

our firm
FOUNDATION

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

Do We Have the Stockholm Syndrome?



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Ellen White's Vision: The Sifting Time

The following was taken from a statement of David Wilkerson, and the editor saw that it was a statement worth repeating in this editorial.

“Why would the Lord want slumbering, lukewarm, disinterested followers in heaven with Him? Why would he want those who are ashamed of him here on earth, who are bored with the things of God, who couldn’t care less about church, fellowship and intimacy with Christ? Our purpose in heaven will be to worship the Lord and serve Him forever. How could anyone expect to enjoy eternity there, if they can’t tolerate a walk with Jesus here?”

“Some may answer, ‘things will be different when I die. I’ll suddenly be changed. The Lord will give me a new heart in that moment. Then I’ll want to worship Him.’

“My response would be that death doesn’t change anything. You’re going to be known then as you’re known now. And the character you possess here is the same character

Why would the Lord want slumbering, lukewarm, disinterested followers in heaven with Him?

you’ll have when you stand before the Lord. If you’re a couch potato now, you’ll have the same character then. If you die a halfhearted believer, a Christian in name only, that’s how you’ll be revealed on the day of judgment.

“The Bible says we all have to stand before the judgment seat of Christ. When that time comes, the Lord will ask us to give an account

of our life. He’ll demand to know how we spent our time. How do you expect to answer Him? He’s recording everything you say and do here. You won’t be able to deny anything when He opens up the heavenly record. Will His books reveal that you hardly ever gave Him a thought?”

“Every failure on the part of the children of God is due to their lack of faith. When shadows encompass the soul, when we want light and guidance, we must look up; there is light beyond the darkness...If he had but removed his mind from the distressing situation in which he was placed, and had thought of God’s power and majesty, he would have been at peace even in the midst of the shadows of death.” PP 657.

“A consecrated Christian life is ever shedding light and comfort and peace. It is characterized by purity, tact, simplicity and usefulness. It is controlled by that unselfish love that sanctifies the influence. It is full of Christ, and leaves a track of light wherever its possessor may go.” PP 667.

Dear fellow traveler, May you remain close to the Lord as we near the time of His return. “It is peace that you need—Heaven’s forgiveness and peace and love in the soul. Money cannot buy it, intellect cannot procure it, wisdom cannot attain to it; you can never hope by your own effort to secure it. But God offers it to you as a gift, “without money and without price”. It is yours, if you will but reach out your hand and grasp it. The Lord says, ‘Though your sins be as scarlet, they shall be as white as snow; though red like crimson, they shall be as wool.’ ‘A new heart also will I give you, and a new spirit will I put within you.’

“You have confessed your sins, and in heart put them away. You have resolved to give yourself to God. Now go to Him, and ask that He will wash away your sins and give you a new heart. Then believe that He does this because He has promised.” SC 53.

“Parents, you profess to be children of God; are you obedient children? Are you doing the will of your heavenly Father? Are you following His directions, or are you walking in the light of sparks of your own kindling? Are you daily working to outgeneral the enemy and save your children from his devices? Are you opening to them the precious truths of the word of God, explaining to them the reasons of our faith, that their young feet may be planted on the platform of truth?”

“The Bible with its precious gems of truth was not written for the scholar alone. On the contrary, it was designed for the common people; and the interpretation given by the common people, when aided by the Holy Spirit, accords best with the truth as it is in Jesus. The great truths necessary for salvation are made clear as the noonday, and none will mistake and lose their way except those who follow their own judgment instead of the plainly revealed will of God.” 5T 331.



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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.

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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**

Do We Have the Stockholm Syndrome?

By Joe Olson



Amos 4:6-11 “And I also have given you cleanness of teeth in all your cities, and want of bread in all your places: yet have ye not returned unto me, saith the LORD.”

7 “And also I have witholden the rain from you, when there were yet three months to the harvest: and I caused it to rain upon one city, and caused it not to rain upon another city: one piece was rained upon, and the piece whereupon it rained not withered.”

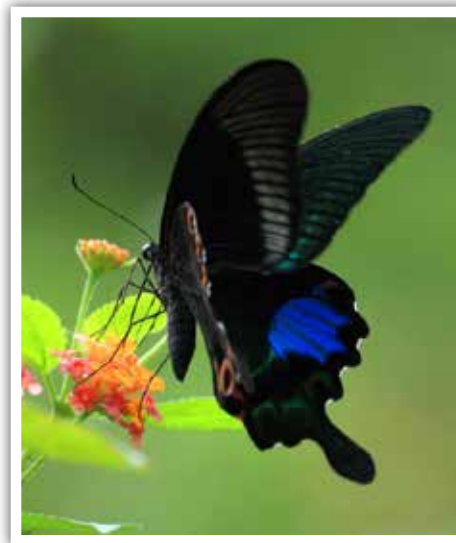
8 “So two or three cities wandered unto one city, to drink water; but they were not satisfied: yet have ye not returned unto me, saith the LORD.”

9 “I have smitten you with blasting and mildew: when your gardens and your vineyards and your fig trees and your olive trees increased, the palmerworm devoured them: yet have ye not returned unto me, saith the LORD.”

10 “I have sent among you the pestilence after the manner of Egypt: your young men have I slain with

the sword, and have taken away your horses; and I have made the stink of your camps to come up unto your nostrils: yet have ye not returned unto me, saith the LORD.”

11 “I have overthrown some of you, as God overthrew Sodom and Gomorrah, and ye were as a firebrand plucked out of the burning: yet have ye not returned unto me, saith the LORD.”



The people refuse to learn the lesson

God continues on to address what the people will do, or have done, as a result of the plagues of drought and dearth. And yet the people will not learn; they will not return; they will not bow their necks for God’s light and easy yoke. They will not submit. They are using every means in their power to find a way around God’s teaching method here, so that they will not have to learn submission. And that is certainly nothing new is it? Most of us spend the major portion of our lives trying to find ways to deny God and His claims upon our hearts and minds and bodies. We strive to create answers to explain these calamities and dreadful curses. All the effort we expend to trudge back and forth, from city to city, hoping to find relief; yet we are unwilling to go where the relief actually is. And even where God allows there to be some relief, some respite, some safety, what do we do? Instead of recognizing His great mercy and love, we just

use the blessings to continue with our insubordinate ways. We will take the “water”, or whatever blessings represented, and continue on in our own selfishness. And in the midst of all the suffering... especially of our own children and the poor and sick, we still refuse to turn to God. He is the only One who can fix these things.

Do we stagger around looking for alternatives to God?

That actually, is another thing. God can fix all of our problems; our health; our peace; our loneliness; our questions; our fears; our troubles... whatever it is... He can fix them all. Yet, we will literally pour all we have—our strength; our money; our time; our resources... *all we have*, into ways around seeking God for the answers we so desperately need. Just as these verses show, we will “wander” (or as the Hebrew word also indicates... “stagger”) around looking for alternatives to returning to God. And what would happen if we were to return to God? Everything positive and pure and right and happy would happen! Why would we not want that? What could possibly keep us from coming to God to receive all of these things? Why in the world would we not RACE to Him and all the gifts He is waiting to bestow? Because we have become comfortable with sin and sin cannot be in God’s presence. We have developed an



affinity for wickedness and want it more than purity. Our “taste buds” have gotten altered to the point of preferring evil over good. We have been “transformed” into disobedient children away from being obedient ones. Our “bent” is to go the wrong way.

We have created channels of habit that now naturally flow in an opposite direction of good. It has become so easy to do wrong and so hard to do right that we simply “float” in the direction that has become more normal for us now. It takes much more effort to turn around and swim against the tide.



Looking for help in all the wrong places

Additionally, the devil adds weight to our lives to make it even tougher to turn around—weight to make it easier to just sit down and accept our direction, and make it too hard to walk the other way—the weight of guilt; the weight of fear; the weight of family ties; the weight of embarrassment; the weight of social standing; the weight of financial loss; the weight of acknowledging wrong; and many, many others.

And so, we trudge on, continuing in the wrong direction. We persist in looking for help in the wrong places. We persevere in our pointless search for what we WANT instead of what we NEED. Pitiful beyond words. Pathetic in the extreme... and totally pointless. It is pointless because we do not have to go on this way. Jesus offers



a solution! Jesus provides the needed strength to make the change! Jesus, as the old saying goes... really IS the answer!

“Return unto me saith the Lord!” This is the recurring theme throughout the scriptures. “Even from the days of your fathers ye are gone away from mine ordinances,

and have not kept them. Return unto me, and I will return unto you, saith the LORD of hosts. But ye said, Wherein shall we return?” Mal. 3:7. Keep that in mind... the “Wherein shall we return?” part. It will come into play a little later in the message. God wants so badly to reconnect with us. He wants to take us back to where we belong.

We are experiencing the “Stockholm Syndrome”

Do you remember hearing about the Stockholm Syndrome? The name, Stockholm Syndrome, was derived from a 1973 bank robbery in Stockholm, Sweden, where four hostages were held for six days. It was the 23rd of August, 1973 when the four were taken hostage in the “Kreditbanken” bank by 32-year-old career-criminal Jan-Erik Olsson (no



relation, in case you were wondering). He was later joined at the bank by a former prison mate. The four people were Birgitta Lundblad, Elisabeth Oldgren, Kristin Ehnmark and Sven Safstrom; three women and one man. I remember that time. I was in eleventh grade when this story broke. This was a big deal back then. Throughout their imprisonment, and while in harm's way, each hostage seemed to defend the actions of the robbers. They even appeared to rebuke efforts by the Swedish government to rescue them. Incredibly, even months after their ordeal had ended, the hostages continued to exhibit loyalty to their captors. This was to the point of refusing to testify against them. They even tried helping the criminals raise funds for legal representation. What in the world was going on? What had happened to these people? What happened to their brains? What caused them to act that way? They ended up calling this "problem" the Stockholm Syndrome. For whatever reason, and there are still arguments about what their problem was, or how it was created, their minds were warped.

Sin, Satan, sorrow and suffering are now considered to be normal

My question today is, have we, too, had our minds warped? Have we been so mentally messed up, that we now perceive our captor to be our friend! The devil and all he offers is our enemy! But he has worked our brains so effectively that we think we are doing God's will when it is actually Satan's. When

God says to return to Him, we say, just like the Jews of old, "Wherein shall we return?" In other words... "What are You talking about, Father? We have never left... we are right here." We don't even know we have gone away. The devil doesn't even have to keep us chained to the wall any more. He can let us roam freely because we do not want to leave.

We don't even realize that we *should* leave. We feel... at home. Sin, Satan, sorrow and suffering are now considered to be normal. Whatever we do, whatever our lot is, we believe we just have to endure. We expect it; we have a taste for it now; we actually want it. Like the person who has lived with his captors so long, you have to actually tear them away from the kidnappers now. They don't want to leave. They now consider these evil people their family. THIS is where they belong! God is considered the evil one now. God is trying to take away their happiness, their comfort zone, their lives! When they hear about freedom from sin and victory over the devil, they don't believe it.



They don't WANT to believe it! And others look at them and wonder what the problem is.

So now you know...It is the Stockholm Syndrome. There is actually a connection between the captor—the devil—and the 'captivees'. These captives walk around, from city to city to drink water, but they are never satisfied. People the world over are doing everything they can to find satisfaction, and cannot obtain it. Yet, there is One... our Creator, who offers it for free! "Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." Isa. 55:1. What could be better than this? And where can we get true satisfaction? "For he satisfieth the longing soul, and filleth the hungry soul with goodness." Ps. 107:9.

Most refuse God's offer of eternity

When we look at these captives and their actions at the bank in Stockholm, Sweden, we ask, "Why?" And God asks why, too... "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness." Isa. 55:2. And He specifies how we can be delighted and satisfied... "Incline your ear, and come unto me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David." Isa. 55:3.

God offers eternity, yet there are millions... even billions, who will not come to Him. Of course, I am not counting those who have never heard the gospel message. I am referring to all those who have, and yet live their lives under the direction and power of Satan. It was incredible to listen to these four captives of this bank robbery. When asked why they defended their captors, the answer was, "They were good to us." They were held captive... at gunpoint... yet they felt the robbers were good to them. They were completely taken in. Doesn't that sound crazy? You wouldn't think anyone else would act like that, would you? You'd be surprised.

This is not a health message, but there are a lot of correlations here. Here at Hope, we get a lot of calls about health. You cannot imagine the number of people who eat meat and say they know it is bad for them, but they love it so much. How is that different from robbers holding you hostage, yet saying they are your friends? Knowing something is bad for you, yet loving it, is the Stockholm Syndrome. Same with smoking or drinking or any other bad activity. The fact if you know something is bad, yet you continue to do it, indicates something is wrong with your brain. Yet there is an answer to this problem. Have you ever heard someone say, "I just can't help myself"? Well... it is true! We can't help ourselves! But, Praise the Lord! There is Someone



who can. "The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower." Ps. 18:2. There is power in the blood of the Lamb! Hallelujah! But for many, the problem is deeper than powerlessness.

Do we really believe our lives are better without God?

Unfortunately, there are many who know better and it is not about the inability to overcome by the power of Jesus. It is about not wanting to overcome. How many of you have children, or know those with children, who have been raised as Seventh-day Adventists? How many have heard these words, "I know the truth... I just don't want to live it right now"? They actually think their lives are better without God than with Him. They are total captives of the devil, and are clueless about it. They are being held 'captive in the bank', so to speak, and when they are offered freedom, they would rather stay with the captors. Again... the Stockholm Syndrome.

So... how do we fix this? How do we finally see the actual truth? What does God have to do to get our attention? The only way sometimes is for the Lord to allow us to suffer enough to finally get our eyes open. That's what the verses were about at the beginning of this article. Let's read them again to get a new perspective on what God is doing FOR us.

Amos 4:6-11 "And I also have given you cleanness of teeth in all your cities, and want of bread in all your places: yet have ye not returned unto me, saith the LORD."

7 "And also I have withholden the rain from you, when there were yet three months to the harvest: and I caused it to rain upon one city, and caused it not to rain upon another city: one piece was rained upon, and the piece whereupon it rained not withered."

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Being healed of the Stockholm Syndrome...

God is saying He has tried all of these things and still, we have not returned. In other words, we are extremely hard-headed. All the blessings He has poured out on us have not worked... now He is taking all of the blessings away to see if that will work.

Remember the parable of the prodigal son? He wasn't happy with all he had, so he ran away. It wasn't until he was in the pigpen, eating the slop that the pigs ate, before he came to his senses. “And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,” Luke 15:17, 18. When he came to himself... When he came to himself... He wasn't himself. Now he is himself. He was now healed of the Stockholm Syndrome. You see, all those friends he had... they were really not his friends. His lovers... did not really love him. His money was not really buying him happiness. His meat was not really satisfying him. His drink did not really quench his thirst. And it took eating pig food and practically starving to death for him to finally get it.

The deceptions the devil had taken him in, which were causing his blindness, were finally removed. The truth was setting him free. What he thought was a hard yoke and a terrible burden he now saw as joyful freedom and perfect happiness. What he refused to do earlier, he now relishes and appreciates like never before. Praise God, he has been healed!

His eyes have been opened! His father, that appeared stern and rigid and exacting, he now sees as a loving and faithful and concerned dad. Glory to God!

Jesus died to cure us of this deception

And my question is... Do we have the Stockholm Syndrome? Are we being deceived by the devil? Are we defending our captor? Do we consider him to be our friend more than our Creator?

As we have read in Amos, and as we have seen with the parable of the prodigal son, God allows us to suffer to see the truth. He allows us to be taken captive. He allows us to go through terrible things to get us to see the light. Many people ask, “Why all the suffering?” “Why all the sickness?” “Why all the terrible accidents and pain?” Here is one of the reasons. The very things that God uses to bring us back from our captor, the devil uses to charge Him with being hard and mean and uncaring. Sounds just like what the prodigal son thought of his father, doesn't it? The fact that He sent His Son Jesus to die for us, should dispel ALL those lies. Our heavenly Father IS concerned with what we go through in this life. But He is much

more concerned with eternity. He has 40 or 60 or 80 years to get through to us, and that's it.

Do whatever it takes to free yourself and others from the devil's lies

I have used this illustration so many times before... Picture this scene— Your child or spouse or best friend is driving down a mountain road very fast; not a care in the world. But you know that the bridge is out around the curve ahead. If they are not stopped, they will plunge to their deaths below. There is no hope for them if you do not warn them. What would you do to try to get their attention? Gently wave in their direction? Hold up a big sign? Yell real loud? What if none of that worked? What would you do? It is death... eternal death... if you can't reach them to get them to see their danger... to get them to see the truth. What would you do? I would do whatever it took. I would throw a brick at the windshield. I would throw myself in front of the car. Even if it meant their anger or pain or suffering to get them to see reality. This is what God is doing for us.

All of us have, or have had, the Stockholm Syndrome. And our Creator is trying to relieve us of this sickness. May we allow Him to heal us, is my prayer.



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

Hope for Health



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BROCCOLI SPROUTS AND FIBER

• Broccoli sprouts are rich in fiber, a nutritional characteristic that provides a variety of benefits. Fiber helps ensure healthy digestion, promotes feelings of fullness and helps maintain healthy blood sugar levels. You hear all the time how fiber is vital to good health. Get yours today, with Broccoli Sprout Powder!

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BROCCOLI SPROUTS AND VITAMIN D

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BROCCOLI SPROUTS AND OXIDATIVE STRESS

• Free radicals are chemical compounds that interact with other molecules within the cells. This can cause oxidative damage to proteins, membranes and genes. Oxidative damage has been linked to various health conditions, however, according research published in the May

2011 edition of "European Journal of Clinical Nutrition", consumption of 5 to 10 grams of broccoli sprout powder, taken daily, can increase antioxidants in the blood while decreasing oxidative stress.

BROCCOLI SPROUTS AND CHOLESTEROL

• According to a study published in the February 2011 edition of "Journal of Agricultural and Food Chemistry", the antioxidant content of broccoli sprouts may help promote healthy cholesterol levels. If you are one of the many people concerned about keeping your cholesterol levels in check, Broccoli Sprout Powder is an invaluable nutritional tool!

WHAT ARE BROCCOLI SPROUTS?

- Broccoli sprouts are three- to four-day-old baby broccoli plants that look like alfalfa sprouts, but taste like radishes. The radish flavor comes from a phytochemical that may act as protection while the broccoli plant is still young. This phytochemical not only benefits the young plant, but also, when eaten by humans, may act as an antioxidant to stimulate the ability of cells to protect against illness.
- If you are looking for a super health food, you most certainly want to consider broccoli sprouts! You have probably heard of the wonderful health benefits of (mature) broccoli, but you may not have known that there are many other cell-protective compounds found abundantly in the baby sprouts which provide an arsenal of health benefits!

BROCCOLI SPROUTS AND SULFORAPHANE

- In 1992, scientists at Johns Hopkins University identified sulforaphane, which is a compound that reduces the risk of unhealthy cell growth in the body. They found that it is abundant in broccoli.
- In 1997, the same researchers announced they found the same health-boosting compounds, but in much greater quantities, in broccoli sprouts!
- One researcher, Paul Talalay, M.D., (the J.J. Abel Distinguished Service Professor of Molecular Pharmacology) states "Three-day-old broccoli sprouts consistently contain 20 to 50 times the amount of protective compounds found in mature broccoli heads" while another study in the journal 'Proceedings of the National Academy of Sciences' backs this up by stating: "Three-day-old sprouts of certain crucifers including broccoli and cauliflower contain 10–100 times higher levels of (sulforaphane) than do the corresponding mature plants." Did you hear that? Up to 100 times the amount of this cell-protecting compound!

SULFORAPHANE AND THE LUNGS

- In the March 2009 issue of "Clinical Immunology," researchers reported that sulforaphane may help protect against respiratory inflammation brought on by poor lung health. The researchers prepared a solution ranging from 25 grams to 200 grams of broccoli sprouts, or a placebo. The preparations were administered to 65 men and women for three days. Participants who received the highest dose of broccoli sprouts had a 199 percent improvement in their ability to clean pollutants from their lungs! These enzymes help clean your lungs and keep your airways free of tissue damage!

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

Combining nature, faith, and love to bring health to the world.

A close-up photograph of several lavender flower spikes in various shades of purple and blue, set against a soft, out-of-focus background of more flowers and greenery.

BIBLE RELIGION

By Mrs. E. G. White

The religion of the Bible comprises not only faith but works. The Christian is not simply to believe on Christ, but to do the will of God. Genuine love to God will open the heart, and make a man liberal and charitable. He will know what it means to hunger and thirst after righteousness, and will continually desire that the power and grace of Christ shall be expressed in his life that glory may rebound to God. Every opportunity to do good to those for whom Christ died will be sought out and improved. The love of God will transform the character, and fashion it after the lovely character of Christ. The apostle says, "Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world."

In doing the works of Christ, in imitating his life, in feeding the hungry, clothing the naked, visiting the sick, in being eyes to the blind, feet to the lame, in manifesting compassion to the widow and the fatherless, we shall be manifesting the characteristics of true religion. The doing of the works of Christ will not bring remorse. If we carry out the principles of God's love for Christ's sake, we shall know genuine happiness and peace. Ambition, covetousness, vanity, inordinate affection, malice, revenge, and envy, carry with them a weight of woe. The exercise of evil passions sows a harvest after their kind that will bring no pleasure to reap. God declares that there is no peace to the wicked, and without repose of mind there can be no true happiness.

Pride will be expelled from the sanctified heart

Everyone who is a new creature in Christ Jesus will have new and elevated motives

of action, for the Spirit of Christ within will prompt his deeds. To love God supremely and our neighbor as ourselves is genuine sanctification. Pride will be expelled from the sanctified heart, and with all lowliness of mind we shall esteem others better than ourselves. To esteem others better than themselves is a great trial to those who are naturally self-inflated. There are many who despise those who have had advantages inferior to their own, in birth or education. They exalt their own judgment and experience, and look disparagingly upon those who have had to battle with greater obstacles. But could they see as God sees, they would have a different estimation both of themselves and





of those whom they think inferior. Every step of progress that is made by those who have to battle for advancement, wins the approval of God, and we should take heed that we despise not one of these little ones, for their angels do always behold the face of the Father.

As faith increases holiness grows in the soul

Those who are attaining to holiness, are daily growing in love, in meekness, in patience, and in loveliness of character. As faith increases, holiness grows in the soul. As the knowledge of God is enlarged, love is increased, because God is love. The love of God is unlike the carnal attribute which fastens the mind upon the human, and leads men to neglect the service of God. There are many who have only a kind of half-way religion. At times they appear to be humble, to esteem others better than themselves; and again self rises, and their meekness is broken by impatience. Their love for God is not equal to their love for themselves, and love for their neighbor is fitful, mingled with envy, evil surmising, and jealousy. Those who are in this condition have never fully submitted their will to God's will. They should consider the example and spirit of the Captain of their salvation. He said, "I came down from heaven, not to do mine own will, but the will of Him that sent me." When we have the mind of Christ, we shall love and work as Christ has loved and worked. When the love of Christ is in the heart, it exerts a controlling influence over the thoughts and affections.

We must not be satisfied with counterfeit religion and fraudulent sanctification

Whatever may be our condition or position in life, it is our privilege to have the faith that works by love and purifies the soul. Faith that produces love to God and love to our neighbor is true faith. This faith will lead to genuine sanctification. It will increase our reverence for sacred things. The name of God will not be used carelessly. It is dishonoring God to speak of him as though he were on a level with finite man. We should speak with reverence

the sacred name of Christ, for, although he humbled himself and became obedient to the death of the cross, yet he thought it not robbery to be equal with God. Let us take this precious name upon our lips with profound reverence. Some have allowed their feelings to control their judgment, in meetings for worship, and have indulged in words and attitudes that have not been in harmony with the solemn worship of God. We have heard men shout and jump, and pound the desk, and use vain repetition, and this they thought was worship to God. But it was not according to the direction or will of God. All that is coarse in attitude or word makes the service of Christ a matter of ridicule, and brings confusion into the house and worship of God. True religion is not to be found in noise, in contortion of the body, which profiteth little, but it is made manifest in good works, and in the holy temper of the soul. Genuine sanctification will make a man calm and sensible. He will be humble, gentle, kind, forbearing, full of love,—this is the fruit of sanctification. Those who possess these graces of the spirit will alone be counted worthy of eternal life.

So deceitful is the human heart, so skillfully do the cherished passions justify themselves, that many will pass on in deception, satisfied with counterfeit religion and fraudulent sanctification, until probation closes, and the harvest is past.

Love teaches us to be meek as well as lowly

One of the chief characteristics of true love is humility. The apostle says: "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things." The man who has true zeal for God will be



distrustful of self, and little in his own eyes. Love teaches us to be meek as well as lowly. Sanctified love will enable us to exhibit the grace of patience; it will help us to restrain impetuosity and fretfulness, so that we shall repine at nothing. Love to God and our neighbor will melt away all hatred, bitterness, wrath, malice, prejudice, envy, and evil surmising.

Many who have stood in high places as Christians upon earth will not be found with the happy throng that shall surround the throne

A Christian once said that when he reached heaven he expected to meet with three causes of wonder. He would wonder to find some that he did not expect to see there. He would wonder not to see some that he expected to meet, and, lastly, he would wonder most to find so unworthy a sinner as himself in the Paradise of God. Many who have stood in high places as Christians upon earth will not be found with the happy throng that shall surround the throne. Those who have had knowledge and talent, and yet have delighted in controversy and unholy strife, will not have a place with the redeemed. Their hearts were not in harmony with the meekness and self-denial of Christ. They desired to do some great work, that they might be admired and flattered by men, but their names were not written in the Lamb's book of life. "I know you not," are the sad words that Christ addresses to such. But those whose lives were



made beautiful by little acts of kindness, by tender words of affection and sympathy, whose hearts recoiled from strife and contention, who never did any great work in order to be lauded of men, these are found recorded in the Lamb's book of life. Though the world counted them as insignificant, they are approved of God before the assembled universe. They are astonished to hear the word, from the lips of the divine Master, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world."

What mischief false zeal has wrought in the church

I would impress upon all Christians that patience, resignation, humility, and self-control are the fruits of real faith and love, fruits of true zeal for God. But impatience, fretfulness, discontent, and all manner of unkindness, are revealings of an unsanctified heart. What mischief false zeal has wrought in the church. Bigotry, love of one's own opinion and way, has been called zeal for God, but it is of the earth, earthy. The Scripture says, "It is good to be zealously affected always in a good thing." We are to serve the Lord with the whole heart, might, mind, and strength. We are to walk faithfully in the path of his commandments, hearkening unto the voice of his word. Those who study carefully what God requires of them, and will carefully avoid what he has forbidden, will always do zealously what he has enjoined.

ST, February 24, 1890



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.

Nearer to Thee

Draw me nearer, precious Saviour,
Nearer to thy wounded side;
Let me follow in thy footsteps,
Be my ever-present guide!
To thy arms, oh, draw me nearer
Though they hold thy chastening rod;
I will bless thee if each sorrow
Draws me nearer to my God.

Press me closer, blessed Saviour,
Closer to thy holy cross;
In the light of love so wondrous,
Earthly gain I count but loss,
Worldly honors, fame, and pleasures
Charm no more—they are but dross;
All I yield thee, only keep me
Clinging to thy sacred cross.

Teach me, O my loving Saviour,
Teach me all thy holy will,
Let each sweet and precious promise
All my longing spirit fill.
Lead me to thy heavenly pastures,
Where the peaceful waters flow,
And my heart shall thrill with praises
All my pilgrimage below.

—Lowell

Our Day In The Light Of Prophecy

From The Book That Speaks To Our Day

By W. A. Spicer



Man may write a true book, but only God, the source of life, can write a living book. "The word of God... liveth and abideth forever." 1 Peter 1:23. The Bible is the living word of God. We look at the volume; we hold it in our hands. It is like other books in form and printer's art. But the voice of God speaks from these pages, and the word spoken is alive. It is able to do in the heart that receives it what can be done only by divine power.

The Book That Talks

Far in the heart of Africa a missionary read to the people in their own language from the translated Word of God. "See!" they cried; "See! The book talks! The white man has a book that talks!" With that simplicity of speech so common to children of nature, they had exactly described it. This is a book that talks. What the wise man says of its counsels through parents to children, is true of all the book: "When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee." Prov. 6:22.

Here is companionship, faithful and true, a blessed guide and guardian and friend.

"Holy Bible! Book divine!
Precious treasure, thou art mine!"



God Its Author

The sixty-six books of Holy Scripture were written by many penmen, over a space of fifteen centuries; yet it is one book, and one voice speaks through its pages. Spurgeon once said of his experience with this book:

"When I see it, I seem to hear a voice springing up from it, saying, 'I am the book of God; man, read me. I am God's writing; open my leaf, for I was penned by God; read it, for He is my author.'"

This book declares of itself: "All scripture is given by inspiration of God." 2 Tim. 3:16. "The prophecy came not in old time by the will of

man: but holy men of God spake as they were moved by the Holy Ghost." 2 Peter 1:21. As the rugged verse of the old hymn says:

"Let all the heathen writers join
To form one perfect book:
Great God, if once compared
with Thine

How mean their writings look!
Not the most perfect rules they gave
Could show one sin forgiven,
Nor lead a step beyond the grave;
But Thine conducts to heaven."

It is the voice of the Almighty. Very different it is from the sacred books of the non-Christian religions. In those writings it is man speaking about God; in the Holy Scriptures it is God speaking to man. The difference is as great as heaven is higher than earth. Here it is not man groping in the darkness after God. In this book of God's revelation we see the divine arm reaching down to save the lost, and hear the voice of the loving Father calling to His children, every one and everywhere. "Incline your ear," He calls; "hear, and your soul shall live." Isa. 55:3.

The Word That Creates

We must have something more than instruction; we must have a

word of power that is able to tell of sins forgiven, and to conduct us beyond the grave to heaven. One of the greatest of China's sages, Mencius, said, "Instruction can impart information, but not the power to execute." That touches the crucial point. We must have instruction that can come with power divine to execute. We have it only in God's words. Christ said: "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life." John 6:63.

The words of God are living words. When God spoke in the beginning, "Let there be light," lo, the light sprang out of the darkness. There was power in the word spoken to bring forth. "Let the earth bring forth grass," was the word of the Lord: and the earth was carpeted with its first rich greensward. So through all the work of creation, the creative power was in the word spoken.

"By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth." "He spake, and it was done; He commanded, and it stood fast." Ps. 33:6, 9.

Even so, when this word speaks instruction to man, there is creative power in the word, if received, to work mightily in the soul that is dead in trespasses and sins. Man must be born again, be re-created. That we know; for Christ says, "Verily, verily, I say



heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe." 1 Thess. 2:13.

The word itself works within, and works effectually. There is nothing mechanical about it. The mere letter profits nothing. The Bible

on the center table, unstudied and unloved, has no magic power. But God promises to abide by His Spirit of power in the heart that listens to His voice and trembles at His word. Jesus Himself tells us the secret of this power of the word to work in the believing heart:

unto thee, Except a man be born again ("from above," margin), he cannot see the kingdom of God." John 3:3. And the word of God—the Bible from heaven—received by faith, is the agency by which this new birth "from above" is wrought. This is the declaration of our text: "Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth forever." 1 Peter 1:23.

The Word That Works Within

Not only does the word of God give the new birth, making the believer a new man—the past forgiven and a new heart within—but the word that re-creates abides in the believing heart that studies it and clings to it, to work in the life with actual power that is not of the man himself. To the Thessalonians, who had "turned to God from idols to serve the living and true God," the apostle wrote:

"For this cause also thank we God without ceasing, because, when ye received the word of God which ye

"If a man love Me, he will keep My words: and My Father will love him, and we will come unto him, and make our abode with him." John 14:23. No wonder, then that believing and receiving the word brings divine power into the life, making it possible for transformations of character to be wrought, for victories to be won and obedience rendered to every command of God.

Simply believing God's word touches the current of everlasting power, even as the trolley arm of the electric car reaches up and touches the current of power flowing through the wire overhead. The faith that takes the living word brings the power divine into the heart to move all the all the spiritual mechanism of life's services.

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The Word Our Safety and Defense

When Christ came to live as our example in the flesh, and to give His life a sacrifice for sin, He, the divine Son of God, made Himself like unto His brethren. "I can of Mine own self do nothing," He said. John 5:30. Tempted and tried, He found His defense in the Holy Scriptures. When Satan came to tempt Him to sin, the Saviour said, "It is written." He clung to the sure defense. Again the tempter came. He was met with the word, "It is written again." The third time it was the same weapon of defense, "It is written." Matt. 4:1-11.

Christ found safety only in the Scriptures of truth. So the Bible is the Christian's shield against the enemies attacks. As Jesus studied

missed a meal, working on through the day, never thinking of the prolonged fast? But after a time there came a sense of weakening force, a lack of physical power. What was the trouble? At once the reason was evident—one had not taken food, and the system was calling for a renewal of its forces. Just so the spiritual life must needs be fed by the word of God.

Do we at times feel a sense of weakening of the spiritual power, a letting down of the vital forces of the soul? Ah, in the hurry of life we have neglected to feed upon the living bread. We can no more sustain spiritual vigor and health without feeding daily upon God's Holy Word than we can maintain physical power without eating our daily bread. Eat of

in the words of the apostle Paul to Timothy:

"From a child thou has known the Holy Scriptures, which are able to make thee wise unto salvation through faith which is in Jesus Christ. All Scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works." 2 Tim. 3:15-17.

The divine command is, "Study." For every generation there has been a message borne by this living word, making call to reformation of life, or giving warning and comfort. "The Bible is not a collection of truths formulated in propositions," said Dr. Samuel Harris of Yale, but God's



the Scriptures and kept the words ever in His heart for a defense against temptation, so must every Christian study and meditate upon God's Holy Word if its counsels and precepts are to be his defense in the moment of sudden temptation to sin. "Thy word have I hid in mine heart," said the psalmist, "that I might not sin against Thee." Ps. 119:11. It was the only way for Christ, our Pattern; it is the only way for us.

The Bread of Life

The word of God is the daily food for the soul. "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matt. 4:4.

Who has not, in hurried times,

the life-giving word. The taste for it grows with the partaking.

There is life in "every word." The psalmist found the Lord's testimonies "sweeter also than honey and the honeycomb," or, as the marginal reading has it, than "the dropping of honeycombs." Ps. 19:110. We get the picture of the honeycomb inverted, the cell caps broken open, the sweetness dripping down. Just so every word of the Lord is a cell full of sweetness and life for the soul that feasts upon the Holy Scriptures.

The Source of All Doctrine

The Bible is the complete and perfect rule of faith and doctrine. Here every doctrine of salvation is found. Inspiration has declared it

majestic march through history, redeeming men from sin."

In every age God has been ruling and overruling, witnessing by His Spirit through the living word. The experiences recorded of past ages have their special lesson for the present time:

"Whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the Scripture might have hope." Rom. 15:4.

"Let vs therefore all with feruent desire," as the Old English of 1549 spelled the exhortation of Eramus, "thyrste after these spirituall sprynges....Let vs kisse these swete wordes of Christ with a pure affeccion Let vs be newe transformed into them,

for soche are oure maners as oure studies be.”

The Book for All Mankind

It speaks in every tongue to the human heart. Its power to transform has been shown through all the centuries in every clime and among every race. One of the Gospels was put into the Dhilluba tongue of Central Africa. After a time a Garenganze chief came to Dan Crawford, the missionary, changed from the spirit of a fierce, wicked barbarian to that of a teachable child. Explaining his conversion, the chief said: “I was startled to find that Christ could speak Chiluba. I heard him speak to me out of the printed page, and what he said was, ‘Follow me!’”

for the hour of darkness. Its oracles are repeated in the assembly of the people, and its counsels whispered in the ear of the lonely. The wise and the proud tremble at its warning, but to the wounded and penitent it has a mother’s voice.... “Its great words grow richer, as pearls do when they are worn near the heart. No man is poor or desolate who has this treasure for his own. When the landscape darkens and the trembling pilgrim comes to the valley named the Shadow, he is not afraid to enter; he takes the rod and staff of Scripture in his hand; he says to friend and comrade, ‘Good-by, we shall meet again,’ and comforted by that support, he goes toward the lonely pass as one who climbs through darkness into light.”—The Century Magazine

are they which testify of Me.” John 5:39. “To Him give all the prophets witness.” Acts 10:43. We see Him as the coming Messiah in promise and prophesy, in type and shadow. He is the divine, living personality standing out in every book that makes up the Sacred Volume. As we read with loving heart, the Author seems near in every page.

“Reading methinks I bend
Before the cross
Where died my King, my Friend.
The whole world’s loss
For love of Him is gain.”

And having beheld Him giving His life as the divine sacrifice, and rising in triumph over death to be our great High Priest in the heavenly temple, as we read these Sacred Scriptures yet



Of the Bible’s universal speech to all mankind, Dr. Henry van Dyke has said:

“Born in the East, and clothed in Oriental form and imagery, the Bible walks the ways of all the world with familiar feet, and enters land after land to find its own everywhere. It has learned to speak in hundreds of languages to the heart of man. It comes into the palace to tell the monarch that he is the servant of the Most High, and into the cottage to assure the peasant that he is the son of God. Children listen to its stories with wonder and delight, and wise men ponder them as parables of life. It has a word of peace for the time of peril, a word of comfort for the day of calamity, a word of light

In the days of His life on earth, Jesus was a welcome guest in humble homes in Judea and Galilee. “The common people heard Him gladly.” His presence brought peace and comfort to the home. He is no longer with us in bodily presence; but He is the same Saviour still—“Jesus Christ, the same yesterday, and today, and forever.” Heb. 13:8. By His Spirit, through the living word of Holy Scripture, He enters the home where faith receives Him, and speaks again the gracious salutation, “Peace be to this house.”

Christ the Central Theme

All the Bible bears witness of Christ as the Saviour of the world. He Himself said of the Scriptures, “They

again, in every book, from Genesis to Revelation, we see Him as the coming King of kings, coming to take His children to the eternal home of the saved. The whole book is a bright window through which we gaze on coming glory.

“And yet again I stand
Where the seer stood,
Gazing across the strand,
Beyond the flood:
The gates of pearl afar,
The streets of gold,
The bright and morning Star
Mine eyes behold.”

“The Word of God...liveth and abideth forever.” 1 Peter 1:23. “Heaven and earth shall pass away, but My words shall not pass away.” Matt. 24:35.

THE POWER OF LITTLE THINGS

Taming the Tongue

By Emmanuel Machakaire

The deadliest animal in the world isn't a tiger or bear — or a stampeding elephant or rhino. No, it's a mosquito. This tiny beast kills about three million people a year through the spread of malaria. Some experts say it might have caused the death of one out of every two human beings who have ever lived. Yet we underestimate these creatures because of their size.

"Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!" James 3:5. (NKJV). The tongue is a very small part of our body when compared to something like our heart. But it can create problems as bad as a heart attack if we're not careful with how we use it.

The little tongue has much control over things much larger than itself

Sometimes when we utter a careless word of gossip, when our tongue twitches, a person will seize upon that word and spread it like wildfire. Soon those little words can cause big heartache; in some cases, it can even start a war. It's been said that termites destroy more property than earthquakes, and I believe more sorrow is caused by the careless words of a friend than by the open slanders of an enemy.

"Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though [they be] so great, and [are] driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold how great a matter a little fire kindleth! And the tongue [is] a fire, a world of iniquity: so is the tongue among our members,

that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell." James 3:3-6.

The three images that James uses illustrate the point that since they are small and yet control things much larger than they are, then the tongue, even though small, has control over many things larger than it is.

James 3:3 refers to putting a bit in the horse's mouth to be able to turn about the horse's body. The average horse will weigh about 1,000 pounds, which is about 453 kilograms, plus or minus. He is made up of flesh, bones and muscles. Even though he is big and strong a "bit attached to a bridle", which weighs only a few ounces, can be used to guide to the right or left or bring to a stop a large horse.

The dictionary definition of a bridle is (1) the act of restraining power or action or limiting excess or (2) the headgear for a horse; which includes a headstall and bit and reins to give the rider or driver control.

This illustration that James uses is particularly appropriate, because the bit lies on top of a horse's tongue, and when attached to the bridle and reins, it is possible for the rider using that bit to easily make the horse obey. Controlling horses' mouths controls their heads, which, in turn, direct their entire body as well.

The lesson for each Christian is to understand how our mouths have so much control over us. If our Christianity seems true, but we cannot guide our tongue then our religion is vain, as James 1:26 declares:

"If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion [is] vain".





The Bible says, “He who guards his mouth preserves his life, But he who opens wide his lips shall have destruction.” Proverbs 13:3 NKJV. We should keep our tongue in control always. Don’t let it get you down, because the Bible says, “Be not rash with thy mouth, and let not thine heart be hasty to utter anything before God: for God is in heaven, and thou upon earth: therefore let thy words be few.” Ecclesiastes 5:2.

The tongue is a little member, but its power and influence for good or bad is out of proportion to its size

James 3:5,6 speaks of the small tongue in comparison to a little fire that rages and destroys an entire forest: “Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.” James wants us to think about things that we know and then make a spiritual application about the use of our tongues from these things that we are familiar with. One little match or one little piece of wood can cause a huge fire.

The tongue is a little member of our body that, when used incorrectly, can be just as destructive as a fire. When we say or teach things, we must make sure everything we say is in harmony with the truth. “If anyone speaks, let him speak as the oracles [divine utterances] of God.” 1 Pet. 4:11. As Christians we must also speak the truth in love, Eph. 4:15, and we must never let teaching or conversations go off in the wrong direction similar to a runaway fire that first consumes and destroys as it spreads. When the tongue goes off in the wrong direction it also spreads and destroys.

Here are some passages from the Bible that warn about uncontrolled tongues being illustrated by fire:

Proverbs 16:27. An ungodly man diggeth up evil: and in his lips [there is] as a burning fire. This passage speaks of the one who uses his or her tongue incorrectly as being like the person who starts a fire and then continually pitches kindling on the fire to keep it burning ferociously.

Proverbs 26:20-25 and 28. “Where there is no wood, the fire goes out; And where there is no talebearer, strife ceases. As charcoal is to burning coals, and wood to fire, So is a contentious man to kindle strife.” [As] coals [are] to burning coals, and wood to fire; so [is] a contentious man to kindle strife. The words of a talebearer [are] as wounds,

and they go down into the innermost parts of the belly. Burning lips and a wicked heart [are like] a potsherd covered with silver dross. He that hateth dissembleth with his lips, and layeth up deceit within him; When he speaketh fair believe him not: for [there are] seven abominations in his heart. A lying tongue hateth [those that are] afflicted by it; and a flattering mouth worketh ruin.”

These verses again emphasize that the little tongue is often destructive like fire because many are guilty of continuing to bring up more and more of the bad. James has more to say about our little tongues getting out of control in big ways, like little fires get out of control, causing great damage in the spiritual lives of others.

Here are some bible passages that provide examples of God’s people making an effort to bridle their tongue:

Psalm 39:1. “... I said, I will take heed to my ways that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.” Here, King David made the pledge that he would bridle his tongue. Just like David as Christians we need to tell ourselves that we are going to bridle our tongue.

Psalm 120:2. Deliver my soul, O LORD, from lying lips, [and] from a deceitful tongue.

Psalm 141:3. “Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.” This is another prayer of David’s for God to help in bridling his tongue. Here, David prayed that he would properly bridle his tongue. We need to pray for God to help us bridle our tongue.

Prayer, along with appealing to the powerful strength of God, causes us to think more strongly about bridling our tongue

Job 27:4. “My lips will not speak wickedness, Nor my tongue utter deceit.” Here, Job makes the statement that he will bridle his tongue. This is another example to motivate us to state verbally that we are going to bridle our



tongue. Speaking to our self and to others about our commitment will motivate us to put forth more effort in bridling our tongue.

Here are some passages that refer to the small tongue accomplishing great things for good:

Proverbs 10:11. "The mouth of the righteous is a well of life." This passage teaches that the person who uses their tongue for righteous purposes is compared to a good well of water providing future life to himself and others who drink from his words.

Proverbs 18:4. "The words of a man's mouth are deep waters; The wellspring of wisdom is a flowing brook." This statement emphasizes that the correct use of the tongue has large results that will bring blessings, similar to a refreshing drink of water when we are thirsty. Good words, like good water will help us far into the future.

Proverbs 10:20-21. "The tongue of the righteous is choice silver. The heart of the wicked is worth little. The lips of the righteous feed many, But fools die for lack of wisdom."

These verses teach that the right use of the tongue provide great benefits to oneself and others:

Proverbs 12:19. "The truthful lip shall be established forever, But a lying tongue is but for a moment." This passage teaches that the good use of the tongue brings good results for ever. The right use of the tongue benefits one for all eternity! That is a large difference contrasted to the misuse of the tongue.

Proverbs 25:11. "A word fitly spoken is like apples of gold in settings of silver." Such a description is beautiful. Correct words are beautiful to hear. Here Solomon exalts the properly spoken word.



Psalm 15:1-3. "LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, And works righteousness, And speaks the truth in his heart; He who does not backbite with his tongue, Nor does evil to his neighbor, Nor does he take up a reproach against his friend." This passage speaks of huge results when the tongue is used properly. Those who use their tongue properly will have opportunity to go to heaven. Controlling our small tongue is a large part of what it will take for us to gain a home in heaven. All of these passages, and many others, give us the opportunity to be reminded of the many large and wonderful results that come when we control our tongue correctly.

These blessings should motivate us to work diligently at controlling our tongues, to the glory of God. As Christian we must keep in mind that our words influence other people, Christians and non-Christians, even the entire congregation in a

discouraging or an uplifting way. Let's make sure we use our tongues as if they were a large ship delivering a large cargo of precious goods.

"Keep thy tongue from evil, and thy lips from speaking guile." Psalm 34:13.

"Speech is one of the great gifts of God. It is the means by which the thoughts of the heart are communicated. It is with the tongue that we offer prayer and praise to God. With the tongue we convince and persuade. With the tongue we comfort and bless, soothing the bruised, wounded soul. With the tongue we may make known the wonders of the grace of God. With the tongue also we may utter perverse things, speaking words that sting like an adder." HP 174.

"The tongue is a little member, but the words it frames have great power. The Lord declares, "The tongue can no man tame" (James 3:8). It has set nation against nation and has caused war and bloodshed. Words have kindled fires that have been hard to quench. . . ." HP 174.

"Satan puts into the mind thoughts which the Christian should never utter. The scornful retort, the bitter, passionate utterance, the cruel, suspicious charge, are from him. How many words are spoken that do only harm to those who utter them and to those who hear! Hard words beat upon the heart, awaking to life its worst passions. Those who do evil with their tongues . . . grieve the Holy Spirit; for they are working at cross purposes with God..." HP 174.

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying,



that it may minister grace unto the hearers.” Ephesians 4:29.

“The apostle, seeing the inclination to abuse the gift of speech, gives direction concerning its use. “Let no corrupt communication proceed out of your mouth,” he says, “but that which is good to the use of edifying.” The word “corrupt” means here any word that would make an impression detrimental to holy principles and undefiled religion, any communication that would eclipse the view of Christ, and blot from the mind true sympathy and love. It includes impure hints, which, unless instantly resisted, lead to great sin. Upon everyone is laid the duty of barring the way against corrupt communications.” HP 175.

“It is God’s purpose that the glory of Christ shall appear in His children. In all His teaching Christ presented pure, unadulterated principles. He did no sin, neither was guile found in His mouth. Constantly there flowed from His lips holy, ennobling truths. He spoke as never man spoke, with a pathos that touched the heart. . . . The truth never languished on His lips. With fearlessness He exposed the hypocrisy of priest and ruler, Pharisee and Sadducee. . . .” HP 175.

“The great responsibility bound up in the use of the gift of speech is plainly made known in the Word of God. “By thy words thou shalt be justified, and by thy words thou shalt be condemned”, Matthew 12:37, Christ declared.

Cultivate a prayerful frame of mind and educate the tongue to speak right words that will bless in the place of discouraging. . . . Talk of the goodness, the mercy, and the love of God. Put away all unbelieving words and all that is



cheap and common. Let the words be sound words, that cannot be condemned, and the peace of God will surely come to the soul.” HP 175.

“Guard well the talent of speech, for it is a mighty power for evil as well as for good. You cannot be too careful of what you say; for the words you utter show what power is controlling the heart. If Christ rules there, your words will reveal the beauty, purity, and fragrance of a character molded and fashioned by His will. But if you are under the guidance of the enemy of all good, your words will echo his sentiments. . . .” HP 174.

“Only through Christ can we gain the victory over the desire to speak hasty, un-Christlike words. When in His strength we refuse to give utterance to Satan’s suggestions, the plant of bitterness in our hearts withers and dies. The Holy Spirit can make the tongue a savor of life unto life.” HP 174.

God wants us to be a help and strength to one another. He wants us to speak words of hope and courage. So we need to be very careful about what we say and how we say it since it may mean heaven or hell for us or for others. Amen.



Emmanuel Machakaire is a(n) SDA writer who is based in So. Africa. He enjoys studying, writing, and sharing Bible truths.

Health Gem

Aloe Vera

Our presentation this month is on the remarkable health benefits of Aloe Vera. Aloe Vera offers a one-stop shopping list of health benefits in an easy-to-use economical formula! The scientific epithet 'Vera' means true or genuine. This makes Aloe Vera the most genuine and versatile panacea to all your health woes!

Many of you who have been using Aloe Vera externally may be surprised to learn in this presentation that Aloe Vera taken internally can provide the same benefits as when used externally;



in fact, the benefits are even greater when used internally! When taken internally, the impressive properties of Aloe Vera become part of the blood stream and digestive system. This gives it access to more of your vital organs where it can actually help these organs and tissues be rejuvenated. Both Aloe Vera and Alfalfa are important reminders to us that natural remedies found in the plant life all around us truly provide for all of our health needs!

Aloe Vera contains over 200 active components including vitamins,

minerals, amino acids, enzymes, and fatty acids; there is no other plant on the planet that offers relief for such a wide range of remedies! The bulk of the Aloe Vera leaf is filled with a clear, gel-like substance, which is approximately 99% water. Humans have used aloe therapeutically for over 5000 years – now that's a long-standing track record!

Let's look in-depth at the **MANY** benefits of Aloe Vera:

1. High in Vitamins & Minerals:

Aloe Vera contains many vitamins including:

- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Vitamin E
- ✓ Folic acid
- ✓ Choline
- ✓ Vitamin B1, B2, B3 (niacin), and B6
- ✓ Aloe Vera is also **one of the few plants that contains vitamin B12** – this is **HUGE** news for vegetarians and vegans!

Some of the 20 minerals found in Aloe Vera include:

- ✓ Calcium

- ✓ Magnesium
- ✓ Zinc
- ✓ Chromium
- ✓ Selenium
- ✓ Sodium
- ✓ Iron
- ✓ Potassium
- ✓ Copper
- ✓ Manganese

Clinical studies of Aloe Vera indicate that its complete profile of nutrients may be effective help for a variety of ailments. Scientists writing in the British Journal of General Practice



confirm Aloe Vera's vitamin and mineral rich composition.

2. High in Amino Acids & Fatty Acids

Amino acids are the building blocks of protein. There are about 22 amino acids that are necessary for the human body and it is said that 8 of these are essential. Estimates of the amino acids found in aloe range from 18-20, with all 8 essential amino acids.

Aloe Vera also includes quite an impressive range of fatty acids. It aids in the metabolism of fatty acids and cleans the blood by helping to remove lipids from the bloodstream. The metabolism of fats releases energy!

Busy moms trying to keep up with their active families will appreciate the energy supplied in Aloe Vera. Their husbands will appreciate having more energy after their stressful days as well!

Aloe Vera when taken regularly helps the cells of the body in their uptake of protein, carbohydrates, and amino acids.

3. An Adaptogen

Aloe Vera is a well-known adaptogen. An adaptogen is something that boosts the body's natural ability to adapt to external changes and resist illness. It is thought that aloe's power as an adaptogen balances the body's system, stimulating the defense and adaptive mechanisms of the body.



This allows you an increased ability to cope with stress (physical, emotional and environmental stress like pollution). Your body's ability to deal with stress is **EXTREMELY** important when it comes to fighting off life-threatening illness. If you have ever dealt with a death, family problems, financial woes or other avenues of stress, you may have found that you were continually under the weather, never really feeling well. Stress can ravage the body! Aloe Vera will provide the extra help your body longs for during these times of stress!

4. Digestion

Along with stress, poor digestion is

related to many health concerns. A properly functioning digestive system is one of the keys and foundations of health. Aloe is known to soothe and cleanse the digestive tract and help improve this bodily process. Aloe also helps to decrease the amount of unfriendly bacteria in our gut, keeping your healthy intestinal flora in balance. Aloe is also a vermifuge, which means it helps to rid the body of intestinal worms. Hope for Health receives many calls from people stricken with parasites of all types, Aloe Vera should be in your arsenal for these attacks!

Another interesting thing about taking aloe internally is that, because it is an adaptogen, it helps with either constipation or

diarrhea, helping to regulate your elimination cycles in whatever way is needed. In a review of the scientific evidence, researchers found that constipation might lead to, or boost, the risk for more serious complications. Dr. Nicholas J. Talley, chairman of internal medicine at Mayo Clinic Jacksonville, said that few people appreciate the seriousness of constipation because symptoms can vary greatly, from mild to severe. "Most people have mild intermittent symptoms, and they should not worry, although some do become excessively concerned," said Talley, who is also a professor of medicine and epidemiology at Mayo's College

of Medicine. "Others suffer in silence, because it's embarrassing to talk about your bowels."

Roughly 12 to 19 percent of the population in North America—as many as 63 million people—suffer from constipation, according to the review. In the United States, the direct cost of treating constipation is about \$235 million a year, another study has found. In-patient care was responsible for 55 percent of the cost, even though constipation is treated mainly in out-patient settings. For some people, being constipated is just the prelude to other problems affecting their colon or urinary tract.



Taking natural supplements such as Aloe Vera is an excellent way to temporarily help with constipation issues.

Hope for Health recommends that you strive to eat a diet rich in natural fiber from raw fruits and vegetables, and drink 6 to 8 glasses of pure water each day to keep things moving. Daily exercise is also an integral component in the proper function of your entire digestive tract! Start small with attainable goals, pray for help, and rejoice in every victory!

5. Detoxification

Aloe Vera is a gelatinous plant food, just like seaweeds and chia seeds. The main benefit to consuming gelatinous plant foods in your diet is that these gels move through the intestinal tract absorbing toxins along the way, and get eliminated through the colon. This will help the proper elimination of waste from your body and help the detoxification of your body.

6. Alkalizes the Body

Illness cannot manifest in an alkaline environment. Most people are living and subsisting on mostly acidic



foods. For better health, remember the 80/20 rule – 80% alkaline-forming foods and 20% acidic. Aloe Vera is an alkaline-forming food. It alkalizes the body, helping to balance overly acidic dietary habits.

7. Cardiovascular Health

Research has shown that Aloe Vera injected into the blood, greatly multiplies the oxygen transportation and diffusion capabilities of the red blood cells. According to a study published in the 2000 issue of the British Medical Journal, Aloe Vera helps to balance cholesterol levels. By

balancing blood pressure, improving circulation and oxidation of the blood, balancing cholesterol, and making blood less sticky, Aloe Vera may be able to help lower the risk of heart issues.

8. Boosts the Immune System

Given the stresses of our daily lives, everyone can use a boost to their immune systems. The polysaccharides in Aloe Vera stimulate the white blood cells of your immune system that fight against viruses. Aloe is also an immune enhancer because of its high level of anti-oxidants, which help combat the unstable compounds known as free-radicals, contributing to



the aging process. Free-radicals are a bi-product of life itself; it is a naturally occurring process. However, we can overload ourselves with unnecessary free-radicals by living an unhealthy lifestyle.

9. Great for the Skin

Taking Hope for Health's Aloe Vera internally is beneficial for skin issues; it aids from the inside out! Some of the benefits include:

- Wound pain relief
- Relieves itching
- An astringent: which causes the contraction of body tissues, typically used to reduce bleeding

from minor abrasions

- Increases the elasticity of the skin, making it more flexible through collagen and elastin repair
- An emollient, helping to soften and soothe the skin
- Helps in supplying oxygen to the skin cells, increasing the strength of skin tissue, and improving blood flow to the skin

10. Aloe vera is a:

- Disinfectant
- Anti-biotic
- Anti-microbial



- Germicidal
- Anti-bacterial
- Anti-septic
- Anti-fungal
- Anti-viral

11. Helps Reduce Inflammation

Aloe Vera contains 12 substances, including B-sisterole, which can help to slow down or inhibit inflammation. As a result, those of you who wake up stiff every morning with painful joints may want to consider Hope for Health's Aloe Vera to help improve joint flexibility. Recent scientific studies published in literature confirm that Aloe Vera may be effective for

a variety of inflammation-related conditions.

12. Weight Loss – A secondary effect

Improving your digestion, and detoxifying your body will have a secondary effect of promoting weight loss, because when you start to improve your digestion you naturally eliminate more efficiently, which is a primary way that we all detoxify – through our bowels. This will lighten the toxic load on your body and will give you more energy! The more energy you have, the more likely you are to burn off calories; the more calories you burn, the more weight you will lose; the more weight you



lose, the more likely you are to keep up a healthy life style!

13. May Help Ulcers

Doctors have long recognized Aloe Vera's ability to help alleviate the symptoms of peptic ulcers. It is interesting that doctors are now on board with using Aloe Vera when, in fact, the anti-inflammatory and soothing properties of Aloe Vera were used to treat ulcers long before doctors had prescription solutions!

14. Dental Health and Hygiene

Many of us suffer from a common disorder of the gums that causes inflammation of the gum tissue that

surrounds the teeth. This condition is due to the build-up of bacterial plaque. Without daily proper removal of the bacteria, it accumulates on and around teeth, which produces enzymes and toxins causing the inflammation of the gums. This condition not only causes pain, but also can cause the teeth to decay, and the bones that support teeth to deteriorate. Aloe Vera works to kill the bacteria that cause this build-up.

Aloe Vera helps the digestive system to absorb more nutrients and assist in the assimilation of these nutrients. This promotes healthy bones and teeth, helping to reduce the risk of tooth decay.



Aloe Vera works as a natural remedy for bad breath that is caused by harmful bacteria and fungi in the mouth, as well as digestive problems. Aloe Vera kills these harmful bacteria and fungi while promoting healthy digestion, as we discussed earlier. It also helps protect the soft tissues of the oral cavity, reducing the likelihood of bad breath.

The Center for Disease Control along with Emory University have done studies on these matters and have found that those with gum issues have a higher mortality rate compared to those who do not have gum problems. This is due to the harmful oral bacteria invading veins and

arteries causing arterial plaque build-up and inflammation. Using Aloe Vera may reduce the risks of developing these dangerous oral problems that can lead to serious disorders.

These issues may also affect blood sugar levels. If the oral bacteria are spread through the blood stream, the body becomes confused. This can affect proper blood sugar levels, resulting in difficulties. Harmful bacteria that grows within the oral cavity will also be inhaled, which can cause infection of the lungs, resulting in a number of lung problems. Many denture wearers may also



develop unhealthy oral conditions. These conditions may occur from leaving dentures in the mouth while sleeping, as well as from smoking, or vitamin A deficiencies. Aloe Vera may help eliminate these unpleasant oral problems due to its anti-fungal properties. You will have a happy, healthy smile in no time!

15. Relieves Sinus and Chest Congestion

Suffering from constant sinus problems? You may want to ditch all the over-the-counter products you've tried and try the natural option! Aloe Vera is rich in magnesium lactate that

works as an antihistamine that may help in reducing the problem of sinus and chest inflammation due to various allergies. Breathe free at last!

16. Hair Health

Hair problems like dryness, thinning, frizziness and oily hair are very common issues. Aloe Vera contains essential vitamins and minerals to nourish the hair and make it look gorgeous and healthy. Aloe Vera contains natural enzymes that help in removing dead skin cells present on the scalp that prevent penetration of nutrients in the hair, thus promoting healthy hair growth and helping to diminish hair loss.

An itchy scalp may be caused by dead skin cells existing on the scalp. Aloe Vera helps to boost blood



circulation in the scalp that stimulates the production of moisturizing oils, eliminating the dryness and itchy feeling.

The natural properties present in Aloe Vera improve the strength and suppleness of your hair. Aloe Vera works wonders in promoting growth, shine and moisture in hair.

17. Anti-Tumor Properties

Researchers are beginning to recognize the anti-tumor properties of Aloe Vera. Current studies demonstrate that Aloe Vera can significantly inhibit the growth of

unhealthy cells. Doctors conducting Aloe Vera research believe that the plant's powerful antioxidant properties are the cause of its effectiveness.

Every part of the Aloe Vera plant is useful! Scientists in the same study referenced above demonstrate that each part of the Aloe Vera plant serves a different pharmacological need! We are sure you can agree that Hope for Health's Aloe Vera has exceeded all your expectations! Call for your bottle today!

In summary, here is a review of the remarkable benefits of Hope for Health's Alo Vera:

- Aids in Healthy Digestion
- Provides Immune Support and Function
- Regulates Weight and Energy Levels



- Ensures a Greater Feeling of Well-being
- Supplies Collagen and Elastin Repair
- Provides a Daily Dose of Minerals (calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc)
- Provides a Daily Dose of Vitamins: A, B1, B2, B6, B12, C and E, Folic Acid and Niacin
- Has Anti-inflammatory Properties: Aloe Vera Gel has 12 natural substances that have been

shown to inhibit inflammation without side effects

- Supports Proper Joint and Muscle Mobility
- Stabilizes Body-Building Blocks: Amino acids are our body's building blocks; eight of which are essential and cannot be made by the body are found within the aloe plant!
- Improves Dental Health and Hygiene
- Encourages Healthy Cell Growth
- Detoxes and Balances pH

Dr. Kaye Olson and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also



happy to consult with you regarding your diet and lifestyle changes. Please call 828-649-0278.

If you wish to order or would like a free copy of our informative catalog that includes our Aloe Vera capsules, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you for considering the information in this presentation on the benefits of Aloe Vera from Hope for Health!

May God bless your efforts at better health.



Hope for Health

If you've ever suffered through a lung or respiratory problem and felt like you couldn't breathe, you know what an uncomfortable and even scary feeling that can be. If you deal with any respiratory problems, get relief today! Breathe easy again, with Bron-QDrops, a powerful formula for strengthening and opening the lungs!

BRON-QDROPS

Common signs of lung problems are:

- Trouble breathing or shortness of breath
- Feeling like you're not getting enough air
- Decreased ability to exercise
- A cough that won't go away
- Coughing up blood or mucus
- Pain or discomfort when breathing in or out

Although you should always contact your doctor if you think you have a serious lung problem, there are things you can do to help soothe your cough and open your lungs, allowing you to breathe again! Bron-QDrops is a powerful lung-strengthening formula that can help open the airways and enhance your entire respiratory system!

This potent herbal infusion contains:

ALLSPICE

Allspice is used for the healthy maintenance of the respiratory tract and improving respiratory function. It has outstanding pain-relieving and muscle-relaxing properties that help open the airways and contribute to easier breathing.

BAYBERRY

Bayberry is a strong astringent, meaning it is useful for toning and tightening tissues. When there is excessive mucus in the sinuses or respiratory system it can help

dry the fluid and restore tone. In addition, bayberry is unusually rich in oligomeric proanthocyanidins (OPCs), the most powerful class of free radical scavengers known. Twenty times more powerful than vitamin C and 50 times more potent than vitamin E, OPCs have been shown to enhance immune response and inhibit the growth of unhealthy cells.

FENNEL

Fennel contains two chemicals, cineole and anetol. They are expectorant in nature, which means they promote the discharge of mucous from the respiratory passages, making fennel useful for respiratory complaints like congestion, bronchial ailments and cough.

GALANGAL

Galangal herb is a member of the ginger family commonly used in traditional eastern medicine for respiratory problems like congestion, coughs, colds and sinus/nasal infections. Known to help regulate breathing rate and reduce inflammation in the airways, galangal can also help to break up mucus and allow for a more productive cough in patients with respiratory infections.

GOLDENSEAL

Related to the buttercup and native to North America, goldenseal's primary benefit is its effect on the immune system, increasing the immune system's production of germ-fighting compounds. It has also long been used

against infections of the respiratory system, for its ability to soothe inflamed mucous membranes and ease congestion.

THYME

Thyme clears the respiratory system and aids breathing. This herb helps to gently loosen and expel mucus, opening the sinuses and the lungs. It soothes irritated respiratory tissue, relieves congestion, reduces inflammation and fights foreign substances and invaders. Some of thyme's value comes from its volatile oils that provide antiseptic qualities (which help fight respiratory infections) and antispasmodic properties (that help relieve coughing).

RED CLOVER

By regulating and thinning mucous production in the respiratory system, red clover enables the body to remove toxic substances from the lungs and helps strengthen the immune system. It has also been used for congestion and coughs because it contains resin. Plants with resin are known for their antimicrobial and expectorant (helping the body expel phlegm/mucous) abilities.

Red Clover has a strong antispasmodic effect on:

- Hoarseness & wheezing
- Colds & coughs
- Disorders of the respiratory organs
- Irritation of the vocal cords, windpipe and bronchial tubes

To Order Call Today:

1-800-468-7884

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*Prices listed do not include shipping and handling or sales tax

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

Price:

2 oz. liquid*\$11.99

**contains alcohol*

Suggested Adult Usage:

To open the lungs/chest and assist breathing: 6-24 drops (about 1/2 - 2 dropperfuls) two to four times a day as needed, between meals on an empty stomach (otherwise with food if not tolerated well).

We have many other health products besides these advertised. Please call for a free catalog of all our health care supplements. 1-800-468-7884



Combining nature, faith, and love to bring health to the world.

There's a Helper

There's never a night but is followed by day,
And the darkest to dawn must give place:
There's never a sorrow that crosses our way
But is sent with a message of grace.
It comes to the peasant, it comes to the king,
It comes in our pleasures and pain;
It comes from the Father of mercies, to bring
To His fold His own stray ones again.
O Soul! is thy burden too heavy to bear?
Does the load seem too weighty for one?
There's a Helper at hand all thy sorrows to share,
'Tis thy Father's own well-beloved Son.
Then cast every burden on Jesus thy Lord,
And thy troubles will quickly depart;
Make every sweet promise in His precious Word
An entrance to His loving heart.

—John Williams



News Watch

Same-Sex Marriage is now the Law of the (U.S.) Land: What Now for Christians?

Christianity Today, Jun 26, 2015. The Supreme Court has taken action on same-sex marriage, and now the church needs to take its own action. – Ed Stetzer



End Time Perspective: “Laws enacted by finite authority are exalted above the law of Jehovah. Men trample underfoot God's holy law, and say of God's people, as the Jews said of Christ, "We have a law, and by our law He ought to die." Over and over again this will be repeated. Christ has told us that in the world we shall have tribulation, but that in Him we shall have peace. Those who live during the last days of this earth's history will know what it means to be persecuted for the truth's sake. In the courts injustice will prevail.” ST May 26, 1898

Editor's note: This reference is speaking specifically of the up-coming Sunday laws, but it can pertain to any law that violates God's laws. Now that same-sex marriage is lawful in the land, it will have direct effect on us in our churches, learning institutions, medical facilities, etc. Injustice is certainly prevailing.



CNS PHOTO/PAUL HARING

Pope Benedict and the Vatican Thousands March In Rome To Support For Pope's Call For Climate Action

Huffington Post ROME (RNS). Religious leaders from across the globe led a “Many Faiths — One Planet” march to the Vatican on Sunday (June 28), to show their support of Pope Francis' groundbreaking environmental encyclical. Organizers estimated a crowd of 5,000 people reached St. Peter's Square to celebrate the pontiff's tough stance on climate...

End Time Perspective: “As we approach the last crisis it is of vital moment that harmony and unity exist among the Lord's instrumentalities. The world is filled with storm and war and variance. Yet under one head-the papal power-the people will unite to oppose God in the person of His witnesses. This union is cemented by the great apostate.” 7T 182 (1902), LDE 131.

Ellen White's *Vision*

The Sifting Time

The apostle exhorts the brethren, saying, "Finally, my brethren, be strong in the Lord, and in the power of His might. Put on the whole armor of God, that ye may be able to stand . . . in the evil day, and having done all, to stand." Oh, what a day is before us! What sifting will there be among those who claim to be the children of God! The unjust will be found among the just. Those who have great light and who have not walked in it will have darkness corresponding to the light they have despised. We have need to heed the lesson contained in the words of Paul, "But I keep under my body, and bring it in subjection: lest that by any means, when I have preached to others, I myself should be a castaway." The enemy is diligently working to see whom he can add to the ranks of apostasy; but the Lord is soon coming, and ere long every case will be decided for eternity. Those whose works correspond with the light graciously given them will be numbered on the Lord's side.

But the days of purification of the church are hastening on apace. God will have a people pure and true. In the mighty sifting soon to take place we shall be better able to measure the strength of Israel. The signs reveal that the time is near when the Lord will manifest that His fan is in His hand, and He will thoroughly purge His floor.

Victory for those who seek deliverance

I was shown the people of God, and saw them mightily shaken. Some, with strong faith and agonizing cries, were pleading with God. 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 I saw them hastening to the assistance of those who were struggling with all their energies to resist the evil angels, and trying to help themselves by calling upon God with perseverance. But the angels left those who made no effort to help themselves, and I lost sight of them. As the praying ones continued their earnest cries, a ray of light from Jesus would at times come to them, to encourage their hearts, and light up their countenances.

The straight testimony will cause the shaking

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 will cause a shaking among God's people. The testimony of the True Witness has not been half heeded. The solemn testimony upon which the destiny of the church hangs has been lightly esteemed, if not entirely disregarded. This testimony must work deep repentance, and all that truly receive it will obey it and be purified.

Said the angel: "List ye!" [Listen!] Soon I heard a voice that sounded like many musical instruments, all in perfect strains, sweet and harmonious. It surpassed any music I had ever heard. It seemed to be so full of mercy, compassion, and elevating, holy joy. It thrilled through my whole being. Said the angel: "Look ye!" My attention was then turned to the company I had seen, who were mightily shaken. I was shown those whom I had before seen weeping and praying with agony of spirit. The company of guardian angels around them had been doubled, and they were



clothed with an armor from their head to their feet. They moved in exact order, firmly, like a company of soldiers. Their countenances expressed the severe conflict which they had endured, the agonizing struggle they had passed through. Yet their features, marked with severe internal anguish, now shone with the light and glory of heaven. They had obtained the victory, and it called forth from them the deepest gratitude, and holy, sacred joy.

Great power was with these chosen ones

The numbers of this company had lessened. Some had been shaken out, and left by the way. [See Revelation 3:15-17.] The careless and indifferent, who did not join with those who prized victory and salvation enough to perseveringly plead and agonize for it, did not obtain it, and they were left behind in darkness, but their numbers were immediately made up by others taking hold of the

truth and coming into the ranks. Still the evil angels pressed around them, but they could have no power over them. [See Ephesians 6:12-18.]

I heard those clothed with the armor speak forth the truth in great power. It had effect. I saw those who had been bound; some wives had been bound by their husbands, and some children had been bound by their parents. The honest who had been held or prevented from hearing the truth, now eagerly laid hold of it. All fear of their relatives was gone. The truth alone was exalted to them. It was dearer and more precious than life. They had been hungering and thirsting for truth. I asked what had made this great change. An angel answered: "It is the latter rain, the refreshing from the presence of the Lord, the loud cry of the third angel."

Great power was with these chosen ones. Said the angel: "Look ye!" My attention was turned to the wicked, or unbelievers. They were all astir. The zeal and power with the people of God had aroused and enraged them. Confusion, confusion was on every side. I saw measures taken against this company, who had the power and light of God.

They must drink of the cup

Darkness thickened around them, yet there they stood, approved of God, and trusting in Him. I saw them perplexed. Next I heard them crying unto God earnestly. Through the day and night their cry ceased not. [See Luke 18:7, 8; Revelation 14:14, 15.] I heard these words: "Thy will, O God, be done! If it can glorify Thy name, make a way of escape for Thy people! Deliver us from the heathen round about us! They have appointed us unto death; but Thine arm can bring salvation." These are all the words that I can bring to mind. All seemed to have a deep sense of their



unworthiness, and manifested entire submission to the will of God. Yet like Jacob, every one, without an exception, was earnestly pleading and wrestling for deliverance.

Soon after they had commenced their earnest cry, the angels, in sympathy, would have gone to their deliverance. But a tall, commanding angel suffered them not. Said he: "The will of God is not yet fulfilled. They must drink of the cup. They must be baptized with the baptism."

Victory over death and the grave!

Soon I heard the voice of God which shook the heavens and the earth. [See Joel 3:16; Hebrews 12:26; and Revelation 16:17.] There was a mighty earthquake.

Buildings were shaken down, and fell on every side. I then heard a triumphant shout of victory, loud, musical, and clear. I looked upon this company, who, a short time before, were in such distress and bondage. Their captivity was turned. A glorious light shone upon them. How beautiful they then looked! All weariness and marks of care were gone; health and beauty were seen in every countenance. Their enemies, the heathen around them, fell like dead men. They could not endure the light that shone upon the delivered, holy ones. This light and glory remained upon them until Jesus was seen in the clouds of heaven, and the faithful, tried company were changed in a moment, in the twinkling of an eye, from glory to glory. The graves were opened and the saints came forth, clothed with immortality, crying: "Victory over death and the grave!" and together with the living saints they were caught up to meet their Lord in the air, while rich, musical shouts of glory and victory proceeded from every immortal tongue.

CCh 338 - 340

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

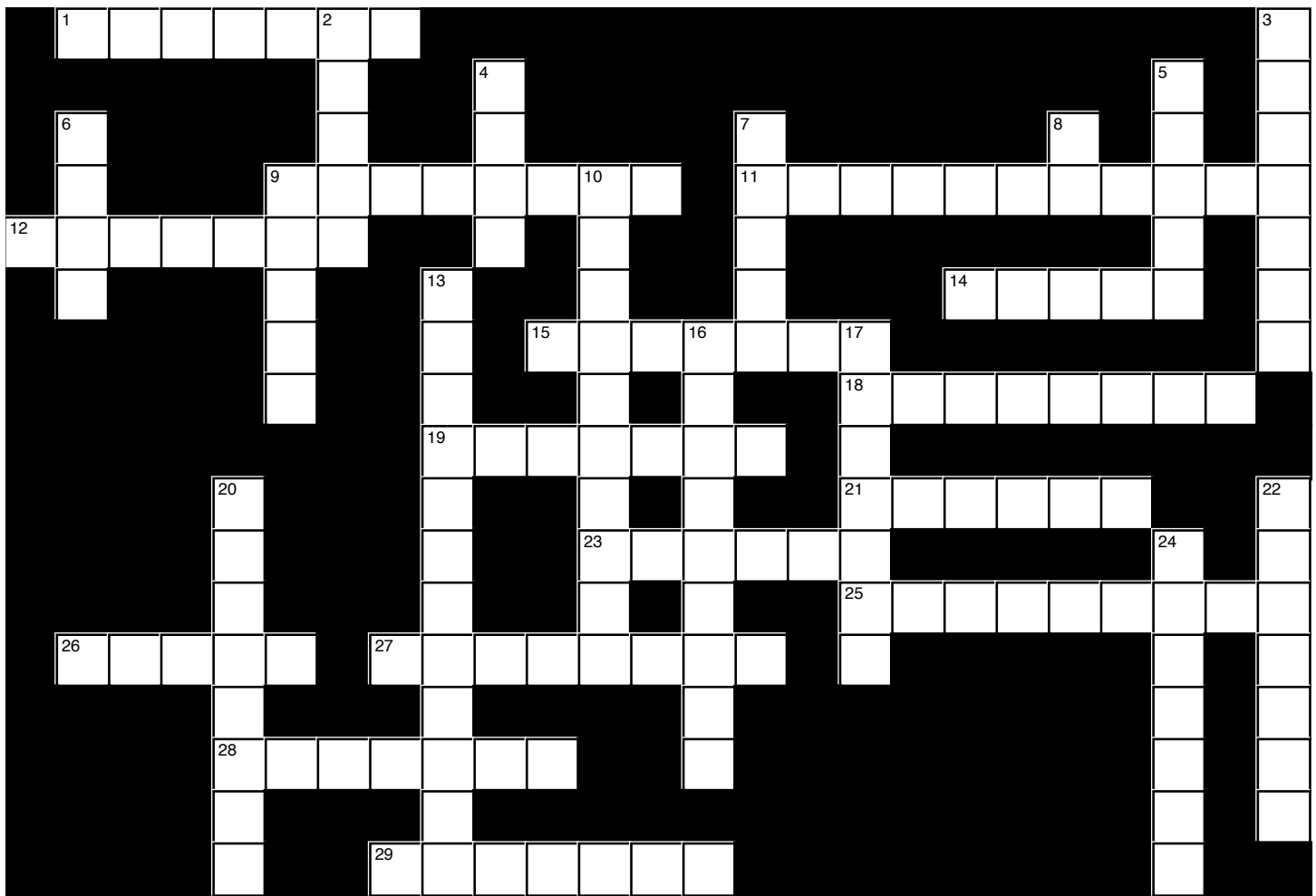
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Christian Crossword



ACROSS

1. The first initial of each of the seven churches
9. He was in charge of building Shechem in the mountains of Ephraim
11. King of Salem, priest of the Most High God
12. Another name for Satan
14. A conqueror of Babylon
15. The city Joshua asked for, for an inheritance
18. The last message given to the world is found in Revelation _____
19. Bildad was a _____
21. He needed to see the print of the nails in Jesus' hands
23. He saw the Lord sitting on a throne
25. Naomi's husband
26. Peter's father's first name
27. A son of King Saul
28. The wife of King Agrippa
29. A tax collector that followed Jesus

DOWN

2. His mother-in-law was healed of a fever by Jesus
3. The father of Jeremiah the prophet
4. Moses died on Mount _____
5. He hung himself after betraying Jesus
6. The author of 1st Corinthians
7. "I am the Alpha and the _____"
8. Job and his family lived in _____
9. The Lord of the Sabbath

10. Against Christians in the last days
13. The capital of the Roman province of Macedonia
16. "An Israelite indeed, in whom is no deceit"
17. Israel's apostasy was traceable to their mingling with _____ nations
20. A prisoner released by Pilate instead of Jesus
22. The first church of Revelation
24. How many years was Israel to be in Babylon

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

