The Reformation Messenger

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The Reformation Messenger
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WE BELIEVE: The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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God's Last Day Message

"I will say of the LORD, He is my refuge and my fortress: my God; in Him will I trust." Psalm 91:2. For genuine Christians who have been transformed through the Holy Spirit the Lord Jesus will be a fortress in time of need. As we near the close of time, we will need the Lord as our Refuge like never before.

In the book of Revelation there is a final warning to the last generation of Christians living on this earth before the return of Jesus Christ. "And I heard another voice from heaven, saying, Come out of her, My people, that ye be not partakers of her sins, and that ye receive not of her plagues." Revelation 18:4

This final warning has to do with one of the most important events mankind will have to face before the return of Jesus, and that is the seven last plagues that God will send upon the world before the second coming of Jesus.

Due to the fact that this verse is of utmost importance, in this article I will break it down into four sections to make sure we completely understand what Jesus is telling us here.

The first part reads, "And I heard another voice from heaven, saying. . ." A voice from heaven would certainly be God. Throughout the Bible we find that our loving Father always warned His people when something important was about to happen. Before the flood, Noah pleased God and went and warned the antediluvians for 120 years of the coming flood. Sodom and Gomorrah were warned by Lot, Egypt by Moses, Nineveh by Jonah, Babylon by Isaiah and Jeremiah, and later on the great world empires by the prophecies of Daniel. Lastly, the final events of this world, as well as the warnings, were given to us by John, the beloved disciple of Jesus. The Old Testament prophets also left warnings of God's final judgments. Evidence of the final events abound in the words of Christ and His disciples, especially in the book of Revelation.

The counsel is given, "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history." –*The Review and Herald*, October 12, 1905

End time prophecies demand attention. The servant of the Lord said, "I then saw the third angel [Revelation 14:9–11]. Said my accompanying angel, 'Fearful is his work. Awful is his mission. He is the angel that is to select the wheat from the tares, and seal, or bind, the wheat for the heavenly garner. These things should engross the whole mind, the whole attention." –*Early Writings*, p. 118

Reading Revelation 18:4 in its context with verses 1–3, it is understood that the Loud Cry of the Third Angel began in 1888 at the conference in Minneapolis with the message of "Christ Our Righteousness". That was the beginning of the light of the angel of Revelation 18:1–4. Many did not accept the message of "Christ our Righteousness" and this had grave consequences, as was seen in the First World War in 1914–1918.

Revelation 18 points to the time when, as a result of rejecting the threefold warning of Revelation 14:6–12, the church will have fully reached the condition foretold by the second angel. The people of God who are still in Babylon will be called to separate from her communion. This message is the last that will ever be given

to the world and it will accomplish its work.

The second part of Revelation 18:4 reads, "come out of her, My people". To seek unity with the different churches and faiths of the world is a direct rejection of God's call to come out. "Come out, My people". This means that God has people within Babylon who are living up to the light they have received. They are living a true faith according to what they know. Once they see the truth of God's Word, which the priests and leaders of the fallen churches have been hiding from them, they will come out and join with God's true remnant people who "keep the commandments of God and the faith of Jesus."

"But God still has a people in Babylon; and before the visitation of His judgments these faithful ones must be called out, that they partake not of her sins and receive not of her plagues. Hence the movement symbolized by the angel coming down from heaven, lightening the earth with his glory and crying mightily with a strong voice, announcing the sins of Babylon. In connection with his message the call is heard; Come out of her My people. These announcements, uniting with the third angel's message, constitute the final warning to be given to the inhabitants of the earth." –*The Great Controversy*, p. 390, 604

The servants of God within the Church are faithfully standing apart from the world and proclaiming these final warnings to the world. They are the people who are "keeping the commandments of God and the faith of Jesus". It is interesting to think that the name "Protestant" was introduced because the reformers, who formed the Protestant churches, were "protesting" against the Roman Catholic Church, revealing the fact that the Papal Church was Antichrist, while today the majority of Protestant churches reject what the reformers did and are starting to join with Catholicism again. However, the true and genuine faithful Christian still boldly proclaims the truth about the Papal Church of Rome as being the Antichrist.

Are you a member of Babylon, the mother of harlots, or a member of one of her daughters? God is calling you out today! Do not settle only on the word of your pastor, study God's Word for yourself and let the Lord light up your life with the whole truth. God is waiting to save you! The apostle Paul said , "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you." 2 Corinthians 6:14–15, 17

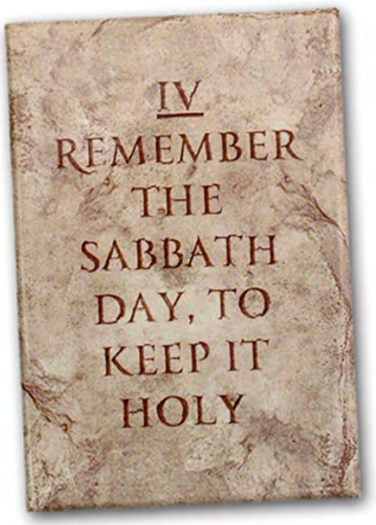
A few days before Christ was crucified He cried out, "O Jerusalem, Jerusalem, which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not. Behold, your house is left unto you desolate." Luke 13:34 –35. History is repeating itself. If you are in one of the churches that are part of "Babylon", will you not obey God and "come out"? Those who remain in Babylon will receive the wrath of God and the plagues of God. God loves you and wants you to be safe. Soon there will be no safety in the churches that make up Babylon—False Protestant or Catholic. Because of their sins, they will receive the seven last plagues.

The third part of the verse reads, "that ye be not partakers of her sins". The final part reads, "And that ye receive not of her plagues". "If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God." Revelation 14:9–10

The Sabbath will be the great test of loyalty, for it is the point of truth especially disliked and debated in the Christian world today. When the final test will come to all people everywhere, the line of demarcation will be drawn between those who serve God and those who

serve Him not. Religious discrimination will gain control in the United States. Church and state will join hands in persecuting those who keep the commandments of God.

People everywhere will hear in amazement that Babylon is the church and it is fallen because of her errors and sins. God calls His people out of her because of her neglect and rejection of the truth that was sent to her from heaven. Everyone who will not listen to Christ's last call of mercy will be extremely angry with those who obey God and keep His commandments. They will boycott God's children, fining, imprisoning, bribing, and disinheriting them. They will drive them from home, exile them, and treat them as slaves. Then we will truly understand the words of the apostle Paul. "Yea, and all that will live godly in Christ Jesus shall suffer persecution." 2 Timothy 3:12



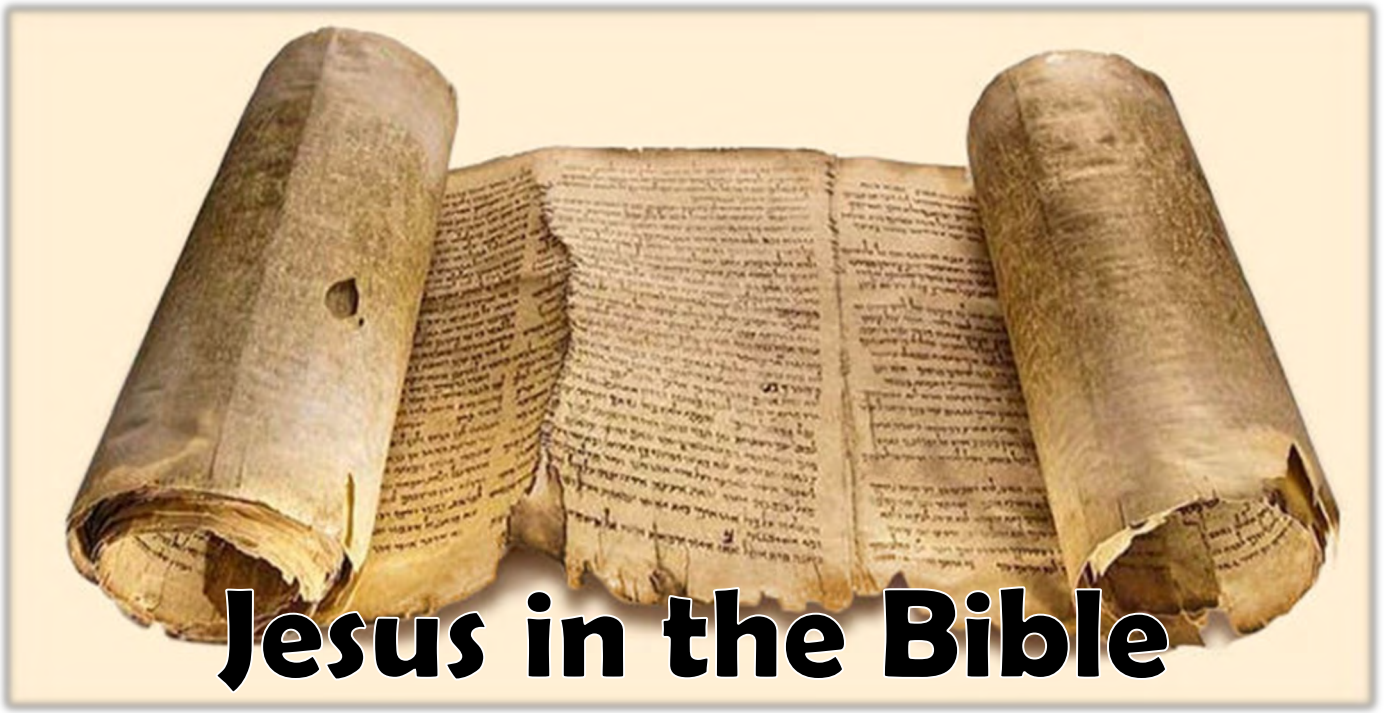
The defenders of truth refuse to honor the Sunday-Sabbath. Though threatened with destruction they will say, "We dare not change God's word. We cannot say that one part of God's Law is important but the other part is not important." Peter and the other apostles said, "We ought to obey God rather than men." Acts 5:29. What will be your position in times like these? What will be your attitude when the Sunday law is enforced and any one who knows the truth will be brought before the court to deny, or to stand, for the truth? Can you and I say what Peter and the apostles said when they were asked to give an account of their faith? In our power we cannot. It is impossible. Only in Jesus, and by Jesus, and through Jesus, will we be conquers. We are winners because the Bible tells us so.

No matter how dark your past or how uncertain your future is, Christ can bring you into His victorious life. He can replace your weaknesses with His strengths. Do you want to be part of God's remnant and faithful people who will proclaim the last message with power? Do you want to be under His wings, protected from the destruction that is coming upon the whole world?

My friend, there is no safe place except with Jesus. It is my prayer that each one of you will receive Jesus as your personal Saviour today, letting Him transform you completely from within so we can become faithful servants for Him.

I remember a message by Brother Henry Dering one night when he preached in the Bloor Church in Toronto. He simply entitled his message "Have you come to Jesus?" In my mind I said, "yes, I came to Jesus almost 20 years ago." But, thinking more deeply, I thought, that is not enough—that was the day of my commitment when I accepted Jesus as my personal Saviour. Then as we walk with Him daily, studying His word and having a personal experience through witnessing we can truly and honestly say "yes". Although I came to Jesus 20 years ago I still need Him daily as we approach the end of time. Imagine what it will be like to see heaven itself, Jesus Christ Himself, descend to this planet at His second coming! I want to be part of the great reunion. I want my life aimed toward that eternal glory that outweighs all my present difficulties. I want to put my life in the hands of Jesus Christ the Saviour today, so that I can see Him face to face tomorrow. Is that not the deepest desire in your heart also? Let us determine to be ready for that wonderful reunion now, because today is the day of our salvation. Amen.

Dear brothers, sisters, and friends, greetings in the name of Jesus. The last two months have been very busy for me with activities here in the Canadian Field. We have been participating in missionary activities and also making preparations for the Field Conference, both held in Toronto. There were some changes done as well regarding my future work in God's vineyard here in Canada; namely, I was transferred, together with my family, to go to work in the city of Calgary. Please pray for us in our new field of labour, that the Lord will bless us with new souls and that the work will grow in this city. ***Nicholas Anca***



Jesus in the Bible

Jesus tells us in John 5:39 to search the Scriptures for in them we have eternal life and they are they which testify of Him. One cannot read any single book of the Bible without finding Jesus in it; really? Was that an overstatement? One might argue that, "Yes! I have read the entire book of Song of Solomon and it appears nothing more than a love story to me." Well, let us find out.

We shall embark on a journey together, from Genesis to Revelation, and see how Jesus is testified of in each book. Note however, that the descriptions given here are not the only ways Jesus is presented in each respective book but are simply some of this author's favorites. So, let us begin!

GENESIS TO DEUTERONOMY

In Genesis, Jesus is the ram at Abraham's altar offered in place of Isaac and in man's place (Genesis 22:13). In Exodus, He is the Passover Lamb offered to save Israel's first born (Exodus 12:21–23). In Leviticus, He is the High Priest anointed among His brethren (Leviticus 21:10; Hebrews 2:17). In Numbers, He is the cloud by day and pillar of fire by night, leading His people to Canaan (Numbers 14:14); and, in Deuteronomy, He is the City of Refuge to which we may flee for safety (Deuteronomy 33:27).

JOSHUA TO JOB

In Joshua, Jesus is the Scarlet thread at Rahab's window that was a mark of deliverance for her and her family when destruction came upon Jericho (Joshua 2:16–18). In Judges, He is our Judge who understands our cases and delivers us from our enemies (Judges 2:18–19; 11:27). In First and Second Samuel, He is the trusted Prophet to whom we may look for the past, present and future (1 Samuel 9:9). In First and Second Kings, He is the Living God who answers by fire and hath made Himself known to us through the Sacrifice of Himself (1 Kings 18:22–39). In First and Second Chronicles, He is the Reigning King, fighting battles for us because the battles are not ours but God's (2 Chronicles 20:15–20). In Ezra, He is the Faithful Scribe who writes the Law of God in our hearts (Ezra 7:6; Jeremiah 31:33). In Nehemiah, He is the Rebuilder of all that is broken and lies waste in our lives (Nehemiah 2:17–18). In Esther, He is the Mordecai, sitting faithful at the gate, watching and interceding for our salvation and who, for our sake, refused to bow down to Satan (Esther 3:5; 5:13; Matthew 4:8–10). In Job, He is my Redeemer that ever liveth, who shall stand upon the earth at the latter day; whom I shall see for myself (Job 19:25–27; Matthew 5:8).

PSALMS TO DANIEL

In Psalms, the LORD is my Shepherd and I shall not want (Psalms 23:1–6). In Proverbs and Ecclesiastes, He is our Wisdom (Proverbs 2:6; 1 Corinthians 1:30; Colossians 2:3). In Song of Solomon, Jesus is My Beloved who is Chiefest among ten thousand; He brought me to the banqueting house, and His banner over me was love (Song of Solomon 5:10; 2:4; 2 Corinthians 11:2; Isaiah 54:5–6). In Isaiah, Jesus is God's suffering Servant (Isaiah 53:1–12) and In Jeremiah and Lamentations, it is Jesus, the weeping Prophet, who ever longs for our repentance (Jeremiah 9:10; 48:32; John 11:35; Matthew 23:37–39). In Ezekiel, He is the wonderful four-faced man; the four faces being a representation of His unique characteristics, implying that He is Omniscient

(all knowing, all wise), as symbolized by the most intelligent creature on earth—man. He is omnipotent (all powerful, almighty), symbolized by an Ox known for Strength. He Rules over all as King and God above all others, symbolized by the King of the Jungle—the Lion; and He is omnipresent (all seeing and present everywhere), as symbolized by the Eagle (Ezekiel 1:10; 10:14; 1Timothy 1:17). In Daniel, it is Jesus who is the fourth man in the midst of a fiery furnace (Daniel 3:25).

HOSEA TO MALACHI

Moving on to Hosea, we find a prophet who is told to marry a prostitute, representing the unfaithfulness of God's chosen people. Jesus is presented as my Love that is forever faithful (Hosea 1:2). In Joel, He baptizes us with the Holy Spirit (Joel 2:22–28). In Amos, He is our Burden bearer (Amos 1). In Obadiah, He is Our Saviour (Obadiah 1:13–17). In Jonah, He is the great Missionary with a message of Salvation for the whole world, for He has no pleasure in the death of the wicked (Jonah 1; Luke 4:18; Ezekiel 33:11). In Micah, Jesus is the Messenger with beautiful feet (Micah 1:1; Jeremiah 26:18). In Nahum, He is the Avenger (Nahum 1:2). In Habakkuk, Jesus is the Watchman that is ever praying for revival (Habakkuk 2:1). In Zephaniah, He is The LORD mighty to save (Zephaniah 3:17). In Haggai, He is the Restorer of our Lost Heritage—we as God's living temple and Christ abiding in us by faith (Haggai 1; 1 Corinthians 6:19–20). In Zechariah, Jesus is the Fountain where we may cleanse our uncleanness and our sins (Zechariah 13:1), and in Malachi, He is the Sun of Righteousness with healing in His wings (Malachi 4:2).

MATTHEW TO ACTS

In Matthew, Jesus is The Christ, the Son of the Living God (Matthew 16:16). In Mark, He is the Miracle Worker (Mark 6:2). In Luke, He is The Son of Man (Luke 3; 5:24). In John, He is the Word of God, the Way, the Truth, the Life, the Light of the world, and the Door by which we must enter to be saved (John 1:1, 14:6; 8:12; 10:9), and in Acts He is the Shining Light that appears to Saul on the road to Damascus (Acts 9:3–5).

ROMANS TO COLOSSIANS

Let us hear from Brother Paul and other Apostles.

In Romans, He is our Justifier (Romans 5:1); in First Corinthians, our Resurrection (1 Corinthians 15); in Second Corinthians, our Sin Bearer (2 Corinthians 5:14–21); in Galatians, One that redeems us from the condemnation of the Law and adopts us into God's family as sons and daughters (Galatians 4:4–5). In Ephesians, He is our Unsearchable riches (Ephesians 3:8). In Philippians, He supplies our every need and gives us strength to accomplish all that we have to in His name (Philippians 4:19; 4:8), and in Colossians, Jesus is the fullness of the Godhead bodily and the head of the Church (Colossians 2:6; 1:18).

THESSALONIANS TO REVELATION

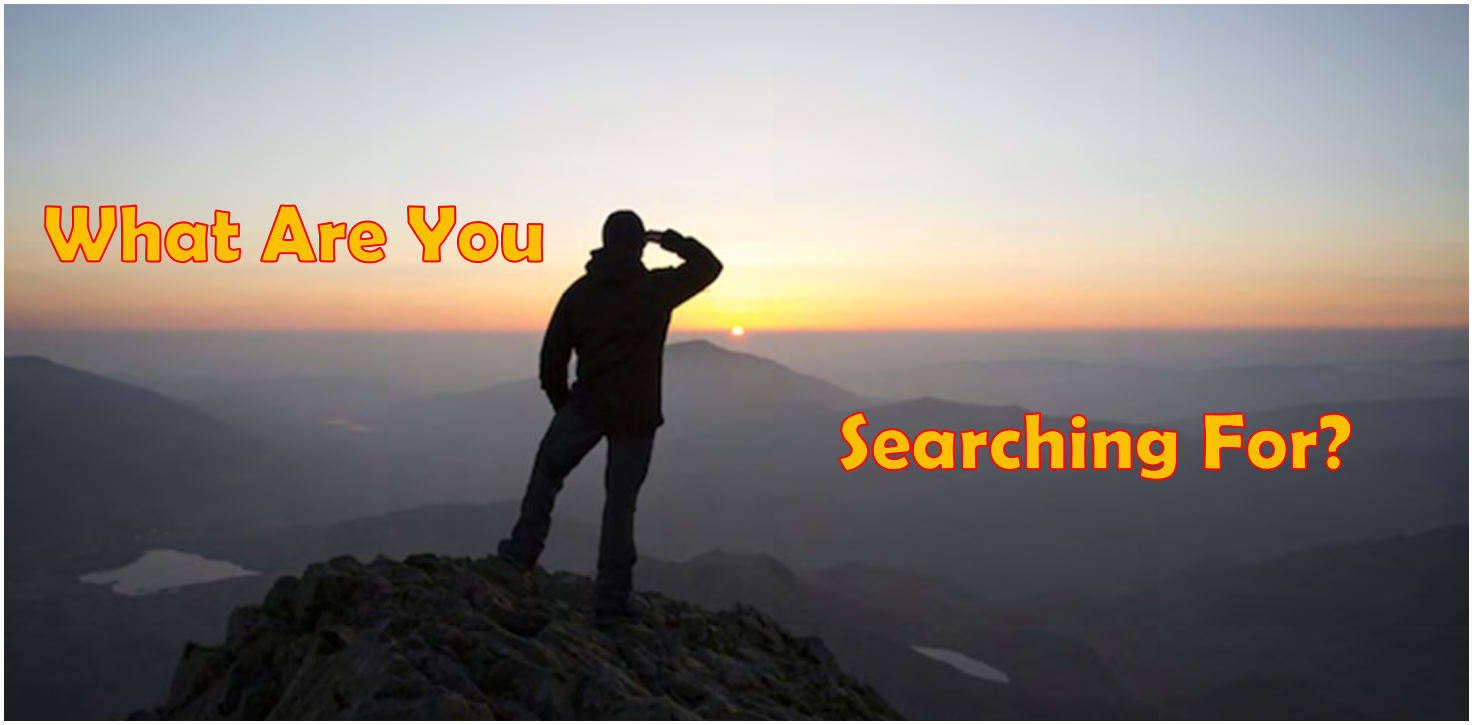
In First and Second Thessalonians, He is our Soon coming King (1 Thessalonians 4:16–18). In First and Second Timothy, He is the Mediator between God and Man (1 Timothy 2:5). In Titus, He is our Blessed Hope (Titus 2:13); in Philemon, He is a friend that sticks closer than a brother (Proverbs 18:24; Philemon 1). In Hebrews, He is The Blood of the everlasting covenant (Hebrews 13:20). In James, He is The Lord that heals the sick (James 5:13–15). In First and Second Peter, Jesus is The Chief Shepherd and Bishop of our souls (1 Peter 2:15). In First, Second and Third John, Jesus has the Kingdom of Love (1 John 4:19). In Jude, He is The Lord, coming with ten thousand of His saints (Jude 1:14), and in Revelation He is the King of Kings and Lord of Lords, even so come LORD Jesus.

CONCLUSION

Do we then wonder why Jeremiah said, "Thy words were found, and I did eat them; and Thy word was unto me the joy and rejoicing of mine heart: for I am called by Thy name, O LORD God of hosts"? Jeremiah 15:16. We, as a people, stand guilty of two evils: "For My people have committed two evils; they have forsaken Me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water." Jeremiah 2:13. When we forsake the true fountain and seek after pleasures that earthly things afford, we develop hungers that will not go away. We feel thirsty, and many times we try to supply this lack and thirst by drinking from other sources that do not satisfy still. We shall never know the joy and rejoicing of our hearts until we go to the Fountain of living waters. May we, like Jeremiah, find the words of the LORD and eat them today and then, by beholding Jesus in His word, we shall be changed from glory to glory into the same image (2 Corinthians 3:18).

"Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me" (John 5:39), is the instruction of Jesus to His people today. Amen.

Mukelabai Mukelabai



The majority of people in the world spend all their lives searching for something. To search for something indicates that you do not have the item yet, or perhaps you have some of the item and you want more. You are not satisfied with the amount you have so you go seeking and searching for more. To search for something takes effort. One must have a desire for the object, or status, in order to make a diligent search for it.

Some are ever searching for wealth. J. Paul Getty, one of the wealthiest men living in America last century was asked what he wanted most in life and he replied, "more money." He already had much more money than the majority of the population, but he was not satisfied. He was seeking for more.

Some are searching for fame. They may have many friends and family, but they want to be well known world-wide. They seek to become movie stars, or do something spectacular, and even dangerous, with their lives so they will ever be remembered for their fame after they die.

Some simply seek for ease and pleasure. Their greatest desire in life is to do the least amount of work for the greatest amount of money and greatest amount of time to do nothing except for what pleases themselves.

Sadly, there are some who "search out iniquities; they accomplish a diligent search: both the inward thought of every one of them, and the heart, is deep." Psalm 64:6. Yes, there are evil people who search out and examine every plan that might aid them in accomplishing their wicked purposes. Through the influence of Satan, the master mind of evil, the unrighteous zealously "search out" iniquity, carefully plan its execution, diligently prepare for action, and suddenly strike when the moment is opportune.

Then there are others who are searching for good things such as a spouse and family, but they bend all their energies in that direction, to the exclusion of the work of the Lord, and those around them. Again, their focus is on themselves.

In their search, some people do find what they are looking for. They find fortune, fame, and ease, but are they truly happy? Not many are because the vast majority of people, both Christian and non-Christian, are seeking to benefit only themselves. The Lord says, "for men to search their own glory is not glory." Proverbs 25:27. When self is the centre, a person is not truly happy.

How many are searching for peace, happiness, and contentment? Perhaps many, but they are searching in the wrong places. They search for peace with weapons; they search for happiness in entertainment, hilarity, drugs and alcohol. They are not finding what they are searching for.

Then there are people who are genuinely searching for good things—searching for the good and wellbeing of other people and of society. There are also many people in the world who are extremely poor and their whole focus is searching for their next meal.

Ask yourself what you are *really* searching for. Not only what you *should* be searching for, but what you are *really and truly* searching for.

SOLOMON

Solomon was searching. "And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven." Ecclesiastes 1:13

In his early days, his greatest desire was to find and obtain wisdom. This was of more value to him than fame and

fortune. When God told him to ask for anything, he asked for wisdom. The Lord did not then just hand him the gift of wisdom but, as he made an earnest effort to search and seek out truth, God blessed him with great wisdom and understanding.

Unfortunately, Solomon went a little too far in his search for wisdom. "I applied mine heart to know, and to search, and to seek out wisdom, and the reason of things, and to know the wickedness of folly, even of foolishness and madness." Ecclesiastes 7:25. Solomon not only sought for wisdom from God, but also he sought to know the "wickedness of folly, even of foolishness and madness."

"Solomon had great learning; but his wisdom was foolishness; for he did not know how to stand in moral independence, free from sin, in the strength of a character molded after the divine similitude. Solomon has told us the result of his research, his painstaking efforts, his persevering inquiry. He pronounces his wisdom altogether vanity." –*The Review and Herald*, April 5, 1906

His wisdom of folly and foolishness did not bring him happiness. "All this did not bring happiness to the king. He sat upon his magnificent throne, his frowning countenance dark with despair. Dissipation had left its impress upon his once fair and intellectual face. He was sadly changed from the youthful Solomon. His brow was furrowed with care and unhappiness, and he bore in every feature the unmistakable marks of sensual indulgence. His lips were prepared to break forth into reproaches at the slightest deviation from his wishes." –*The Seventh-day Adventist Bible Commentary*, vol. 3, p. 1165

"His shattered nerves and wasted frame showed the result of violating Nature's laws. He confessed to a wasted life, an unsuccessful chase after happiness. His is the mournful wail, 'All is vanity and vexation of spirit.'" –*Ibid*, p. 1165

To search for foolishness and wickedness does not bring lasting peace and happiness. This is a deception of Satan into which many young people have fallen into.

WHAT SHOULD WE SEARCH?

Search your own ways. Jeremiah encourages us by saying **"**Let us search and try our ways, and turn again to the LORD." Lamentations 3:40. When afflictions and troubles come they are to remind man that he is to search his own heart, and to change his ways if they are not in accordance with God's ways.

This is what the youth should search for, "Good character does not come by chance; it is formed by persevering, untiring effort. The youth should seek to make all that is possible of themselves, by improving every entrusted talent and capability to the glory of God." –*That I May Know Him*, p. 233

Search the Bible. The best place to search for, and find, the Lord is in the Bible. Jesus said, "Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me." John 5:39

Why do you read your Bible? Is it because this is a requirement for salvation, so you make a quick read in the morning and night? Or is it because you want to be able to give an answer for your doctrinal beliefs, so you study and memorize key verses? That is a worthy cause, for there may come a time, in the end of time, when you will have to answer for your faith without a Bible in your hand. But still this is not reason enough.

When you have a thirst and desire to know Jesus personally, then you will search with the most diligence. That would be the best motive and it would cause you to want to know more, and to dig deeper. To know Jesus. To have a deeper understanding of His love. "Yes, the whole Bible tells of Christ. From the first record of creation—for 'without Him was not anything made that was made'—to the closing promise, 'Behold, I come quickly,' we are reading of His works and listening to His voice. John 1:3; Revelation 22:12. If you would become acquainted with the Saviour, study the Holy Scriptures." –*Steps to Christ*, p. 88

"'Search the Scriptures.' Study your Bible as you have never studied it before. Unless you arise to a higher, holier state in your religious life, you will not be ready for the appearing of our Lord." –*Testimonies for the Church*, vol. 5, p. 717

Search for the Poor. Job was a wealthy man and had all he needed to make life comfortable, but he was still searching. "His children shall seek to please the poor." Job 20:10. Job saw that it is a privilege to give to the poor. "He that hath pity upon the poor lendeth unto the LORD." Proverbs 19:17 He went on to say, "I was a father to the poor: and the cause which I knew not I searched out." Job 29:16. Job was willing to make an effort in behalf of the poor. He went in search of ways to help the unfortunate. He gave us a good example of true Christianity.

"Your good wishes we will thank you for, but the poor cannot keep comfortable on good wishes alone. They must have tangible proofs of your kindness in food and clothing. God does not mean that any of His followers should beg for bread. He has given you an abundance that you may supply those of their necessities which by industry and economy they are not able to supply. Do not wait for them to call your attention to their needs. Act as did Job. The thing that he knew not he searched out. Go on an inspecting tour and learn what is needed and how it can be best supplied." –*Testimonies for the Church*, vol. 5, p. 151

Search for wisdom. "Yea, if thou criest after knowledge, and liftest up thy voice for understanding; If thou seekest her as silver, and searchest for her as for hid treasures; Then shalt thou understand the fear of the LORD, and find the knowledge of God." Proverbs 2:3–5. Solomon emphasizes the necessity of an active searching to gain wisdom. Men must dig deep in search of a saving knowledge of the grace of God with the same perseverance as a prospector who is seeking for precious metals. These people spend much time, effort and money in search of earthly treasure that often proves to be a fruitless search. The searcher for divine wisdom should have the same intense devotion. No disappointment or difficulty should be permitted to stop the search. The revelation of God in His Word is the mine in which every believer must individually dig for truth. Treasure hunts may fail, but one who truly seeks will never fail to reach an understanding of the fear of the Lord, which is the beginning of wisdom.

Although an exhaustive knowledge of God can never be obtained, even though eternity is spent in learning ever more of His loving nature, knowledge sufficient for salvation is promised to every searcher for truth. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7:7–8

Seek the Lord. "And ye shall seek Me, and find Me, when ye shall search for Me with all your heart." Jeremiah 29:13. God makes it plain that He can do nothing for His people unless they seek Him with sincerity of purpose. This is a guarantee, though. It does not say, that you *may,* but the implication is that you *will* find the Lord if you search for Him with all your heart. If you feel you do not know the Lord, then you are not searching hard enough. "I sought the LORD, and He heard me, and delivered me from all my fears." Psalms 34:4. David attests to the certainty of a response. He sought and the Lord heard. There is no uncertainty.

"Seek ye the LORD while He may be found, call ye upon Him while He is near." Isaiah 55:6. The Lord has repeatedly called people to seek Him. Ancient Israel failed and ended up in exile because they sought not to know the Lord or to obey His will. This invitation is still available today. The time will come when stubborn rejection of the pleadings of God's Spirit closes the door of mercy and drives the divine presence away. Sad, very sad.

"We cannot afford in the few days we have here on earth to spend our time in trifling and nothingness. We need to humble our souls before God, that every heart may drink in the truth, and let it work in the life a reformation that will convince the world that this is indeed the truth of God. Let the life be hid with Christ in God. Only when *we seek the Lord* as little children, when we cease picking flaws in our brethren and sisters, and in those who are seeking to carry faithfully the responsibilities of the work, and seek to get our own hearts right with God, can He use us to the glory of His name." –*Testimonies for the Church*, vol. 9, p. 106 (emphasis mine)

GOD SEEKS AND SEARCHES ALSO

Remember that to search for something means that either you do not have it at the moment or you do not have enough of it.

He searches for the righteous. Regarding King David, it is written, "The LORD hath sought Him a man after His own heart." 1 Samuel 13:14. How would you feel if you knew that the Lord was out searching for you? Would you run and hide as did Adam and Eve after they sinned? Or would you be very happy and confident that He has found you; a man/woman after God's own heart. Jesus knows your name, where you are, and what you are doing right now. He is searching for your heart. Will He find it? That decision is yours whether you want to give it to Him. He will not take it without your consent. Just prior to 1844 it is written of God's people that "Jesus looked upon them with pleasure, for His image was reflected in them." –*Early Writings* p. 239. Can Jesus find you in a similar condition today? If not, we need to pray the prayer of David, "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23–24

He searches for His sheep. "My sheep wandered through all the mountains, and upon every high hill: yea, My flock was scattered upon all the face of the earth, and none did search or seek after them." Ezekiel 34:6. "Neither did My shepherds search for My flock, but the

shepherds fed themselves, and fed not My flock." Ezekiel 34:8. They were the ones appointed over God's flock and therefore responsible to Him. Sadly, they failed.

"For thus saith the Lord GOD; Behold, I, even I, will both search My sheep, and seek them out." Ezekiel 34:6. Thankfully the Lord will not leave the flock to flounder. He will take charge if the leaders fail. There "Shall not the least grain fall upon the earth." Amos 9:9

He searches for the wicked. "And it shall come to pass at that time, that I will search Jerusalem with candles, and punish the men that are settled on their lees: that say in their heart, The LORD will not do good, neither will He do evil." Zephaniah 1:12. Candles are used, showing the intensity of the search; but why would God want to go in search of lazy people? These are lukewarm Christians. "And though they hide themselves in the top of Carmel, I will search and take them out thence; and though they be hid from My sight in the bottom of the sea, thence will I command the serpent, and he shall bite them." Amos 9:3. Why does He go in search of the wicked? There are two reasons for His search, the first is, "Return unto Me, and I will return unto you, saith the LORD of hosts." Malachi 3:7. And the second is, if they refuse to return, "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings." Jeremiah 17:10. Jesus searches the wicked in hopes that they will repent; and if not, there will be a judgement where the wicked will have to pay the penalty, not only of their own wicked deeds, but also for the fruits of their influence on the lives of others, both for life or death. You can run, but you cannot hide from God.

From the story of Achan, we read of how God went searching for him after he tried to hide from God. "I was shown that the manner of Achan's confession was similar to the confessions that some among us have made and will make. They hide their wrongs and refuse to make a voluntary confession until God searches them out, and then they acknowledge their sins. A few persons pass on in a course of wrong until they become hardened. They may even know that the church is burdened, as Achan knew that Israel were made weak before their enemies because of his guilt. Yet their consciences do not condemn them. They will not relieve the church by humbling their proud, rebellious hearts before God and putting away their wrongs. God's displeasure is upon His people, and He will not manifest His power in the midst of them while sins exist among them and are fostered by those in responsible positions." –*Testimonies for the Church*, vol. 3, p. 270. The Lord will seek these people out.

ONE DAY YOU WILL NOT BE ABLE TO FIND

"Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD: And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it. "Amos 8:11–12. After continued disobedience, it will one day be too late to seek the Lord. Deep sorrow can sometimes lead men to read their Bibles, but sometimes this sorrow is too late to produce beneficial results. This is not because God's love is withdrawn from the sinner, but because the sinner has become so hardened in his iniquities that he wishes only to escape the consequences of his sin and not to forsake his evil ways. During the seven last plagues, many people will find themselves in this situation. They will turn to the word of God for relief—the word that they neglected in the past before the times of trouble. But they find no answer. Let it not be said of you, "The harvest is past, the summer is ended, and we are not saved." Jeremiah 8:20

"Others rushed to the people of God and begged to be taught how they might escape His judgments. But the saints had nothing for them. The last tear for sinners had been shed, the last agonizing prayer offered, the last burden borne, the last warning given. The sweet voice of mercy was no more to invite them. When the saints, and all heaven, were interested for their salvation, they had no interest for themselves. Life and death had been set before them. Many desired life, but made no effort to obtain it." –*Early Writings*, p. 281

What are you searching for? What is the greatest desire of your heart?

"If the followers of Christ were but earnest seekers after wisdom, they would be led into rich fields of truth, as yet wholly unknown to them. He who will give himself to God as fully as did Moses, will be guided by the divine hand as verily as was the great leader of Israel. He may be lowly and apparently ungifted; yet if with a loving, trusting heart he obeys every intimation of God's will, his powers will be purified, ennobled, energized, and his capabilities will be increased. As he treasures the lessons of divine wisdom, a sacred commission will be entrusted to him; he will be enabled to make his life an honor to God and a blessing to the world." –*This Day With God*, p. 252

This should be what we are searching for in life, to bring "honor to God and a blessing to the world." "But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." Matthew 6:33. Amen. ***Wendy Eaton***

Where Can We Go?

When the seventy disciples left Jesus, He asked the twelve disciples, "Will you also go away?" John 6:67. "Then Simon Peter answered Him, Lord to whom shall we go? Thou hast the words of eternal life. And we believe and are sure that Thou art that Christ, the Son of the living God." John 6:68–69

Did the disciples have a choice? Yes, they had the choice to leave Jesus and go to someone else or return to their previous life. But that would have meant to lose their salvation and eternal life. We have the same choice that the disciples had. We can do what the seventy disciples did, or we can follow the example of the twelve disciples and remain in the church of God. Satan would gladly accept us into one of his churches that he is controlling. If we want to go to heaven then we have no choice. There is only one way that leads to heaven.

When Moses was about to leave his people and to die, he called all the people together and gave them a choice. "See, I have set before thee this day life and good, and death and evil; In that I command thee this day to love the LORD thy God, to walk in His ways, and to keep His commandments and His statutes and His judgments, that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it. But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them; I denounce unto you this day, that ye shall surely perish, and that ye shall not prolong your days upon the land, whither thou passest over Jordan to go to possess it. I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live." Deuteronomy 30:15–19

God is not divided. The Holy Spirit leads people into one church only. The work of the Holy Spirit is to unite the people of God, to bring them into oneness.

"Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ." Ephesians 4:13. We must fit into one company, into one church, and into one doctrine. If we cannot fit into this oneness we will be lost. Sister White writes in the book *Education*, as we leave the church fellowship, we leave Christ. She also warns us not to visit fallen churches, because they will confuse us.

"I was shown the necessity of those who believe that we are having the last message of mercy, being separate from those who are daily imbibing new errors. I saw that neither young nor old should attend their meetings; for it is wrong to thus encourage them while they teach error that is a deadly poison to the soul and teach for doctrines the commandments of men. The influence of such gatherings is not good. If God has delivered us from such darkness and error, we should stand fast in the liberty wherewith He has set us free and rejoice in the truth. God is displeased with us when we go to listen to error, without being obliged to go; for unless He sends us to those meetings where error is forced home to the people by the power of the will, He will not keep us. The angels cease their watchful care over us, and we are left to the buffetings of the enemy, to be darkened and weakened by him and the power of his evil angels; and the light around us becomes contaminated with darkness." –*Early Writings,* p. 124–125

Is there anything optional in our religion? Is everything a must? We must do this or be lost. We must not do this or we will be lost again. Yes, this is true. What about the cross, do we have to carry it?

"And He said to them all, If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me." Luke 9:23

"It is never convenient to take up the cross and follow in the path of self-denial, and yet this must be done." –*Testimonies for the Church,* vol. 5, p. 135

The cross means to put away our idols, vanity, the world, and sin. It means also to do missionary work, to help others, and sacrifice for others.

To Paul, the cross become his glory, "But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world." Galatians 6:14

We have a choice of sowing seed. We decide what kind of seed we sow, but we have no choice of the harvest. We must bear the results of our sowing.

"Whoso diggeth a pit shall fall therein: and he that rolleth a stone, it will return upon him." Proverbs 26:27

This is the law of God. "God Himself will take the case in hand. His restraining powers will be in a measure removed from the agencies of evil, so that a train of circumstances will arise which will punish sin with sin." –*Patriarchs and Prophets,* p. 728

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting." Galatians 6:7–8. If you have done something wrong as a result, something wrong will be done to you. In the same way, if you have done something good, then something good will be done to you. Although bad things happen to good people such as in the case of Job and Joseph; they found themselves in bad situations and had not done anything wrong at the moment to deserve their situation. They were being tested by the Lord, to purify their characters and after proving faithful, something good did happen to them in the end. "As many as I love, I rebuke and chasten." Revelation 3:19

"Because I have called, and ye refused; I have stretched out My hand, and no man regarded; But ye have set at nought all my counsel, and would none of My reproof: I also will laugh at your calamity; I will mock when your fear cometh; When your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. Then shall they call upon Me, but I will not answer; they shall seek Me early, but they shall not find Me: For that they hated knowledge, and did not choose the fear of the LORD: They would none of My counsel: they despised all My reproof. Therefore shall they eat of the fruit of their own way, and be filled with their own devices." Proverbs 1:24–31

Some disasters and troubles that come upon people, "are the fruit of their own way". Yet God will forgive them of their wrong doings if they repent. The harvest of their sowing will hopefully teach them a lesson that they would not want to repeat their mistakes. "And we know that all things work together for good to them that love God, to them who are the called according to His purpose." Romans 8:28

Those who wilfully go in a wrong direction will have a guilty conscience which has no more comfort. This will cause pain and suffering much greater than any physical suffering. Judas could not live with his guilty conscience, he rather committed suicide.

Not only individuals, but complete churches have gone in a wrong direction. "The church has turned back from following Christ her Leader and is steadily retreating toward Egypt." –*Testimonies for the Church,* vol. 5, p. 217. This was written to the Seventh-Day Adventist Church already in 1882.

Now the question, "where shall we go?" is important. It is a life and death question. The Apostle Paul says, "For all have sinned, and come short of the glory of God." Romans 3:23. We need therefore to repent and put away even the smallest sin, even the little vanity, and live for Christ only. The time is serious. Even a neglected duty can keep us out of heaven.

The whole universe is watching us with a keen interest. The angels are doing their utmost to hold us in the faith. There is only one way that leads to heaven. Satan is trying to lead us in the wrong direction but God is greater than Satan. Leave your life in His hands, and He will guide you in the right direction. Soon our time is over, and even one unrepented sin will keep us out of heaven. Amen.

Timo Martin

LOOKING FOR YOU. . .

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HEALTH MATTERS

Using Processed Foods Wisely
Part 2

Food processing developed and grew as the technological knowledge in combining ingredients into a ready-to-eat food product increased. The food processing industry met the growing demand by consumers for these types of foods. Whether or not the food product was healthy or not was not a consideration in the early years of food processing. What mattered more were the convenience added and the uniqueness of the product.

Let us look at a historical timeline to gain an idea of the evolution of processed foods in North America since the beginning of the industry in the early 1900's. Processed foods began to gain popularity in 1910. In the next decade, the 1920s, people were growing tired of preparing foods from scratch, and ready-to-cook foods were becoming more available. Gas stoves, electric refrigerators and other kitchen tools and appliances were in more homes, so more types of food could be purchased and stored.

After World War II, many new "convenience foods" were introduced as a result of military research. Farmers started using fertilizers to increase crop yields, leading to a decrease in the vitamins and minerals in those plants. Government subsidies for corn and soy led to a food industry with a financial incentive to use high-fructose corn syrup, hydrogenated oils, modified corn starches, etc. to produce lots of highly processed, cheap, and, ultimately, unhealthy foods. The United States issued guidelines for adding iron, vitamin B, thiamine and riboflavin to bread and other grain products to offset nutrient deficiencies.

By the 1950s, refrigeration and the rise of suburbia lead to the creation of supermarkets. America's new highway system allows for more efficient distribution of food and the rise of fast food chains. In the United States, the FDA's *1958 Food Additives Amendment* required manufacturers to prove the "safety" of new additives.

In the 1970's, high-fructose corn syrup, a substitute for sugar, became increasingly prevalent in beverages and processed foods, lowering costs for food producers. The United States develops the first standard nutrition label.

In the decade beginning in year 2000, slowly, as information came out to warn people of hidden dangers in their diets, people began to question how and where their food is made. Manufacturers reduced fat content by removing high-fat ingredients, like butters and oils, and maintained flavour by adding preservatives, artificial flavours, and sweeteners. Due to increased awareness that processed foods were generally unhealthy, people began to make fresh foods at home. Whole grain products became widely available. Many people went back to cooking at home, with fresh "real food," a full circle from the days of the 1940s and '50s, when those fast, ready-to-eat, processed foods seemed like such a good idea.

And now, in 2015, here we are, more than 100 years after processed foods began to be popular, in an era where "real food", and portion control and homegrown produce are becoming prevalent. The regular consumer is moving away from processed foods, and even the foods that are processed are becoming healthier, as consumer demand for healthy food options grows stronger.

FOOD LABELLING, CONTINUED

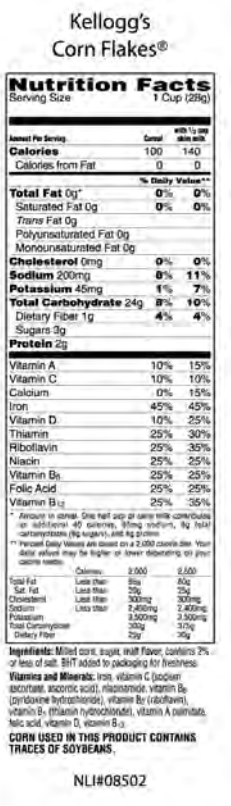
As we learned last month, The Nutrition Facts Table is the first component to use when deciding on the nutritional

content of a food product. A healthy food product is one that is high in the desired components and low in the undesirable components. Using processed foods wisely is taking into account the balance and mix of nutrients outlined.

This month we will learn about the remaining components on a processed food product label which helps determine how healthy a product is, and provides us with the information needed to make the most healthy food choices. As in the previous month, we will use the Canadian labelling requirements to outline the remainder of the items found on a processed food label.

INGREDIENT LIST

An ingredient list is required on most packaged food products with more than one ingredient. The ingredient list may be shown anywhere on the package, except the bottom. The list of ingredients is commonly found near the Nutrition Facts Table, which can make it easier for consumers to compare the ingredients and nutrition information.


Kellogg's
Corn Flakes®

Nutrition Facts

Serving Size 1 Cup (28g)

Amount Per Serving	Cereal	with ½ cup skim milk
Calories	100	140
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 200mg	8%	11%
Potassium 45mg	1%	7%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 3g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 95mg sodium, 4g total carbohydrate (4g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt. BHT added to packaging for freshness.

Vitamins and Minerals: Iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B_{12}.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

NLI#08502

The ingredient list shows all of the ingredients in a packaged food product, including their components (the ingredients of ingredients). The ingredients are listed in order of weight, with the main ingredient first. You can use this information to figure out what ingredients primarily make up your food products. If you are trying to buy or avoid certain ingredients, this is the place to look.

There are specific rules that must be followed in an ingredient list. Ingredients and their components (the ingredients of ingredients) must be declared by their common names in the list of ingredients on a food label. Component ingredients are usually listed in brackets following the ingredient. For example a loaf of bread may have the following list of ingredients: Enriched flour (wheat, flour, niacin, riboflavin, folic acid). Common names are the names of the ingredient that is regulated by law or used commonly by consumers. For example, to help consumers identify products that have partially hydrogenated oil or fats (a source of trans fats), the word "hydrogenated" must be used, such as hydrogenated soybean oil or hydrogenated vegetable oil.

There are 56 different words for "sugar" used on ingredient lists. Many sugars are also listed separately on the list, so it is impossible to know the total sugar content. If all sugars were combined as a group, sugar would be the first ingredient more often. The next push by consumer advocate groups and health councils is for ingredient lists to combine all added sugars into one, to allow consumers to recognize the total sugar content of the food product.

Some of the various names for sugar: high-fructose corn syrup, corn syrup, corn sugar, honey, agave, raw sugar, cane sugar, brown sugar, invert sugar, maple syrup, fruit juice concentrate, evaporated cane juice, and ingredients ending in "ose," (dextrose glucose, sucrose, lactose, fructose, maltose), corn sweetener, malt syrup, raw sugar, sugar syrup, cane crystals, corn syrup solids, malt syrup, etc.

Often, in large print, on the front of the food product, you will see the word "diet" or "sugar-free". You cannot trust the foods' front labels to disclose what a "diet" food contains, which often is the presence of sugar substitutes. To be sure what your food contains, check the ingredient list. Many foods called "diet" or "sugar-free" contain sugar substitutes, which are recognized as unhealthy. Sugar substitutes may also be in cereals, snacks, bread, yogurt, prepared meals, and other foods that are not called "diet" or "sugar-free." Because sugar substitutes are cheaper than table sugar (sucrose) they are often used in cheap, poor-quality food products. Sugar substitutes are being used in a wider variety of foods, often without any disclosure on front labels. Read ingredient lists carefully!

Often, the more components that are contained on an ingredients list, it is an indication of a more highly processed food product.

IMPORTANT: Two products with identical lists of ingredients may not provide the same nutrition. For example, two granola bars might have the same list of ingredients, but one granola bar could have twice the sugar or half the fibre. To make a comparison, refer to amount of each nutrient in the Nutrition Facts Table.

Dr. Harvey Kellogg was one of the first people to actually manufacture a food product with his Kellogg's Toasted Corn Flakes. His "invention" was created purely by accident in 1894. He had left cooked wheat to sit while he attended to some other business. When he returned, the wheat had gone stale. Not one to waste money, he thought to still use the wheat by forcing it through rollers, hoping to make long sheets of dough. But, instead, what came through the rollers were flakes, which were then toasted and served to the patients of Battle Creek Sanita-

rium. He then experimented with other grains, which led to the original Kellogg's Toasted Corn Flakes. In 1896, he applied for and received the patent to produce "flaked cereals and process of preparing same", creating a line-up of various food products.

The original Corn Flakes product was simply corn—dried, pressed, toasted, and then packaged. The ingredient list of Kellogg's Corn Flakes today would be unrecognizable by Harvey Kellogg, with added sugars, malt flavour, salt and BHT for "freshness". BHT (butylated hydroxytoluene) is a synthetic antioxidant, used as a preservative, with long-term exposure to high doses causing liver, thyroid and kidney problems. It mimics estrogen, which contributes to problems with reproduction in males. For now, it is considered "safe" for human consumption.

ADDITIVES

Additives were discussed in detail in the last article. Additives are used, not to increase the nutritional content of the food product, but to enhance its flavour, texture, and shelf life. Food additives are all manufactured chemicals. The ingredient list will include additives as well as ingredients from natural sources.

FOOD ALLERGENS

If you or someone in your family has a food allergy, it is essential to check for food allergens on the product label. Ten priority food allergens account for the majority of all food allergies. They are set by Health Canada and include: peanuts, egg, soy, sesame seeds, milk, seafood, tree nuts, sulphites, wheat, and mustard.

Packaged food products that contain priority food allergens and gluten sources must include them in the list of ingredients and/or in a statement that begins with "Contains" on their label. This statement must be placed below the ingredient list, with the statement starting, "Contains…" It must be written in language understood by consumers, i.e. wheat, milk. If the food may be subject to cross-contamination, the statement starts off with: "May contain…"

If you or someone you know has an allergy that is not one of the priority allergens, you will need to read the list of ingredients carefully and contact the company if you are unsure if it contains a certain ingredient. You can use this information to avoid specific food allergens or sensitivities in food products.

DATE MARKING

Two types of dates can be found on food products. These are "expiration" dates and "best before" dates. An expiration date is mandatory on certain food products, including formulated liquid diets, meal replacements, nutritional supplements and infant formula. These food products should NOT be eaten if the expiration date has passed.

Best before dates tell you the anticipated amount of time an unopened food product, when stored properly, will keep its freshness, taste, nutritional value or any other qualities claimed by the company. Best before dates do not guarantee product safety. A best before date also does not apply after a product has been opened, as opened food products may go bad long before the best before date.

Best before dates must appear on packaged food products that will remain fresh for 90 days or less, such as milk, yogurt or bread. However, companies can voluntarily include the best before date on products that will keep fresh for longer than 90 days. Best before dates may appear anywhere on the package

COUNTRY OF ORIGIN

Where is it from? If a food product is imported the label must state the country of origin. If the label states, "Product of Canada", 98% of the food processing and labour used to make the food is Canadian. All the ingredients would be grown on Canadian farms. If the label says "made in Canada", the food is imported but manufactured and processed in Canada. Why is the country of origin important? Many people prefer purchasing locally manufactured foods, to support local farmers, and for increased freshness.

COMPOSITION CLAIMS

These are used by companies to highlight or emphasize an ingredient or flavour in a food product which may make it more appealing. Be careful about these claims. They may be worded in such a way that indicates that "some" of the product may be made with certain ingredients, but not the whole product. If a claim indicates an absence of something, it must be totally absent from the whole food product. Companies are not allowed to overemphasize

the presence of an ingredient to make it seem more desirable. Some examples: “Made with 100% fruit juice”, “No added preservatives or artificial flavours”; “Made with whole grains.”

WHAT ARE THE HEALTH AND NUTRITION BENEFITS?

Nutrient content claims and health claims can be included on product labels. These nutrition and health claims must follow specific rules from Health Canada to make sure they are consistent and not misleading, and must be from an approved list. “Fat free” means the food must have less than 0.5 grams of fat per serving; “Low sodium/salt” means the food must have less than 140 milligrams of sodium per serving; “High source of fibre” means the food must have at least 4 grams of fibre per serving. Health claims can state: “nutritious, healthy, smart.” Health and nutrition claims made on the label must reflect what is in the Nutrition Facts Table.

METHOD OF PRODUCTION CLAIMS

These claims are voluntary and give information on how the product is produced, grown, handled, or manufactured. Manufacturers often list the method of production if it will help sell the product. If the food is labelled organic, it must be at least 95% organic content. These claims do not indicate that nutrition is superior, but it dictates how crops are grown, processed, and stored. Organic foods are allowed to have an “Organic Canada” label on them. If a food is labelled “natural” this indicates that the product does not contain added vitamins, nutrients, artificial flavours or food additives.

CONCLUSION—PROCESSED VS NATURAL?

Generally, processed foods have developed a bad reputation and are perceived as being unhealthy. This reputation is backed by science which has, in recent years, researched and informed the consumer of the negative aspects of processed foods, focusing on the many additives put into food to enhance its appeal and shelf-life.

However, in today’s modern, fast-paced lifestyle, processed foods have become part of our daily lives. We no longer make our own flour, bake our own bread, or press our own oil. But, not all processed food is unhealthy. The method of processing can contribute to the health of a food product, but the main source of an unhealthy food is the ingredients that are added to it. The frequency with which we eat these processed foods also contributes to our overall health. In deciding which processed foods to eat, be a wise consumer. Always check the label when choosing a food product. Always compare different options of the same food product to determine which one is the healthiest, with the highest level of desirable ingredients and the least amount of undesirable ingredients. The more you educate yourself, the healthier your food choices will be. And, as a final rule, always try to eat fresh foods as much as possible. With careful thought, we all can reduce our reliance on processed foods.

In Sister White's time, the processed food industry was in its infancy. Canned, frozen, and dried foods, the only manufactured food products available for most of her lifetime, were methods of preservation, which did not change the nutritional make-up of the food. She gives counsel on the use of these foods:

"Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers.” –*Counsels for the Church,* p. 222

"Nature's abundant supply of fruits, nuts, and grains is ample, and year by year the products of all lands are more generally distributed to all, by the increased facilities for transportation. As a result, many articles of food which a few years ago were regarded as expensive luxuries, are now within the reach of all as foods for everyday use. This is especially the case with dried and canned fruits." –*Counsels on Diet and Foods,* p. 93

The same diet that the Spirit of Prophecy counselled the Adventists of the 1800’s to adhere to is just as relevant in our time, and perhaps even more so as we draw closer to the end of time; we are to prepare ourselves, both physically and spiritually, for heaven. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. In order to maintain health, a sufficient supply of good, nourishing food is needed.

“If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats.” –*Counsels for the Church,* p. 222

The less we rely on processed foods, the healthier we will be, and the closer we will be to the diet that God designed us to have from the beginning, to give our bodies the best chance for health so that we will stand as examples of health to the world and to God’s honour and glory.

Amen.

The Beast and God's Seal

The third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name." Revelation 14:9–11

Let us imagine someone walking into a grocery store to buy some food. The owner of the store has replaced the product-scanning machine with a body scanner. The scanner picks up the information stored in the microchip that was recently implanted in the customer's right hand, following the passing of a new national law. The chip signals whether the customer will be allowed to purchase anything. Like the photograph on a driver's license, the data on the chip provides information vital to national security: people's names, addresses, dates of birth, medical histories, church affiliation and, last, whether they support the new world order.

Others speculate that the antichrist will engrave visible marks or tattoos in the foreheads or right hands to identify his subjects. Will social security numbers be used to track down supposed enemies and subject them to imprisonment or death? Could these things actually happen in the future? Is this really what the Bible says about the mark of the beast?

There is so much speculation about the beast, his image, and his mark. What is the truth about this subject? Let us try to unravel some things that appear to be mysteries in the book of Revelation.

IDENTIFYING THE BEAST

The last book of the Bible, Revelation, provides sufficient identifying characteristics of the beast. It would:

Arise from the sea —"I stood upon the sand of the sea, and saw a beast rise up out of the sea." Revelation 13:1. Beasts in prophecy represent nations and kingdoms (Daniel 7:23); and the sea, or water, represents multitudes of people (Revelation 17:15). Here is pictured the papal power that emerged in densely populated, old-world Europe.

Receive its power and authority from the dragon— "The beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority." Revelation 13:2. The dragon represents Satan working through pagan Rome. It was pagan Rome that opened the way for papal Rome to rule the world. In 330 A.D. the Roman Emperor Constantine the Great abandoned his capital, the city of Rome, and moved to Byzantium, later named Constantinople. Thus, the Bishop of Rome was free to expand his authority.

Be a world-wide religious and political power—"All that dwell upon the earth shall worship him, whose

names are not written in the book of life of the Lamb slain from the foundation of the world." Revelation 13:8

The Roman Catholic Church is a system with tremendous world-wide influence on governments and religious and secular organizations. Presently, the Vatican has 175 diplomatic ties to foreign nations. Its overt and covert efforts are aimed at regaining control of the world. At an accelerated rate, the pope is reaching out to both Protestants and non-Christians. Very soon the world will be united on the basis of commonly-held doctrines and beliefs.

Receive a deadly wound—"I saw one of his heads as it were wounded to death." Revelation 13:3. How was this fulfilled? The wound was inflicted when, in 1798, the pope was taken prisoner by Napoleon's General Berthier, and the papal influence seemed for a time to have ended. Stripped of his power—both civil and ecclesiastical—the captive pope, Pius VI, died in exile in Valence, France, on August 29, 1799. Thus, the papacy for a time lost its influence and power in world affairs.

Heal Wound Of Many Years

Cardinal Gasparri

VATICAN AGAIN AT PEACE WITH ITALY AFTER LONG QUARREL

Cardinal Leaves Sick Bed to Participate; Warmly Greets Premier

Chimes of St. John Lateran Peal as Signatories Wield Gold Quill Pen

ROME, Feb. 11 (AP)—The Roman question tonight was a thing of the past and the Vatican was at peace with Italy. The formal accomplishment of this today was the exchange of signatures in the historic Palace of St. John lateran by two noteworthy plenipotentiaries, Cardinal Gasparri for Pope Pius XI and Premier Mussolini for King Victor Emmanuel III.

In affixing the autographs to the memorable document, ending the wound which has festered since 1870, extreme cordiality was displayed on both sides. The Cardinal Secretary of State warmly welcomed the Premier to the old papal residence, while Mussolini showed particular attention to the venerable prelate by bidding him sit while the text of the accord was read.

Gasparri Leaves Sick Bed to Sign Document

Cardinal Gasparri left his bed, where he had been confined by grip since Saturday and braved the chilly and sunless weather in order that he might attend the ceremony which was the crowning act of his entire diplomatic career. Premier Mussolini did all he could to soften the rigors of the physical ordeal.

Pope Sees Settlement Between 'Father and Son

Just as the signatories were wielding the gold quill pen the chimes of St. John Lateran pealed out as if for Christmas midnight and a throng of theological students grouped in the courtyard below broke into the strains of a te deum. "We thank thee, oh God, make safe thy people, oh Lord! and bless thy heirs and rule over them and exlol them forever."

To this the Fascist blackshirt militia, personal bodyguard of the Premier, responding with a rousing "Eja, Eja, Eja, Alala!" for the Pope, the Premier and the King.

The Pope today in speaking to

(Continued on Page 2, Col. 4)

Premier Mussolini

Lindy Lands in Belize to Pick Air Line Field

Seven-Hour Flight Brings Colonel to Honduras City on Return Trip

Be healed—"His deadly wound was healed: and all the world wondered after the beast." Revelation 13:3. Prophecy also pointed to the papacy's revival and strengthening of power after its deadly wounding in 1798. In 1929 the independent Vatican reemerged. The "Supreme Pontiff" was restored to temporal power, signaling the rise of papal power—the healing of the deadly wound. On February 12, 1929, the San Francisco Chronicle published an article with the headline: "Mussolini and Gasparri Sign Roman Pact, . . . Heal Wound of Many Years." Soon the whole world, except for a faithful remnant, will "wonder" after the beast.

Be guilty of blasphemy—"There was given unto him a mouth speaking great things and blasphemies." Revelation 13:5. Jesus was accused by the leaders of Israel of blasphemy because He forgave people's sins. Did He have the authority to do this? Of course, because He is God. But when any other person or an organization claims the authority to forgive sins, it is blasphemous! The Roman Catholic Church admits and even boasts that it has the right to forgive sins.

Consider the following startling claim: "Seek where you will, through Heaven and earth, and you will find but one created being who can forgive the sinner. . . . That extraordinary being is the priest, the Catholic priest." – *The Catholic Priest,* pp. 78–79. Besides the counterfeit system of forgiveness by man, the Roman Catholic Church officially claims: "The Pope alone is deservedly called by the name 'Most Holy' because he is the Vicar of Christ, who is the fountain and source and fullness of all holiness." –Bill Stringfellow, *All in the Name of the Lord,* p. 115. The following blasphemy is recorded in Extracts from Lucius Ferraris, *"Papa II"* (art.), Prompta Bibliotheca, vol. 6, p. 25–29. "The Pope is of so great dignity and so exalted that he is not a mere man, but as it were God, and the vicar of God."

Dear brothers and sisters around the world, I have some good news for you. Only God, through the blood of Jesus Christ, can—and is willing to—forgive any and all the sins we have committed. We are always welcome to go to our best and most loving friend, Jesus—today and every day in the coming New Year. He is our High Priest and Mediator. He pleads for us in the heavenly sanctuary. Let us go to Him with all our sins and in humility and contrition ask for forgiveness. His blood is all-sufficient. What a great God we serve!

Persecute God's people—"It was given unto him to make war with the saints, and to overcome them." Revelation 13:7. The war waged against the saints was terrible! At least 50 million people who believed in the Bible and did not follow church traditions perished at the hands of Rome during the Middle Ages. A faithful record is kept in heaven of the atrocities, too horrible to bear the light of day. The church has finally admitted to this persecution. "The Church has persecuted. Only a tyro [amateur] in church history will deny that." – *Western Watchman,* December 23, 1908

Reign for 1260 years—"Power was given unto him to continue forty and two months." Revelation 13:5. How do Bible students explain these forty-two months? It is a prophetic time period that can be unlocked with the key found in Ezekiel 4:6. There we find that one day in prophecy equals one literal year. It is that simple! Therefore, forty-two months equals 1260 days, or years. The Roman Catholic Church reigned supreme from 538 A.D. to 1798 A.D. Then, in 538 A.D., by the

decree of Emperor Justinian, the bishop of Rome was chosen to be the head of all churches, definer of doctrines, and corrector of heretics. This papal supremacy came to an end in 1798 when the pope was dethroned and arrested.

Have the mysterious number 666—"Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six." Revelation 13:18. How can we make sense of this number? The beast is a religio-political system that bears the number of a man—666. What man do we think of when the papacy is mentioned? Its head is the pope—right?

What official title does he carry? An inscription that once appeared on the papal triple crown reads VICARIUS FILII DEI. The Catholic publication *Our Sunday Visitor*, of April 18, 1915, states: "What are the letters supposed to be in the Pope's crown, and what do they signify, if anything? 'The letters inscribed in the Pope's miter are these: Vicarius Filii Dei, which is the Latin for Vicar of the Son of God.'"

The letters in this title, when used as Roman numerals, add up to 666.

V = 5	F =0	D = 500
I = 1	I = 1	E = 0
C = 100	L =50	I = 1
A = 0	I = 1	
R = 0	I = 1	
I = 1		
U* = 5		
S = 0		

*formerly the same as V.

GOD'S MARK, OR SEAL—THE SABBATH

A seal confirms legal matters and has three elements. For instance, the President of the U.S.A. uses his presidential seal to authenticate documents. On his official seal we find his name—Barack Obama; his title—President; and the territory over which he rules—the United States of America. Just as secular rulers have their seals of power, the God of heaven has His seal. It is found in the heart of the Decalogue. In the fourth commandment are all three elements found in a seal.

"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of **the LORD thy God**: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made **heaven and earth, the sea, and all that in them is** [emphasis supplied], and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it." Exodus 20:8–11 (emphasis mine). Here are the three elements in the fourth commandment: 1. Name: the Lord; 2. His title: thy God (the Creator); 3. His territory: heaven and earth, the sea, and all that in them is.

"Moreover also I gave them My sabbaths, to be a sign between Me and them, that they might know that I am the LORD that sanctify them." Ezekiel 20:12

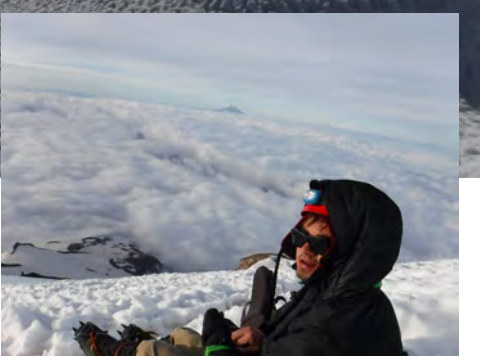
God gave the human race the Sabbath as the sign, or mark, of His creative power and authority. He wants to place His distinctive seal upon our hearts and minds.

It is very interesting to read from a noted authority of the Roman church that Saturday is the correct day on which to worship. "If the Bible is the only guide for the Christian, then the Seventh-day Adventist is right in observing the Saturday with the Jew. . . . Is it not strange that those who make the Bible their only teacher should inconsistently follow in this matter the tradition of the Church?" –Conway, *Question Box,* 1903, p. 254–255

In the very last days of earth's history, the whole world will be divided into two classes—those who follow the beast and those who follow God. Everyone who is faithful to God will be with Jesus in His wonderful kingdom. Today is the time to take our stand on the side of truth and righteousness. By faith, let us accept Jesus into our hearts. He is waiting to be the Lord of our lives and to strengthen and uphold us in the final test. Only Jesus can help us to be faithful. Let us decide to go to Him today.

Henry Dering

Climbing Mount Rainier



"Thy mercy, O Lord, is in the heavens; and Thy faithfulness reacheth unto the clouds. Thy righteousness is like the great **mountains**; Thy judgments are a great deep: O Lord, Thou preservest man and beast." Psalm 36:5–6

This summer, my father and I travelled to Washington State in the north-western part of the United States to climb Mt. Rainier, the tallest glacier-covered mountain in the continental United States. It stands at 14,410 feet tall. This was going to be an exciting challenge for us.

We were to climb in a group with two other climbers and two guides. We all had different levels of experience in climbing mountains. It is just like in our local churches where there are members who have been in the church for a long time and have made many experiences in their Christian walk, while there are others who are newer in the faith and have had less experience in their Christian walk. Yet, we must all learn to work together in unity if we hope to reach our desired goal.

Our journey began when we all met in a little town called Ashford, near the base of the mountain. We tried to get some rest as we had an amazing adventure ahead of us.

The next morning, we started our journey. We drove up to a place called Paradise, where we were able to see many beautiful trees and plants that you would not see at lower elevations. Then we saw the mountain—Mt. Rainier. It looked beautiful; all around us God's nature looked so beautiful. It was a blessing, from the beginning of our climb to the end, to be out in nature and away from all the man-made inventions and distractions.

On our journey up the mountain we encountered many difficulties. From the very beginning of our journey, my father and I felt like the character, Christian, in the book *Pilgrim's Progress,* as we were both carrying heavy loads on our backs. We knew that this was going to be a memorable experience. On our first day we started off in a forested area. Then as we went higher, the trees began to thin out and then came smaller bushes and shrubs. Higher up all the vegetation disappeared and we began to walk on snow.

Once on the snow we took time for a lesson by the guides, in learning how to use one of the tools that we would need as we continued further on our journey. This tool was the ice axe, which would be needed in the steeper parts of the mountain. In our Christian life also, we need to use different tools; for example, the Bible and the Spirit of Prophecy, to teach us what we need to do in different situations.

After eight hours of climbing we made it to our first camp where we would spend the night. It had been a

tiring day. Once at our camp, turning around to look behind us, we could see where we had come from; we were able to see all the mountains around us, and how beautiful the nature was that surrounded us.

The higher we got up the mountain the more we had to help each other doing tasks. My father and I worked together to prepare for our stay at the camp. My father would start by melting snow and ice for drinking water and for cooking our food, while I would set up the tent. As in our Christian life, it is not possible to do every-

thing ourselves; we need to help each other. In our church family we need to work together to achieve various goals; for example, helping the local church to grow or opening up a missionary outreach in a new area. It would not be possible for one person to do it all.

As we progressed up the mountain our packs became a little lighter since we were eating the food that we brought with us on our climb. The higher up the mountain we got, we more we needed to use the tools that we had brought with us on our journey. These tools included crampons, ropes, harnesses, and helmets. Different equipment was needed to achieve each stage of our goal.

The following day we climbed higher to yet another camp where we spent the night. That night it was hard for me to sleep because I was so excited, knowing that the top of the mountain was so close. Our goal was almost in reach!

Early in the morning, just after midnight and well before the sun was out in the sky, we began our climb to

the summit. This section of the mountain was more treacherous than the rest. Before we started, our guide told us that we needed to trust him and do exactly what he said; then we would safely reach our goal, to climb to the top of the mountain. That climb to the top was one of the hardest I have experienced. The wind was so strong, that the force of it could blow us off the mountain; the path also was not clear, which made it very difficult to see where we had to walk.

In our Christian life today we are so close to our goal. We are so close to our summit, our heavenly home. We can almost see our goal, which is Heaven; but that is

when Satan tries to attack us the most. He tries to discourage us and cause us to turn back before we reach our goal.

After seven hours of climbing through the entire night, my father and I made it to the summit of Mt. Rainier, at 14,410 feet. We had achieved our goal! We had listened to our guide, followed what he told us, and we were victorious!

It is my wish and prayer that we will listen to our Heavenly guide, Jesus Christ—to listen to what He says and to do what He wants us to do. We must obey Him, no matter how Satan tries to discourage us and tries to make us turn around and go back down the mountain. We must never give up and turn back, despite how difficult and scary things may become. May we all press forward and, one day, reach the summit of the mountain in heavenly Canaan, and also be able to stand on Mount Zion with the rest of the saints.

"For ye shall go out with joy, and be led forth with peace: the **mountains** and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands." Isaiah 55:12. Amen.

James Bessec

"The Health Retreat at St. Helena is situated upon a mountain side commanding an extensive view of the surrounding country. During my stay here, the sublime and beautiful scenery spread out before me, was a source of increasing interest and delight. In the valley are dwellings and cultivated lands. Beyond are the mountains, rising peak above peak until they seem to touch the blue other of the heavens. There from age to age they have stood, like silent sentinels, directing our eyes upward, and telling us of the unchanging power and glory of the infinite God. His word of promise is more immutable than the everlasting hills. 'The mountains shall depart, and the hills be removed; but His kindness shall not depart, neither shall the covenant of peace be removed from those that put their trust in Him.' Oh that we could ever cast fear and anxiety from our hearts, and find secure, satisfying rest in Jesus! And we can do this, if we will look upward to God with constancy and faith, as the mountain heights forever look to the clouds and the sky.

"The morning sun pours its new glories upon these mountains of God, while in the valley, mists and clouds are rolling like the billows of the sea. In the distance they appear white as the drifted snow in the noonday sun. Soon they roll swiftly up the mountain steeps, until they reach the summit, and shut out from us the bright rays of the sun. A few moments, and all is clear again, and the sunlight rests on the bald mountain tops. There is enough to feast the imagination in the scenes of nature. Surely, no one who loves the sublime and the beautiful could be lonely among these grand old mountains." —*The Signs of the Times*, February 2, 1882

Bible Visions,

part 2
Ananias and Daniel

ANANIAS' VISION

The vision I will talk about is not mentioned very often, as people don't see it as an important vision. But we know that everything that God does is all equally important.

I found two definitions for the word "vision." The dictionary definition of a vision is: "An experience of seeing someone or something in a dream or trance, or as a supernatural apparition." A biblical definition of a vision is found in Amos. "Surely the Lord GOD will do nothing, but He revealeth his secret unto His servants the prophets." Amos 3:7. Here we have two definitions of visions. The first definition is describing a vision as a dream or hallucination; the second is describing a vision more as a message sent from God.

Let us review the story of the vision given to Ananias. "And Saul, yet breathing out threatenings and slaughter against the disciples of the Lord, went unto the high priest, And desired of him letters to Damascus to the synagogues, that if he found any of this way, whether they were men or women, he might bring them bound unto Jerusalem. And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven: And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutes thou Me?" Acts 9:1–4

This was the first part of the story. Paul, then known as Saul, was going to kill the followers of Jesus; and as we all know, Jesus Himself made an appearance to Saul, interrupting him and his party from carrying on with their mission.

To, continue let us read further. "And the men which journeyed with him stood speechless, hearing a voice, but seeing no man. And Saul arose from the earth; and when his eyes were opened, he saw no man: but they led him by the hand, and brought him into Damascus. And he was three days without sight, and neither did eat nor drink." Acts 9:7–9

We see here the physical state that Jesus left him in. The following is from a Christian website: "As Saul travels to Damascus at midday, he experiences the divine presence: a light from heaven flashing around him, and a voice addressing him. The descent from Mt. Hermon to Damascus in the plain goes through a region known for violent electrical storms. Though this flashing light may have had the effects of lightning, however, it was a supernatural midday phenomenon."

"And there was a certain disciple at Damascus, named Ananias; and to him said the Lord in a vision, Ananias, And he said, Behold, I am here, Lord. And the Lord said unto him, Arise, and go into the street which is called Straight, and enquire in the house of Judas for one called Saul, of Tarsus: for, behold, he prayeth, and hath seen in a vision a man named Ananias coming in, and putting his hand on him, that he might receive sight." Acts 9:10–12. Here is our first introduction to Ananias. Here we see the Lord commanding Ananias to go and heal Saul. But what was his reply to this?

"Then Ananias answered, Lord, I have heard by many of this man, how much evil he hath done to thy saints at Jerusalem: And here he hath authority from the chief priests to bind all that call on Thy name." Acts 9:13–14. Saul was well known for what he did and that was killing Christians. I am sure that we could all say that Ananias' response was quite reasonable.

But, what was God's response to this? "But the Lord said unto him, Go thy way: for he is a chosen vessel unto Me, to bear My name before the Gentiles, and

kings, and the children of Israel: For I will shew him how great things he must suffer for My name's sake." Acts 9:15–16. This is where Ananias' point of view was changed, and he realized that when the Lord commands you to do something, there is no protesting. And that is what happened, as we read, "And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightiest receive thy sight, and be filled with the Holy Ghost." Acts 9:17

Perhaps this is where Ananias' vision comes to an end, but what about its purpose? "Then had the churches rest throughout all Judea and Galilee and Samaria, and were edified; and walking in the fear of the Lord, and in the comfort of the Holy Ghost, were multiplied." Acts 9:31. It was because of the vision that Ananias received that he was able to heal Paul, which turned out to be a blessing towards the Lord's church.

It is my wish and prayer that we may have learned a little bit more of this story and put it into practice. Amen.

Mathew Romero

DANIEL'S VISION

Throughout history God has given visions to a chosen few, which have served many purposes to them, the people of God, and others. Some were warnings, others were promises, and some were visions of prophecy.

One of the most well-known visions in the Bible is of Daniel and his vision of the four great beasts.

"In the first year of Belshazzar king of Babylon Daniel had a dream and visions of his head upon his bed: then he wrote the dream, and told the sum of the matters. Daniel spake and said, I saw in my vision by night, and, behold, the four winds of the heaven strove upon the great sea. And four great beasts came up from the sea, diverse one from another." Daniel 7:1–3

So, here Daniel was, standing by the raging sea in his dream. All of a sudden something began to climb out of the water. It was a lion with eagle's wings. And as Daniel kept watching the beast, the wind plucked its wings from it. The lion stood upon his feet like a man, and the Bible says, "a man's heart was given to it." But this was not to be the last beast. Daniel watched a second beast rise out of the waters. It was a bear with three ribs between its teeth, walking with a hunch on one side. The next beast was a four-headed leopard with four wings of a fowl, and, as the Bible says, "dominion was given to it."

The fourth beast is best described in Daniel's words. "After this I saw in the night visions, and behold a fourth beast, dreadful and terrible, and strong exceedingly; and it had great iron teeth: it devoured and brake in pieces, and stamped the residue with the feet of it: and it was diverse from all the beasts that were before it; and it had ten horns. I considered the horns, and, behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots: and, behold, in this horn were eyes like the eyes of man, and a mouth speaking great things. I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment was white as snow, and the hair of his head like the pure wool: his throne was like the fiery flame, and his wheels as burning fire. A fiery stream issued and came forth from before him: thousand thousands ministered unto him, and ten thousand times ten thousand stood before him: the judgment was set, and the books were opened." Daniel 7:7–10

Now, here we have the four beasts. But what did they all mean? What did they represent? Well, each beast represented a world empire and also its period of power. The Babylonians, Medo-Persians, Greeks and the Romans are now only a piece of human history. But in Daniel's time, that was the future. In these beasts, God gave Daniel a greater in-depth look at all the great empires that were to rise and fall. God wanted His servant to record it, so that one day, His people of this time might look back and see that God is true to His word, and that He is in control of everything on this world.

It is my wish and prayer that we may study the prophecies of Daniel, and learn more about God's plan for us, and the events that have become history. Amen.

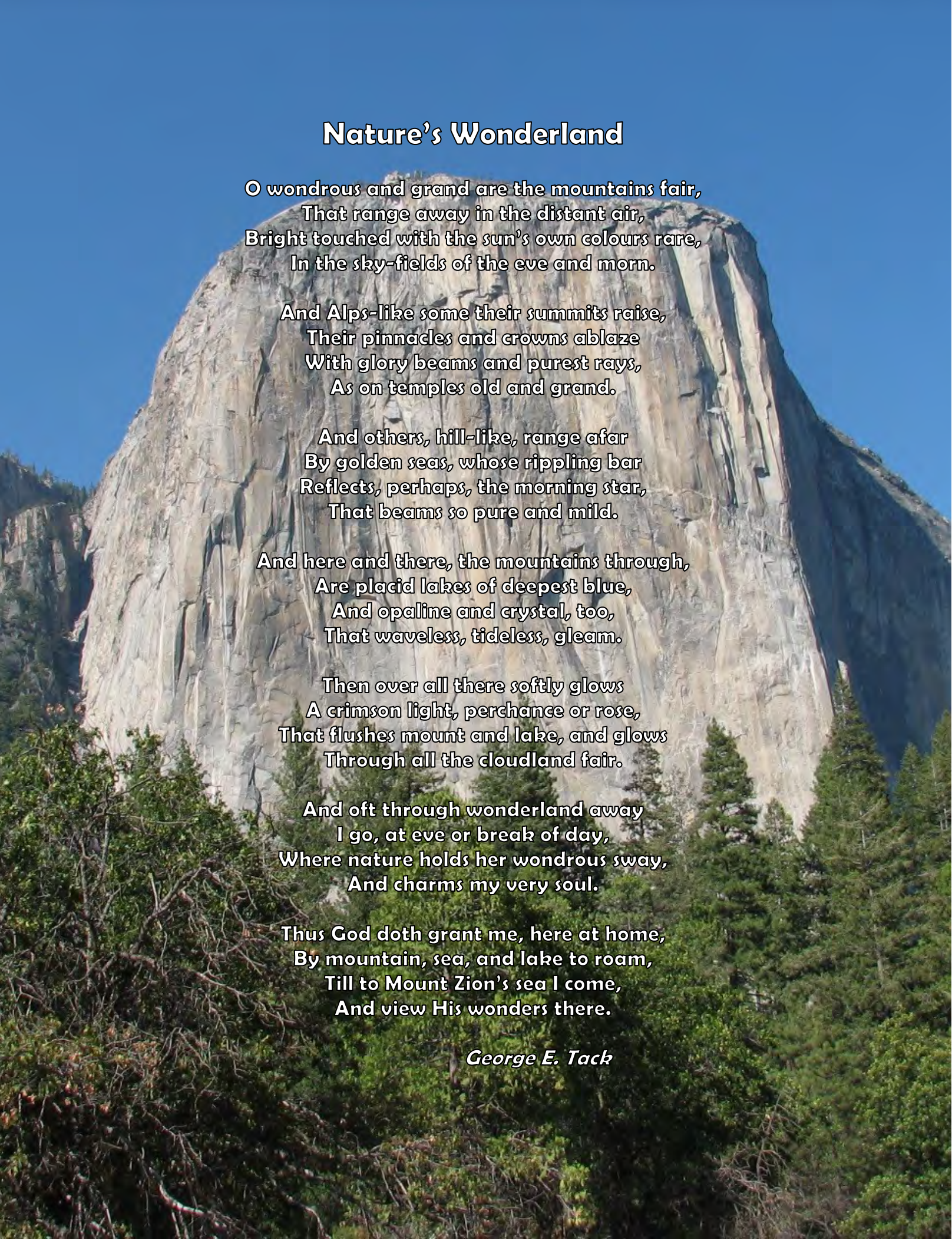
Cyrus Newby

Believers In Costa Rica

Youth Conference in Spain

Believers in Malawi

Believers in Togo



Nature's Wonderland

O wondrous and grand are the mountains fair,
That range away in the distant air,
Bright touched with the sun's own colours rare,
In the sky-fields of the eve and morn.

And Alps-like some their summits raise,
Their pinnacles and crowns ablaze
With glory beams and purest rays,
As on temples old and grand.

And others, hill-like, range afar
By golden seas, whose rippling bar
Reflects, perhaps, the morning star,
That beams so pure and mild.

And here and there, the mountains through,
Are placid lakes of deepest blue,
And opaline and crystal, too,
That waveless, tideless, gleam.

Then over all there softly glows
A crimson light, perchance or rose,
That flushes mount and lake, and glows
Through all the cloudland fair.

And oft through wonderland away
I go, at eve or break of day,
Where nature holds her wondrous sway,
And charms my very soul.

Thus God doth grant me, here at home,
By mountain, sea, and lake to roam,
Till to Mount Zion's sea I come,
And view His wonders there.

George E. Tack