dozens of minerals.

Calcium, in particular, is vital to almost every cell: heart, brain, liver, kidney, and bone cells. It is also vital to functions such as the continued pumping of your heart, to cell division, to DNA replication - all these actions require calcium. If our cells have the appropriate level of calcium and minerals, the body functions well and we feel great! If not, pain, sickness and even premature death may occur.

Coral water can neutralize internal waste products

In 1979, a British journalist went to Japan to interview one of the oldest documented living people in the
world, Mr. Izumi. He was a sprightly 115-year-old man in amazingly good health that lived on an island off the coast of Japan. He appeared healthy, active, and alert. In fact, most of the other inhabitants on the island were also in great health and seldom died before age 95. Researchers found the water the islanders drank was uniquely different. It contained ionized minerals leached from coral on which the island was built. These unique minerals made the water highly alkaline. When drank, it helped the body keep a superior acid/alkaline balance. The highly mineralized coral water was found to be chemically very similar to essential elements found in the human skeleton and body fluids. Incredibly, the researchers also found the coral water could neutralize internal waste products, harmful bacteria, and heavy metals. This means you, too, can avoid ill health by alkalizing your body with Coral Calcium!

Alkalizing simply means changing the pH of your bodily fluids (such as saliva and blood) from an acidic to an alkaline state. Why is that important? When your body becomes acidic (low pH), a shortage of oxygen in your cells leads to illness and accelerated aging because cells need oxygen to expel toxic waste. Foods such as sweets, red meat, and carbonated drinks lower your pH. Eating plenty of fruits and vegetables will definitely help raise your pH level. But do you always eat just fruits and vegetables? And do you get enough of them to make a difference? Unfortunately, for most of us, the answer will be: probably not.

To make – and keep – a balanced pH, the easiest and most effective method is to supplement your diet with high-purity, absorbable Coral Calcium

It is ideal for raising your pH because it contains ALL the body’s minerals, in similar proportion, and in a highly bio-available ionized state. The National Health Service, UK, has stated there is more calcium in the human body than any other mineral. Nearly all of the body’s calcium is stored in our teeth and bones, where it supports their hardness and structure. Calcium continued strengthening our bones until we reach the age of 20-25 years, or when they reach their peak mass. After that age, the calcium we ingest helps provide bone maintenance and slows down bone density loss. Bone loss is a natural part of the aging process. Coral calcium can help promote bone growth, reversing that part of our aging process. A study published in 2010 in the “Journal of Oral Implantology” revealed that bone tissue was grown in the presence of coral calcium. The researchers implanted graphs that contained coral calcium with steel rods into the bones of mice that led to accelerated bone growth compared to controls, or those who didn’t have coral calcium added. The researchers noted that coral calcium improved bone growth by roughly 36 percent. People whose calcium intake is inadequate before the age of 20-25 have a considerably higher risk later on in life of developing brittle bones. Why? Because calcium is drawn from our bones as a reserve… drawn automatically, by our bodies. If we’re not getting enough minerals to fuel the necessary body functions, the body takes what calcium our cells need from our bones.

There are no warning signs that we are depleted of calcium… other than broken and fractured bones and tooth decay

This process is an automatic self-preservation mechanism that saves our lives, but unfortunately results in depleted bone density and strength. That depletion then enables nasty injuries such as hip fractures, to occur very easily. It has been found that 98% of people over the age of 60 are totally calcium-deficient - meaning, they are not consuming enough calcium to sustain current bone density. Did you catch that? People over the age of 60, that is all the baby boomers! How sad is it that a whole generation of people might soon be breaking hips, needing knee replacements and fitting up for dentures! Take Coral Calcium and be part of the 2% who can keep marching to the beat until they are 95 or 100!
Coral calcium has also been found to be an antioxidant, in a study published in 2009 in “Biomaterials.” Antioxidants are an important component of health. This is because they work on a cellular level thereby reducing the onset of health problems in general. When cells use oxygen to produce energy, they give off harmful byproducts called free radicals that can attack healthy cells. However, antioxidants attach themselves to free radicals and prevent them from damaging or killing cells.

**Daily supplementing with calcium can reduce the occurrence of kidney and gall stones**

Stones that form in the kidney and gall bladder are actually the body's way of storing calcium when there is little available for cell use. By taking calcium daily, you don’t need to store calcium for emergency use, and so the chance of developing stone formation is decreased by regular calcium intake. If you have ever suffered from the pain of having any kind of stone, you will GREATLY appreciate any possible way to prevent further attacks!

Here is some good news for those of you hoping to start a family: At the University of Wisconsin, treatment with calcium restored fertility in male rats. Other research shows that calcium levels increase in sperm during the last seconds before fertilization, providing the burst of energy needed to penetrate the egg. A study at Columbia University found that women, who have symptoms that cause interference with ovulation, were able to have their menstruation restored to normal when taking calcium supplements.

Coral Calcium has been shown to help our muscles as well. Muscles can cramp and heart muscles can even fail if these muscles are not supplied with just the right amount of calcium. Nerve impulses, the transmission of information between nerve fibers, will not function properly without just the right amount of calcium too. For we have a better understanding of how the body works, we can be more in tune to the signals we receive. It bears repeating that calcium is one of the **MOST VITAL** minerals for optimal functioning of your **ENTIRE BODY**!

**Your body is literally starving for the appropriate nutrition**

The United States is currently facing an obesity epidemic across its population, affecting children and adults alike! Here is another reason for increased calcium intake… It is now estimated that 30% of Americans are overweight and the problem keeps getting worse! Why does the US have this problem? Why are we the “leaders” in obesity and the related health issues such as blood sugar imbalance and severe heart problems, despite our **incredibly** high dollar investment in health care? What are we doing wrong? Researchers at MIT have discovered that the underlying cause of obesity lies with basic **nutritional** deficiencies. Your body is literally **starving** for the appropriate nutrition to allow it to function. It is like a ship lost at sea - water, water everywhere and not a drop to drink! Your body drives you to eat more to replenish its stores of vital nutrients. If it doesn’t get what it needs, it tells you to eat more and more and more. Stop starving your body of the nutrients it needs! Start taking Coral Calcium today and you may avoid becoming part of the obesity problem plaguing our country!

Here is an important piece of information that many people are unaware of: **Dairy products do contain calcium**, but unfortunately animal proteins, lactose sugar, animal growth factors, occasional drugs and contaminants, and a substantial amount of fat and cholesterol...
accompany them! In addition, calcium from animal products is hard for us to digest. And here is a dirty little secret that is kept under wraps by many businesses... All animal products we consume cause our pH levels to go acidic. As a result, our bodies buffer that acidity by doing what? - Taking calcium from our bones and teeth to bring our pH back in balance. The net effect of consuming animal sources of calcium is negative. That means whatever animal product calcium you consume (milk; cheese; sour cream; ice cream; etc.) causes your body to lose more calcium than it gained. Many researchers today are finding that plant calcium is far superior in benefit to the human body, and of course it has none of these added “factors” to cause other health concerns.

Salt, smoking and inactivity rob the body of calcium

Calcium in bones tends to dissolve into the bloodstream, and then pass through the kidneys into the urine. Salt in the food you eat can greatly increase calcium loss through the kidneys. If you reduce your sodium intake to 1 to 2 grams per day, you will hold onto calcium better. To do that, avoid salty snack foods and canned goods with added sodium, and keep salt use low on the stove and at the table. If you like your salt, then make sure you give your body more calcium.

Did you know that smoking is another way that many people lose calcium? A study of identical twins showed that one twin had been a long-term smoker and the other had not, and that the “smoker twin” had more than a 40% higher risk of a bone fracture. Again, if you are addicted to tobacco, at least help yourself by taking a calcium supplement. In addition, people who drink soda, caffeinated beverages, or alcohol may get even less calcium because those substances interfere with the way the body absorbs and uses calcium. There are many, many reasons to up one’s intake of calcium.

American recommendations for calcium intake are high, partly because the meat, salt, tobacco, and physical inactivity of American life leads to rapid and unnatural loss of calcium through the kidneys. By controlling the factors noted above, you can have an enormous influence on whether calcium stays in your bones, or drains out of your body.

If we haven’t convinced you yet that you DEFINITELY need to start taking Coral Calcium... just wait, there is even more good news!

Hope for Health’s Coral Calcium also contains magnesium, which is extremely important. Why? Without magnesium, calcium may not be fully utilized and under-absorption problems may occur. Perhaps the single most significant reason calcium malabsorption is so common today is due to a discrepancy between what we eat and how we digest and absorb the nutrients in our food. Our diets today are very different from those of our ancestors, though our bodies remain similar. Thousands of years ago, our ancestors ate foods high in magnesium and low in calcium. Because calcium supplies were scarce and the need for this vital mineral was great, it was effectively stored by the body. Magnesium, on the other hand, was abundant and readily available, in the form of nuts, seeds, grains and vegetables, and it did not need to be stored internally. Our bodies are the same way today, and we still retain calcium and not magnesium.

But now we have problems they did not have back then. Now, we tend to eat more sugar, and that increases magnesium excretion through the urine. Additionally, our grains, originally high in magnesium, have been refined, which means much of the nutrition is lost in the refining process. Also, the quality of our soil has deteriorated due to the use of fertilizers that contain large amounts of potassium, a magnesium antagonist, meaning, they don’t go well together. This results in foods lower in magnesium than ever before! This is where Coral Calcium comes to the rescue! Magnesium is needed for calcium absorption. Without enough
magnesium, calcium can collect in the soft tissues and cause pain and inflammation. Taking more calcium is not the answer; it only amplifies the problem! In fact, excessive calcium intake and insufficient magnesium can contribute to more pain! Magnesium, taken in proper dosages, can solve the problem of calcium deficiency.

**Fixing two issues with one supplement!**

When calcium is elevated in the blood, it stimulates the secretion of a hormone called calcitonin and suppresses the secretion of the parathyroid hormone, or PTH. These hormones regulate the levels of calcium in our bones and soft tissues. PTH draws calcium out of the bones and deposits it in the soft tissues, while calcitonin increases calcium in our bones and keeps it from being absorbed in our soft tissues. You can see how sufficient amounts of magnesium are necessary to continue this delicate and important balance. Because magnesium suppresses PTH and stimulates calcitonin, it helps put calcium into our bones, preventing pain and inflammation and helps remove it from our soft tissues which will also aid in pain relief. We fix two issues with just one supplement!

In experiments reported in “International Clinical Nutrition Review,” a number of volunteers on a low-magnesium diet were given calcium supplements. All the subjects were magnesium-depleted and although they had been given adequate calcium supplements, all but one became deficient in calcium. When they were given calcium intravenously, the level of calcium in their blood rose, but only for the duration of the intravenous feeding. As soon as the intravenous calcium was stopped, the levels of calcium in the blood dropped. However, when magnesium was given, their magnesium levels rose and stabilized rapidly and calcium levels were also raised within a few days – although no additional calcium had been given.

If you crave chocolate, you could be magnesium deficient

Dr. Guy Abraham, M.D., a research gynecologist and endocrinologist in premenstrual syndrome osteoporosis, has found strong evidence to suggest that women with bone density problems have a deficiency of a chemical that is made when they take twice as much magnesium as calcium. Dr. Abraham is one of many doctors and biochemists who advocate taking more magnesium to correct calcium-deficiency problems.

Calcium causes muscles to contract, while magnesium helps them relax. When calcium is taken for menstrual cramps it knocks magnesium out of the cells and makes it more available for immediate use. However, it depletes the body of magnesium and ensures that the problem will recur the following month unless sufficient magnesium is added. Taking calcium gives only temporary relief of menstrual cramps. According to Nan Kathryn Fuchs, Ph.D., premenstrual chocolate craving is a phenomenon that has puzzled a great many women who are not controlled by this overwhelming urge at other times of the month. Yet chocolate, which is highest in magnesium of all foods, when craved is often a sign of magnesium deficiency.

The answer of course, is not to eat more chocolate – sorry to disappoint you! What you really need is to increase your magnesium. Hope for Health’s Coral Calcium has the perfect balance of calcium and magnesium to keep you away from that chocolate craving all month long!

**Magnesium is also essential to heart health**

Studies suggest a possible association between a lower risk of heart problems in men and increased magnesium intake. In one study of women, higher dietary intakes of magnesium were associated with a lower risk of sudden cardiac death. Magnesium helps maintain a normal heart rhythm and is sometimes given intravenously (IV) in the hospital.
to reduce the chance of irregular heartbeat. One well-designed study found that taking magnesium for a year reduced symptoms and improved survival rates compared to placebo in people with heart problems. Magnesium and calcium work together at very precise ratios to ensure your heart functions properly. Hope for Health’s Coral Calcium has the exact ratio of magnesium and calcium to keep your heart healthy and beating strong for many years!

In conclusion, calcium is lost from the body every day in urine and feces, and trace amounts are lost in sweat, shedding skin, and nails. That lost calcium must be replaced, or your body will break down your bones and teeth to get the calcium it needs. A consistent level of calcium in the body’s fluids and tissues is needed for muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and transmission of messages through the nervous system.

Calcium is the mineral in your body that makes up your bones and teeth and keeps them strong. Ninety-nine percent of the calcium in your body is stored in the bones and teeth. The remaining one percent is in your blood and soft tissues and is essential for life and health. Interestingly and importantly, without this one percent of calcium, your muscles wouldn’t contract correctly, your blood wouldn’t clot and your nerves wouldn’t carry messages! The body has a marvelous system for keeping the concentration of calcium in the blood and tissues just right. This is needed because if calcium concentrations fall too low or get too high, certain organs will fail to function. The first checkpoint is in the intestines. If you eat too much calcium or already have enough calcium in your blood, the intestines simply absorb less of the calcium in the food you eat. If your body needs calcium, the intestines absorb more.

A hormone called parathyroid oversees all this calcium activity like a vigilant bank manager, keeping the calcium concentration just right.

When calcium levels fall, this hormone stimulates vitamin D to increase absorption of calcium from the intestines and to release calcium from the bone bank until a proper balance is restored. You do not want to rob your bone bank! We all keep track of our checking accounts to be sure that we do not receive a notice of insufficient funds. The body will send out this same type of notice of insufficient calcium levels by not functioning properly. Unfortunately, unlike your local bank, it may take years before you realize that your body was giving you this warning. To avoid waiting until you have chronic health issues, start today to restore balance to your body with Coral Calcium! Our hope is always to provide a way for you and your family to be protected from the diminished nutrients in our food supply today so that you continue to thrive LONG past your 60th birthday!

We hope you have enjoyed this presentation on Hope for Health’s Coral Calcium, which is the perfect balance of coral and magnesium that is vitally important to your body and is derived from the purest, most absorbable sources possible. Dr. Kaye Olson and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding any diet and lifestyle changes you may be considering. Please call us 828-649-0278. If you wish to order or would like a free copy of our informative catalog that includes Coral Calcium, as well as all of our Hope for Health products, please call 1-800-468-7884.
After Satan had ended his temptations, he departed from Jesus for a season, and angels prepared Him food in the wilderness, and strengthened Him, and the blessing of His Father rested upon Him. Satan had failed in his fiercest temptations; yet he looked forward to the period of Jesus’ ministry, when he should at different times try his cunning against Him. He still hoped to prevail against Him by stirring up those who would not receive Jesus, to hate and seek to destroy Him. Satan held a special council with his angels. They were disappointed and enraged that they had prevailed nothing against the Son of God. They decided that they must be more cunning and use their power to the utmost to inspire unbelief in the minds of His own nation as to His being the Saviour of the world, and in this way discourage Jesus in His mission. No matter how exact the Jews might be in their ceremonies and sacrifices, if they could be kept blinded as to the prophecies and be made to believe that the Messiah was to appear as a mighty worldly king, they might be led to despise and reject Jesus.

When Jesus reproved their sins with cutting truths, the people became enraged

I was shown that Satan and his angels were very busy during Christ’s ministry, inspiring men with unbelief, hate, and scorn. Often when Jesus uttered some cutting truth, reproving their sins, the people would become enraged. Satan and his angels urged them on to take the life of the Son of God. More than once they took up stones to cast at Him, but angels guarded Him and bore Him away from the angry multitude to a place of safety. Again, as the plain truth dropped from His holy lips, the multitude laid hold of Him and led Him to the brow of a hill, intending to cast Him down. A contention arose among themselves as to what they should do with Him, when the angels again hid Him from the sight of the multitude, and He, passing through the midst of them, went His way.

With gracious words Jesus comforted the weak and broke Satan’s power over them

Satan still hoped that the great plan of salvation would fail. He exerted all his power to make the hearts of the people hard and their feelings bitter against Jesus. He hoped that so few would receive Him as the Son of God that He would consider His sufferings and sacrifice too great to make for so small a company. But I saw that if there had been but two who would have accepted Jesus as the Son of God and believed on Him to the saving of their souls, He would have carried out the plan.

Jesus began His work by breaking Satan’s power over the suffering. He restored the sick to health, gave sight to the blind, and healed the lame, causing them to leap for joy and to glorify God. He restored to health those who had been infirm and bound by Satan’s cruel power many years. With gracious words He comforted the weak, the trembling, and the desponding. The feeble, suffering ones whom Satan held in triumph, Jesus wrenched from his grasp, bringing to them soundness of body and great joy and happiness. He raised the dead to life, and they glorified God for the mighty display of His power. He wrought mightily for all who believed on Him.

Jesus’ humble, self-denying life brought conviction to hearts, and many were ashamed of him

The life of Christ was filled with words and acts of benevolence, sympathy, and love. He was ever attentive to
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listen to and relieve the woes of those who came to Him. Multitudes carried in their own persons the evidence of His divine power. Yet after the work had been accomplished, many were ashamed of the humble yet mighty teacher. Because the rulers did not believe on Him, the people were not willing to accept Jesus. He was a man of sorrows and acquainted with grief. They could not endure to be governed by His sober, self-denying life. They wished to enjoy the honor which the world bestows. Yet many followed the Son of God and listened to His instructions, feasting upon the words which fell so graciously from His lips. His words were full of meaning, yet so plain that the weakest could understand them.

Many of the magistrates feared the reproach of the people more than they feared God

Satan and his angels blinded the eyes and darkened the understanding of the Jews, and stirred up the chief of the people and the rulers to take the Saviour’s life. Others were sent to bring Jesus unto them; but as they came near where He was they were greatly amazed. They saw Him filled with sympathy and compassion, as He witnessed human woe. They heard Him in love and tenderness speak encouragingly to the weak and afflicted. They also heard Him, in a voice of authority, rebuke the power of Satan and bid his captives go free. They listened to the words of wisdom that fell from His lips, and they were captivated; they could not lay hands on Him. They returned to the priests and elders without Jesus. When asked, “Why have ye not brought Him?” they related what they had witnessed of His miracles, and the holy words of wisdom, love, and knowledge which they had heard, and ended with saying, “Never man spake like this man.” The chief priests accused them of being also deceived, and some of the officers were ashamed that they had not taken Him. The priests inquired in a scornful manner if any of the rulers had believed on Him. I saw that many of the magistrates and elders did believe on Jesus; but Satan kept them from acknowledging it; they feared the reproach of the people more than they feared God.

Satan failed in his attempts to destroy the plan of salvation

Thus far the cunning and hatred of Satan had not broken up the plan of salvation. The time for the accomplishment of the object for which Jesus came into the world was drawing near. Satan and his angels consulted together and decided to inspire Christ’s own nation to cry eagerly for His blood and heap upon Him cruelty and scorn. They hoped that Jesus would resent such treatment and fail to maintain His humility and meekness.

While Satan was laying his plans, Jesus was carefully opening to His disciples the sufferings through which He must pass— that He would be crucified and that He would rise again the third day. But their understanding seemed dull, and they could not comprehend what He told them.

EW 161
ACROSS
2. One of the twelve apostles, the 4th to follow Jesus
4. The eleventh of the twelve “minor prophets”
7. Nephew of David that joined Absalom’s revolt against David
8. The faithless wife of the prophet Hosea
9. An aged widow and prophetess that was at the temple when baby
   Jesus was presented
10. He delivered Israel from the Midianites
12. A rich Sadducee who had Caiaphas as a son-in-law
14. Jacob’s second son by Leah
15. Japheth’s second son
16. Author of the last book in the Old Testament
17. The father of Matthew, Jesus’ disciple
18. The giant of the Philistine armies from Gath
19. Founder of a large clan known as the Amalekites
20. The wife of Chuza, Herod’s superintendent of royal properties
21. Noah’s youngest son
22. The owner of the runaway slave, Onesimus
23. He irreverently grabbed the ark to steady it
24. Great patriot and pious leader involved in rebuilding the walls of
   Jerusalem
25. Healed from being a paralytic by Peter

DOWN
1. Singled out for personal greeting at the close of Paul’s Roman letter
2. They were dedicated instead of the first born as
   priests
3. Capernaum is a city of _____
4. The arch-villain in the Book of Esther
5. Appointed to rule Judah by the Romans
6. Queen Jezebel’s husband
7. He heard in a vision that Saul had been converted
8. The father of John the Baptist
9. An aged widow and prophetess that was at the temple when baby
   Jesus was presented
10. He delivered Israel from the Midianites
11. The successor to the prophet Elijah
12. Whose tomb was Jesus buried in? [JOSEPHS]
13. When he left the land of the Chaldeans he dwelt
   in _____ [HARAN]
14. The father of Jehoshaphat the king [ASA]
15. Appointed to rule Judah by the Romans
16. He had his right ear sliced by Peter
17. While near the River Chebar, he had visions of
18. Corinth is located in which country [GREECE]
19. Founder of a large clan known as the Amalekites
20. The wife of Chuza, Herod’s superintendent of royal properties
21. Noah’s youngest son
22. The owner of the runaway slave, Onesimus
23. He irreverently grabbed the ark to steady it

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