



The Reformation
Messenger
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“Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.” Psalm 32:9. “Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. . . . Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!” James 3:3, 5

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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- **Tel: 905-876-2518**
- **E-mail: ismessenger@yahoo.com**
- **Internet: www.ismessenger.org**

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"The voice and tongue are gifts from God, and if rightly used, they are a power for God." –*SDA Bible Commentary*, vol. 3, p. 1159. "Let the Christian bridle his tongue, firmly resolving not to speak harsh, impatient words. With the tongue bridled, he may be victorious in every trial of patience through which he is called to pass." –*Messages to Young People*, p. 136

"Guard well the talent of speech, for it is a mighty power for evil as well as for good. You cannot be too careful of what you say; for the words you utter show what power is controlling the heart." –*In Heavenly Places*, p. 174

"As Christians we should speak as Christ would speak were He in our place. . . . Make it your aim to speak the truth in love. Then the Lord Jesus by His Spirit will supply the force and power. Do not mingle self with anything done for God. Ever reveal the meek and lowly spirit of the Master." –*The Review and Herald*, April 9, 1901

"Remember that a revengeful speech never makes one feel that he has gained a victory. Let Christ speak through you. Do not lose the blessing that comes from thinking no evil." –*Testimonies for the Church*, vol. 7, p. 243

"The talent of speech is a gift of God, and when we hear so much useless, meaningless chit-chat, we may be assured that those who thus use this precious gift are not Christians. They are not abiding in Christ, nor is Christ abiding in them." –*The Voice In Speech and Song*, p. 65–66

"It is difficult to exercise living faith when we are in darkness and discouragement. But this of all others is the very time when we should exercise faith. 'But' says one, 'I do not feel at such times like praying in faith.' Well, then, will you allow Satan to gain the victory, simply because you do not feel like resisting him? When he sees that you have the greatest need of divine aid, he will try the hardest to beat you back from God. If he can keep you away from the Source of strength, he knows that you will walk in darkness and sin. There is no sin greater than unbelief. And when there is unbelief in the heart, there is danger that it will be expressed. The lips should be kept in as with bit and bridle, lest by giving expression to this unbelief you not only exert an injurious influence over others, but place yourselves upon the enemy's ground." –*Historical Sketches*, p. 132

"You may look surprised at this, but it is a species of swearing to be constantly irritated and irritating others by your faultfinding and gloomy reflections. These fits of indigestion are trying, but hold fast to the bridle that you will not swear

to those who are your best friends or to those who are your enemies." –*Mind, Character and Personality*, vol. 2, p. 410

"In the use of language, there is, perhaps, no error that old and young are more ready to pass over lightly in themselves than hasty, impatient speech. They think it is a sufficient excuse to plead, 'I was off my guard, and did not really mean what I said.' But God's word does not treat it lightly. The Scripture says: 'Seest thou a man that is hasty in his words? there is more hope of a fool than of him.' 'He that hath no rule over his own spirit is like a city that is broken down, and without walls.'" –*Messages to Young People*, p. 134

"What we want is to be under the control of Jesus. We do not want our own way. I have heard some plead as an excuse for their wrong course, 'You know that it is my temperament, it is my disposition, transmitted to me from my parents.' Yes; and they have cultivated it and educated themselves in it and thus excused all their wrongdoing. Instead of yielding to temptation, they should lay hold upon the arm of

Infinite Power, saying, 'I will come to God just as I am, and plead with Christ to give me the victory. I shall be more than conqueror through Him that loved me.'" –*In Heavenly Places*, p. 270

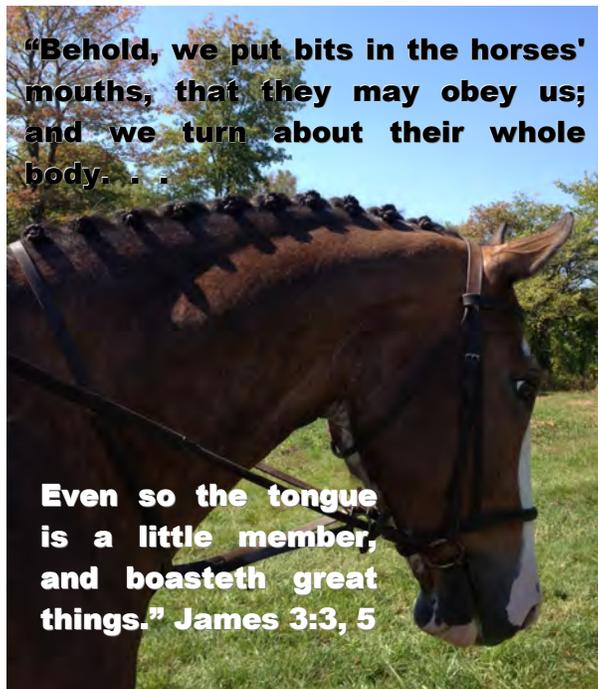
"Hold your mouth as with a bridle when the wicked are before you. When tempted to say sarcastic things, refrain. Censure no one; condemn no one. Let the life argue for Jesus, and the lips be opened with wisdom to defend the truth. The consistent life, the long forbearance, the spirit unruffled under provocation, is always the most conclusive argument and the most solemn appeal." –*Gospel Workers*, p. 467

"There is a wonderful power in silence. When impatient words

are spoken to you, do not retaliate. Words spoken in reply to one who is angry usually act as a whip, lashing the temper into greater fury. But anger met by silence quickly dies away. Let the Christian bridle his tongue, firmly resolving not to speak harsh, impatient words." –*Reflecting Christ*, p. 293

"In his own strength man cannot rule his spirit. But through Christ he may gain self-control. In his strength he may bring his thoughts and words into subjection to the will of God. The religion of Christ brings the emotions under the control of reason and disciplines the tongue. Under its influence the hasty temper is subdued, and the heart is filled with patience and gentleness." –*Reflecting Christ*, p. 293

Ellen G. White





The Second Mile

When Jesus was teaching His righteousness to His disciples, He said, "And whosoever shall compel thee to go a mile, go with him twain." Matthew 5:41

This went beyond the Ten Commandments. The first mile was fulfilled by keeping the Ten Commandments, but Jesus went beyond it. Coming down from heaven and shedding His blood for guilty sinners went far beyond the law. This was the lesson of righteousness He was teaching by His words and example.

The rich young man came to Jesus asking, "What good thing shall I do, that I may have eternal life?" Matthew 19:16. He had kept the Ten Commandments. He had not stolen anything, he had not killed anyone. He had kept the Sabbath faithfully. Then he said to Jesus, "All these things have I kept from my youth up: what lack I yet?" Matthew 19:20. Was he yet lacking something? He was lacking the second mile. Jesus said to him, "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow Me." Matthew 19:21

The second mile means sacrifice. Jesus came to sacrifice His life for others, and when we sacrifice our time, money and goods for others we are walking the second mile that goes beyond the law.

The second mile is the fulfillment of love. If we love God we are even ready to sacrifice our life for Him. If we love our fellow men, we will spend our life helping others, the same as what Jesus did.

According to the Bible, righteousness is obedience to the law of God. "My tongue shall speak of Thy word: for all Thy commandments are righteousness." Psalm 119:172

"And it shall be our righteousness, if we observe to do

all these commandments before the LORD our God, as He hath commanded us." Deuteronomy 6:25

After three and a half years, the disciples had not yet learned Christ's righteousness. On the night when Jesus was betrayed there was strife among them. "And there was also a strife among them, which of them should be accounted the greatest." Luke 22:24

They needed one more lesson regarding Christ's righteousness and this finally opened their eyes to see the second mile that fulfilled His righteousness, when they saw and understood that Jesus' dying on the cross was for their sake also. Now they were ready to begin their work as messengers of the gospel, to teach Christ's righteousness to others.

They separated to different parts of the world. One went to England, others to India, also one went to Africa.

So difficult is this message of Christ's righteousness to understand that a year later after this message had been presented by Jones and Waggoner at the conference in 1888, Sister White wrote, "There is not one in one hundred who understands for himself the Bible truth on this subject [justification by faith] that is so necessary to our present and eternal welfare." *-The Review and Herald, September 3, 1889*

When we understand and accept this message to ourselves, with the help of Christ, we stop sinning. We will be born again and start a new life, ready to sacrifice all for Jesus, who sacrificed all for us.

"The foundation of the plan of salvation was laid in sacrifice. Jesus left the royal courts and became poor, that we through His poverty might be made rich. All who share this salvation purchased for them at such an infi-

nite sacrifice by the Son of God, will follow the example of the true Pattern.” –*Testimonies for the Church*, vol. 3, p. 387

“Christ is our example. He gave His life as a sacrifice for us, and He asks us to give our lives as a sacrifice for others.” –*Counsels on Stewardship*, p. 26

“The whole life may become one constant love sacrifice, every action a manifestation, and every word an utterance of love.” –*SDA Bible Commentary*, vol. 5, p. 1091

“Sacrifice all to God. Lay all upon His altar—self, property, and all, a living sacrifice. It will take all to enter glory.” –*Early Writings*, p. 66

“The way to eternal life is straight and narrow, and you will have to press through many difficulties; but by persevering effort you may win eternal life—the future, immortal inheritance. And the rest, the peace, the glory at the end of the journey, will a thousand times repay every exertion and sacrifice that you can make.” –*My Life Today*, p. 69

“It would be well for all our workers to study the history of the Waldensian missionaries and to imitate their example of sacrifice and self-denial.” –*Testimonies for the Church*, vol. 5, p. 400

Our sacrifice must not be any less than what Jesus sacrificed for us. The Good Samaritan was more righteous than the priest and the Levite who passed by the wounded man without helping him. He was willing to go the second mile.

Love and sacrifice always go together. Jesus made His sacrifice because He loved us. If we love Him we will also sacrifice all for Him. Jesus said, “This is My commandment, That ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends.” John 15:12–13

“Of all the gifts that heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honour. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honoured than John the Baptist, who perished alone in the dungeon.

‘Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.’ Philippians 1:29.” –*The Ministry of Healing*, p. 478

“And whosoever shall impress thee to go one mile, go with him twain. Jesus bade His disciples, instead of resisting the demands of those in authority, to do even more than was required of them. And, so far as possible, they should discharge every obligation, even if it were beyond what the law of the land required.” –*Thoughts from the Mount of Blessing*, p. 71–72



This message means that we obey the laws of the country where we live. We will pay taxes and fulfill our obligations to the government, unless the law of the country goes against the law of God, then we cannot obey it.

We, as the children of God, obey the laws of His kingdom, including the second mile. Some members have paid double tithes, which means going the second mile.

Doing voluntary work means the same also. We do it because we love God, and the expression of our love is the second mile. May the Lord bless everyone who is doing this. Amen.

Timo Martin

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What Does the Bible Teach about Hell?

That everlasting life is promised to the righteous and eternal punishment to the wicked is plainly taught in the Scriptures. Those who do not choose to accept salvation so dearly purchased must be punished. It is a popular and widespread teaching that the wicked will go to hell and burn for ever and ever as long as God Himself exists. Satan uses this terrifying doctrine of hellfire to foster an incorrect idea about God's character and retributive judgments. His purpose is to represent God as a merciless tyrant who is pleased to have the ungodly live in horrible torment throughout the endless ages of eternity.

Let me quote two well-known Christians who had misconstrued conceptions of hell fire. Charles H. Spurgeon, the famous English preacher, said in one of his sermons: "There is a real fire in hell, as truly as you have a real body—a fire exactly like that which we have on this earth, except this: that it will not consume—though it will torture you. You have seen asbestos lying amid red hot coals, but not consumed. So your body will be prepared by God in such a way that it will burn forever without being consumed. With your nerves laid raw by the searing flame, yet never desensitized for all its raging fury, and the acrid smoke of the sulphurous fumes searing your lungs and choking your breath, you will cry out for the mercy of death, but it shall never, never, no never, give you surcease."

And consider these lines from a hymn by Isaac Watts:

*"What bliss will fill the ransomed souls
When they in glory dwell.
To see the sinner as he rolls
In quenchless flames of hell."*

Thank God that these horrible thoughts are not expressed in the Bible! They are the product of man's vivid imagination and are inspired, of course, by Satan.

Now that you are acquainted with this disturbing and misleading teaching, let us go to God's word to familiar-

ize ourselves with the true meaning of hell.

THE GRAVE

In the King James Version of the Bible, we find three meanings for the words translated as "hell." First of all, the Hebrew word *sheol* means grave. For proof, see Psalm 16:10: "For Thou wilt not leave my soul in hell; neither wilt Thou suffer Thine Holy One to see corruption." This particular text brings out the fact that Jesus Christ, the Holy One, was laid in the grave (*sheol*, translated here as "hell") and that His body did not decay. It would be ridiculous, ill-conceived, and far-fetched to believe that Christ went to a place of burning after His crucifixion.

The idea of fire or punishment is not to be found in this context. Both the righteous and the ungodly go to their graves. "What man is he that liveth, and shall not see death? shall he deliver his soul from the hand of the grave [*sheol*]?" Psalms 89:48. "If I wait, the grave [*sheol*] is mine house: . . ." Job 17:13. "The wicked shall be turned into hell [*sheol*],..." Psalm 9:17

The Greek word generally translated as "hell" is *hades*. Its meaning is the grave, the same as *sheol* in the Hebrew. "He seeing this before spake of the resurrection of Christ, that His soul was not left in hell, neither his flesh did see corruption." Acts 2:31. Here Peter definitely spoke of Psalms 16:10 regarding Christ's resurrection (we know that the New Testament was written in Greek and the Old Testament in Hebrew).

DARKNESS

The second meaning of the word hell is found in 2 Peter 2:4. "God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment." The original Greek word here is *tartarus*, not *hades*. In this text "hell" represents the darkness that enshrouded Satan and the fallen angels when they were separated from heaven, as well as the darkness that has come to earth.

There is no meaning of fire or torment implied in this word.

PLACE OF BURNING

Finally, the only word in the New Testament that has any idea of fire is *gehenna*. This term is the Greek equivalent of the Hebrew word *hinnom*, the name of a valley near Jerusalem where the carcasses of animals, malefactors, and the refuse of the city were cast. Here the smoldering fires burned continuously, and what the fire did not consume was destroyed by worms. It was thus a symbol of complete annihilation. *Gehenna*, the place of burning, is found twelve times in the Bible and is always translated as "hell."

WHEN WILL THIS BURNING HELL TAKE PLACE?

It is all too commonly believed that at death the righteous go immediately to heaven and the wicked to hell, where they are punished. The apostle Peter wrote, "The Lord knoweth how to . . . reserve the unjust unto the day of judgment to be punished." 2 Peter 2:9. Also, Paul concurred with this in Hebrews 9:27: "And as it is appointed unto men once to die, but after this the judgment." In neither of these texts is there even the slightest intimation of reward or punishment at death; both point to the future.

Those who have died in the faith in Christ will be resurrected and given eternal life only at His second coming. The final penalty for the unrighteous will be eternal death. "The wages of sin is death," and "the soul that sinneth, it shall die." Romans 6:23; Ezekiel 18:4. Over and over again, death is emphasized as the punishment of the wicked. When will it be meted out?

During the thousand years (Revelation 20:4), the wicked will be judged by the righteous to determine their degree of punishment. After the millennium of judgment (spent by the righteous in heaven), Christ will return to earth and call the wicked from their graves. "But the rest of the dead lived not again until the thousand years were finished." Revelation 20:5. Reading on in Revelation 20:7–9: "And when the thousand years are expired, Satan shall be loosed out of his prison, And shall go out to deceive the nations which are in the four quarters of the earth, Gog and Magog, to gather them together to battle: the number of whom is as the sand of the sea. And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them."

Let us keep in mind that the final destruction will take place at the end of the millennium and that there will

be no second chance to repent.

The scene of destruction by fire (hell) will be our planet Earth. It will not be in some remote cavern below the earth's crust nor in some faraway place in the universe. The just God will bring fire down from heaven. This stern act will take place literally. The verses quoted above are not figurative, as many would like them to be; they are in harmony with other Scripture verses describing actual events that will occur.

HOW LONG WILL THE WICKED BURN?

"And that servant, which knew his lord's will, and prepared not himself, neither did according to his will, shall be beaten with many stripes. But he that knew not, and did commit things worthy of stripes, shall be beaten with few stripes." Luke 12:47–48

"The wicked receive their recompense in the earth (Isaiah 34:8; Proverbs 11:31). They 'shall be stubble; and the day that cometh shall burn them up, saith the Lord of hosts.' [Malachi 4:1] Some are destroyed as in a moment, while others suffer many days. All are punished 'according to their deeds.' The sins of the righteous having been transferred to Satan, he is made to suffer not only for his own rebellion, but for all the sins which he has caused God's people to commit. His punishment is to be far greater than that of those whom he has deceived. After all have perished who fell by his deceptions, he is still to live and suffer on. In the cleansing flames the wicked are at last destroyed, root and branch,—Satan the root, his followers the branches." —*The Great Controversy*, p. 673

In Ezekiel 28:18–19, God says that Satan will be completely obliterated. "I will bring thee to ashes upon the earth in the sight of all them that behold thee. . . . Thou shalt be a terror, and never shalt thou be any more." "For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be." Psalms 37:10. "And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the Lord of hosts." Malachi 4:3

Millions of serious-minded Christians ignorantly or willfully overlook the above texts and consider only those that read that the wicked will burn "for ever," or "for ever and ever." They draw the conclusion that the judgment fire will never cease and that the wicked, who are claimed to have immortal souls, will ever be consuming but never quite consumed. The Scriptures nowhere say that man has inherent immortality nor that his conscious existence will never cease.

Let us examine carefully the words “for ever and ever,” found in Revelation 20:10. “And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.” The wicked will burn for ever—as long as life lasts. To them it will seem that the torment will never end. For example, for someone who is enjoying himself while vacationing, the time passes by quickly, whereas for someone who is having an unpleasant experience or trial, time goes by slowly. So it will be with the wicked. Destruction will seem never to end, yet it will, according to God’s word.

It is only by comparing scripture with scripture that we arrive at the real, accurate meaning of the phrase “for ever.” Analyzing Exodus 21:2–6, you will find that there “for ever”(verse 6) means only as long as a man lives. When Jonah was swallowed by the great fish, he expressed himself as being shut up forever, yet he was in the belly of the fish only three days (Jonah 2:6; 1:17). The Passover was to be kept “for ever,” yet it ended with Christ’s fulfillment on the cross (Exodus 12: 24; Hebrews 9:24–26). Aaron and his sons were to offer incense “for ever” (1 Chronicles 23:13) and to have an everlasting priesthood (Exodus 40:15), but this priesthood, with its offerings of incense, also ended at the cross.

Jude 7 reads: “Even as Sodom and Gomorrha, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire.” Are these cities still burning today, or were they reduced to ashes long ago? 2 Peter 2:6 gives us the answer. “And turning the cities of Sodom and Gomorrha into ashes condemned them with an overthrow, making them an ensample unto those that after should live ungodly.”

The words “eternal fire” convey a meaning of *eternal* in effect, not a continuous process. The Bible uses the term “unquenchable fire,” meaning that no one on earth can put it out; it will burn until it has accomplished its purpose.

The concept of never-ending torment is contrary to God’s loving nature; and, besides, such a thing would perpetuate and immortalize sin, suffering, and woe. It would be a stigma in the universe and would seem to indicate that it is impossible for God Himself ever to abolish it.

THE PURPOSE OF HELL FIRE

The Scriptures teach that the atoning work of Christ our High Priest is to “put away sin” (Hebrews 9:26), first

from the individual, and ultimately from the universe. Sin will not be allowed to come into existence again (Nahum 1:9).

The fire that consumes the wicked purifies the earth. Every trace of the curse is swept away. No eternally burning hell will keep before the ransomed the fearful consequences of sin.” —*The Great Controversy*, p. 674

“I then looked and saw the fire which had consumed the wicked, burning up the rubbish and purifying the earth. Again I looked and saw the earth purified. There was not a single sign of the curse. The broken, uneven surface of the earth now looked like a level, extensive plain. God’s entire universe was clean, and the great controversy was forever ended. Wherever we looked, everything upon which the eye rested was beautiful and holy.” —*Early Writings*, p. 295

There must be an end to the fire or else this earth could not be made new (2 Peter 3:7–13; Revelation 21).

The effect of the fire which God will use will be to burn away all the impurities and deadly germs. Thus purified, the earth will be formed into a perfect habitat where the redeemed can live throughout eternity with God.

The promise of God to give us a new earth “wherein dwelleth righteousness” is contingent upon there being an end to the judgment fire.

God never intended that any man should ever suffer in hell. It is “prepared for the devil and his angels.” Matthew 25:41. God desires us to have a home with Him forever. But salvation is given on one condition—



belief in the Lord Jesus Christ who died for our sins and obedience to His commandments. Only as we accept and meet this condition will our names be written in the book of life. On the other hand, “whosoever was not found written in the book of life was cast into the lake of fire.” Revelation 20:15 Amen.

Henry Dering



You Can Run But You Cannot Hide

We should be thankful to the Lord Jesus for every breath that we receive. Life is a gift from God and a test for eternal life that will finally culminate at Christ's second coming. I say a test, because any man born on this earth is born in sin, and the penalty of sin is death, according to the Bible. Now the sacrifice of Christ was complete when Jesus came to this planet Earth and freely chose to give His life as a price for our ransom. In other words, Jesus our Saviour has done everything possible to save you and to save me. Now the question is: Do I accept His plan and enter into a covenant with Him for the rest of my life? Shall I follow Him in the joys and sorrows of my life, no matter what this life offers me? What does matter is to keep on walking with Jesus until the end of life, because not only starting with Jesus will help me to make it to heaven, but will also affect how I end this life. There should be a constant relationship with our Saviour through the power of the Holy Spirit that enables us to keep His commandments, His will and prepare for His soon coming.

Many times, there are possibilities and circumstances given by God to each one of us to witness for Him. For example, these times can be at our place of work; we spend a lot of our time with friends and colleagues, and at the end of the day when we go home, we think for a moment and ask ourselves, "But wait a minute, what have I done for Jesus today? Have I witnessed about Him to others? Have I shared His love and kindness to my colleagues? Do people know that I am a Christian, a Jesus follower?"

God's servant, Ellen G. White said the following words regarding this: "As His representatives among men,

God does not choose angels who have never fallen, but human beings, men of like passions with those they seek to save. Christ took humanity that He might reach humanity. A divine-human Saviour was needed to bring salvation to the world. And to **men** and **women** has been committed the sacred trust of making known 'the unsearchable riches of Christ.'" *—The Acts of the Apostles*, p. 134

You see, my brother, my sister, my friend, you and I have a special privilege on this earth to witness for Jesus. Our influence at our workplace, in our families, in our churches can be an influence for life or an influence for death. Do we realize how important our conversation is, our words? Jesus said, "Whosoever therefore shall confess Me before men, him will I confess also before My Father which is in heaven. But whosoever shall deny Me before men, him will I also deny before My Father which is in heaven." Matthew 10:32–33. We should tell people what Jesus has done in our life and what He can do in the lives of those who listen to our testimony.

I would like to share some thoughts with you from the story of Jonah and his experience with God. There is a great lesson for us because Jonah's story teaches us about obedience, willingness of spirit, gratitude, compassion and God's patience and mercy. The Book of Jonah is an outstanding example of the fact that, "God is ever gracious and slow to anger." Also, God gives fair warning before He brings destruction. He commissioned Jonah to bear a message of a coming destruction unless Nineveh repented. Instead of going to Nineveh, Jonah found a ship that was going to Tarshish; he

fled from the direction of Nineveh as fast as he could travel. But as Jonah was seeking to flee from God's appointed task, a mighty storm arose, threatening the safety of the ship in which the prophet sailed. When the men of the ship learned that Jonah was aboard and that this storm came upon them because of Jonah, they threw him overboard.

I don't want to enter into the details of this story in the book of Jonah because we know it and have read it many times, but what I would like to share with you is the way Jonah responded to the challenges in this situation. "And he said unto them; I am a Hebrew; and I fear the LORD, the God of heaven, which made the sea and the dry land." Jonah 1:9. He said "I am a Hebrew." What does this mean for us? For Jonah, in his time he was not ashamed to tell them he was a Hebrew and that he feared God, the Creator. In other words, Jonah told them plainly, "I am God's follower and I fear Him; I am His servant."

Today there are many challenges in our lives, also, and in many circumstances we are called to testify about our faith in Jesus, our Creator and Saviour. Could it be possible when people ask us—What is your occupation? Where do you come from? What is your country? And of what people are you? In response to those questions we choose the convenient way and simply say, I don't know anything about these people, their faith and trust in God; oh, these people are so narrow-minded and their religion is so strict. Could it be possible? Oh, yes. Many times when there are opportunities given by God to testify about our faith in Jesus and we do not use them, we lose sight of the blessings God wants to bestow upon us.

People don't just accept our faith through missionary work outreach activities alone. How can we know Jesus if we do not testify about Him? Every place we are in—every circumstance in which we are—there is an opportunity to testify about Jesus and His sacrifice in our behalf. There is a field where you can start working now. You don't need to be a Minister or Bible Worker employed full time in order to accomplish this task; you just need a humble spirit and a burning heart with Jesus' love within yourself and a willing spirit to make

Jesus known to others. This is all the equipment you need.

Why are there churches that are dying, despite all their members? It is because of a lack of missionary work, volunteer work. God's servant says that God expects personal service from everyone to whom He has entrusted the knowledge of the truth for this time. Every true disciple is born into the kingdom of God as a missionary. You see, my dear brother, my dear sister, we are debtors to the world. We cannot just stay and wait for others to do this great work. Souls are very precious to Jesus, who died for us. We should be as the Waldensian people who testified about their faith in every place where they had an opportunity. The faithfulness of these Waldensian believers reminds us of the commitment we should have in our spiritual walk with God. These were godly people—they made the Bible and only the Bible their rule of faith, testifying about their faith in Jesus.



Isn't it amazing how God takes ordinary people, and makes them a tool in His hands? You don't need to have studied in University; you only need to have an open mind, an open heart to God's word and a willingness to share it with others for whom Jesus died. When we

learn to do this, then, in our hearts is a fire that we cannot quench.

The story of Jonah teaches us about obedience to God, perfect submission, willingness of spirit, gratitude and compassion. The story of Jonah speaks to us about God's patience and mercy toward the sinner. Let us always keep before our eyes this picture of Jesus leaving everything in heaven for our sakes and coming down to this earth, taking on humanity in order to reach us where we are; not only this, but going on until He gave His life on the cross, shedding His precious blood through which we can receive forgiveness and acceptance.

If God could save Nineveh then He can save you and He can save me. However, there is another great lesson in the experience of Jonah. He ran away from God's command. He took a ticket to Tarshish. He tried to evade what God wanted him to do. Is this not typical of many

of us today? God calls us to follow Him and we endeavour to evade it—like Jonah we take a ticket to Tarshish. Whenever we neglect God’s command, whenever we resist God’s call, whenever we refuse to follow the light of truth, we are taking a ticket to Tarshish and trying to run away from God. This can only end in disaster. Whenever we put anything before our duty to God, we are following in the steps of Jonah. The ticket to Tarshish is the easy way, it is the convenient way, it is man’s way. Don’t run away from God; don’t try to get around the truth for He may have to create a storm in your life to save you. Don’t leave it until it is too late. It could be that tomorrow will be too late.

So, my dear brethren, let us always be glad and rejoice in the salvation offered by Jesus freely without any merit of our own, but never forget our duty as God’s representatives on this earth to make known to others how great our Father is. What a wonderful Saviour we have! We are saved by grace and not by works. This grace will lead us to work, and then the work which we do is the result of the Holy Spirit in us. The Bible is clear as crystal on how are we saved and I hope that this message will help you work for Jesus and be more motivated.

We do not know what God has in store for you and for me when we step out in faith and do missionary work. Come with me to the Bible and let these words accompany you wherever you go. “How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!” Isaiah 52:7. The simple message of Isaiah 52:7 is that redemption and forgiveness are available through Jesus Christ who provides reconciliation and peace between a holy, sovereign God and sinful humans.

I remember when I was sent from Hungary to Romania to be a Bible worker there. I did the first six months, eight hours a day, canvassing all day long with my friend and brother in Christ, George. We canvassed all the hospitals, schools, and banks there in the city as God’s Spirit moved us. Houses and flats were opened before us and people were interested and moved by the message that our books brought to them. We shared surveys and Bible studies were given almost

every day. How beautiful it is to witness for Jesus and help people find the path to heaven. There is no greater joy than this. Not only in Romania did I have nice experiences and a blessed time, but also in Spain as we moved there in June of 2003. In Valencia, Castellon the Lord also helped me to witness to people and to help them find Jesus and meaning in their lives. In Chelmsford, England, the time just prior to our coming here to Canada, I and my family tried to help people in the church to reach a higher standard and be involved in missionary work there, edifying the church.

This is our purpose on this Earth, my dear brother, my dear sister in the Lord; even if you are not a full time missionary, you can use your time and means to reach other people with the Gospel. As we approach the time of the end let us work for the Lord with all our hearts because there is a great recompense as you do that.



Remember, we are not saved by works, but because we are saved we do work. In 2 Peter 3:18 the Apostle said, “But grow in grace and in the knowledge of our Lord and Saviour Jesus Christ.” This is our privilege—to grow in Jesus—and as we grow in Him we cannot keep it to ourselves; we like to share our growing with people for whom Jesus died.

William Carey, the great missionary to India said, “**I cobble shoes to pay expenses but soul winning is my business.**” William Carey’s dedication is a powerful example for us. His life work was to win souls for Jesus. God’s servant,

Ellen G. White says; “To save souls should be the life work of everyone who professes Christ. We are debtors to the world for the grace given us of God, for the light which has shone upon us, and for the discovered beauty and power of truth.” *Testimonies for the Church*, vol. 4, p. 53. The Bible was written for two purposes, namely to learn how we can be saved, and to share with others how they can be saved. The message of salvation is the message of the entire Bible. There is no higher calling than sharing God’s love with others.

Let us then give glory to God, our Father and Jesus, our Lord and Saviour in sharing that wonderful love Jesus has for us is my wish and prayer. Amen.

Nicholas Anca



Why Does God

Permit Suffering?

Suffering is most certainly something that is part of our human condition, part of our lives here upon this earth. No one can escape suffering; the rich and successful, the poor and destitute, the strong and courageous and the weak and decrepit. All have experienced suffering at one time or another. But the question is asked, “Why does God allow suffering?” “Why does He allow human beings who He loves so much that He laid down his life for, to suffer?”

And why is it that many times we see the wicked prospering and getting ahead in life? At the same time that we view the wicked becoming more and more successful, we realize that, although we serve God with all our hearts, our lives are a constant struggle. Yes, we have all our basic needs met but our neighbour just got a brand new car and we are driving something that looks like it belongs in a museum.

A famous evangelist told the following incident: I have a friend who in a time of business recession lost his job, a sizable fortune, and his beautiful home. To add to his sorrow, his precious wife died; yet he tenaciously held to his faith—the only thing he had left. One day when he was out walking in search of employment, he stopped to watch some men who were doing stonework on a large church. One of them was chiseling a triangular piece of rock. “Where are you going to put that?” he asked. The workman said, “Do you see that little opening up there near the spire? Well, I’m shaping this stone down here so that it will fit in up there.” Tears filled my friend’s eyes as he walked away, for the Lord had spoken to him through that labourer whose words gave new meaning to his troubled situation.

In 1 Peter 4:12 we read, “Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you.” Let me ask

you something: Was there a great controversy going on in the early Christian church between Christ and Satan? Yes, there most certainly was! We know for a fact that when Peter wrote these words that the fierce persecutions of Nero were soon to scorch the church. At this point, the early Christian church was being harassed on all sides by the Jews and the Romans; however, this harassment was only a preparation for the holocaust which would soon come. Satan tried every scheme imaginable; he tried every trick up his sleeve to try to destroy the early Christian church in its infancy before any more souls were won to Christ.

If there was a warfare going on between Jesus and Satan at that time, is there also a warfare going on today? Yes, most certainly, we know that the final struggle between Jesus and Satan is almost upon us. If we actually believe that there is a great trial about to come upon us as God’s final people then we can also heed the words that Peter spoke to the church in his day because they are just as relevant for us today. We should not expect that, as time goes on, we will go through less trials and troubles, but rather we must know that as long as the Great Controversy between Christ and Satan rages over the souls of men, the Christian can expect a wide array of tests which are designed by Satan to completely destroy his faith in God.

In the book of Job, we can read an important principle about the life sufferings that each one of us is called to bear. “And the LORD said unto Satan, Hast thou considered My servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst Me against him, to destroy him without cause. And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath

will he give for his life. But put forth Thine hand now, and touch his bone and his flesh, and he will curse Thee to Thy face. And the LORD said unto Satan, Behold, he is in thine hand; but save his life." Job 2:3–6. This very important principle is that none of the suffering that any of us is called upon to endure comes from God, but rather Satan is the author of all sickness, suffering, and death. However, God overrules in the trials that we must bear by making them the means of developing character in His children. It is Jesus that turns a very negative experience and one that causes us heartache and sadness into a positive experience. With Jesus every cloud has a silver lining, but we can only see this silver lining if we look through eyes of faith. Does not every trial and struggle become so much more manageable when we know that this specific trial, this specific hardship will be the means of our salvation if we allow it to be?

If we humble our hearts and allow Jesus full sway in our lives then we can know of a surety that every hardship is bringing us one step closer to the everlasting kingdom. "I have heard of Thee by the hearing of the ear: but now mine eye seeth Thee." Job 42:5 This is probably the most important verse in all of Job because it is in this verse that Job admits that his previous knowledge of God was based on hearsay. In this statement, Job reveals the transition from a religious experience shaped by tradition to an experience based on personal communion with God. While growing up, Job had learned that in this present life God would deliver the righteous from all evil and they would not be called upon to experience any real suffering. Even during his suffering he didn't fully understand the part that God was playing in all this and the attitude of his friends only confused his mind further.

"Now Job has seen God. He knows that God possesses infinite power and graciousness, and he also knows that, even though he may suffer, he is God's child. God has made no attempt to explain to him why he suffers, but he is convinced that, whatever the reason, he need have no misgivings. Job's experience has taught him the meaning of faith. His vision of God has enabled him to surrender to the divine will. His commitment to God is now unaffected by his circumstances. He no longer expects temporal blessings as an evidence of Heaven's favor. His relationship to God is now on a firmer, more dependable basis than before. Job found a solution to his problems when he discovered that God was not limited by the traditions men had developed concerning Him. This broader understanding that Job reveals when

he says, 'Now mine eye seeth Thee,' is akin to the experience of faith that is emphasized so strongly throughout the Scriptures." –*Seventh-day Adventist Bible Commentary*, Vol. 3, p. 610

It mentions here that "Job no longer expected temporal blessings as an evidence of Heaven's favour." How many Christians today view luxury and material possessions or riches as evidence that the grace of God is shining down upon them? I think we need a new perspective on temporal blessings. Rather than temporal blessings being evidence of heaven's favor perhaps it is hardship and suffering that proves to us that heaven itself is shining down upon us. When you really think about suffering and trials they prove to us that God still thinks we are worth it. If God sees that we have a sincere desire to serve Him, then He allows Satan to trouble and harass us; and this is something Satan does as an attempt to shake our faith in God and destroy us. By allowing Satan to trouble and harass us Jesus knows that if we are completely connected to Him, rather than our faith being shaken it will be strengthened, and rather than our character being destroyed it will be shaped and molded to be like His character. However, if we are not connected to Christ we will not be able to weather the storm and our spiritual lives will be in grave danger.

If at any point in an individual's life they have completely closed their heart to the Holy Spirit and have rejected the light they have been given, this is when Satan does not bother to trouble or harass them anymore. He has no reason to trouble or harass them because they have become his agents—pawns in his game of chess. And because they are no longer experiencing trials and tribulations and life has become easy, rather than this being a positive thing, their characters and morals become more and more weak and vacillating. This is when Christians tend to look upon these people and think, "why do they get to live easy and cushy lives while we are stuck dealing with trials?"

All throughout Earth's History God's church has been in the most danger, not when they were being cast to the lions or burned at the stake, but rather when things were easy. When things were easy that is when Christian people tended to become lukewarm, which of course is the Laodicean condition, and it is the trap that every one of us today is in danger of falling into. "For they verily for a few days chastened us after their own pleasure; but He for our profit, that we might be partakers of His holiness. Now no chastening for the present seemeth to be joyous, but grievous: nevertheless

afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby." Hebrews 12: 10–11. How interesting are the words "no chastening for the present seemeth to be joyous but grievous."

Let us think back to when each one of us were children and our parents gave us rules and restrictions and provided discipline for us. At the time we usually resented this discipline and even fought against it. However, when children reach adulthood they realize how valuable the discipline their parents gave them was. They realize that it truly helped to shape and mold their character like nothing else could. A recognition that the reason they are the person that they are today is because of their parents, is a sign of maturity. If we are truly mature Christians we should be thankful for the challenging experiences the Lord brings us through in life. We should be thankful while we are going through these experiences, and afterwards when we reflect at how miraculously the Lord has led our lives.

The only reason that Jesus puts us through divine discipline is for our own character transformation, with perfection being the ultimate goal. He does it because He loves us infinitely and when we resist His discipline and get angry at Him it makes Him sad; it also shows immaturity on our part as Christians. Can we not see that these tests and trials are ultimately our ticket to heaven?

Think of it this way, if we can be thankful for how our parents, through discipline, have made us who we are as people, should we not be that much more thankful to God for how He has shaped and molded our characters? Although our parents have made mistakes with us and may at times have treated us unfairly despite doing their best, however, every experience God puts us through is fair, and just, and exactly what we need to be saved. "It is good for me that I have been afflicted; that I might learn Thy statutes. The law of Thy mouth is better unto me than thousands of gold and silver." Psalms 119: 71–72. David realized that it was actually a real positive that he had experienced many challenging and difficult experiences in his life. Through these difficult experiences he was able to come to a fuller understanding of the Lord and His statutes. And by coming to a deeper and fuller



understanding of God's law he had also come to a deeper appreciation of it. Isn't that often how it is in life that the more we understand something the more we are thankful for it?

"For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." 2 Corinthians 4:17. When we think of the word "affliction," do pleasant ideas and images come to our mind? No! The word "affliction" certainly has some negative connotations even when it is combined with the word light. But affliction is very necessary because it causes all the pride of the human heart to be humbled and it allows our will to come into complete harmony with God's will.

When we are surrounded by affliction on every side we have no choice but to exercise our faith in order to rise above all that besets us. And it is by exercising our faith that our faith becomes stronger and still stronger. When going through affliction the true believer realizes that all human wisdom and strength is nothing and the only thing that can possibly save him from his predicament is God Himself. Therefore, it helps us to realize our need of God, our complete and total dependence upon Him. Therefore, when any one of us goes through affliction this helps to prepare us and makes our characters fit for the eternal kingdom in a very real way.

When we arrive in heaven all the suffering on this earth, all the hardships, will seem as nothing when we realize that, through a few short years of suffering we, have gained eternity to be spent with our Lord and Saviour. From the first vision of Sister White, we read, "Brethren Fitch and Stockman, who had preached the gospel of the kingdom, and whom God had laid in the

grave to save them, came up to us and asked us what we had passed through while they were sleeping. We tried to call up our greatest trials, but they looked so small compared with the far more exceeding and eternal weight of glory that surrounded us that we could not speak them out, and we all cried out, 'Alleluia, heaven is cheap enough!'" —*Early Writings*, p. 17

The famous preacher, D.L. Moody, told about a Christian woman who was always bright, cheerful, and optimistic, even though she was confined to her room because of illness. She lived in an attic apartment on the

fifth floor of an old, rundown building. A friend decided to visit her one day and brought along another woman—a person of great wealth. Since there was no elevator, the two ladies began the long climb upward. When they reached the second floor, the well-to-do woman commented, “What a dark and filthy place!” Her friend replied, “It’s better higher up.” When they arrived at the third landing, the remark was made, “Things look even worse here.” Again the reply, “It’s better higher up.” The two women finally reached the attic level, where they found the bedridden saint of God. A smile on her face radiated the joy that filled her heart. Although the room was clean and flowers were on the window sill, the wealthy visitor could not get over the stark surroundings in which this woman lived. She blurted out, “It must be very difficult for you to be here like this!” Without a moment’s hesitation the shut-in responded, “It’s better higher up.” She was not looking at temporal things. With the eye of faith fixed on the eternal, she had found the secret of true satisfaction and contentment.

Let that be the motto of our lives that, “It’s better higher up.” Even when people look at us and say, “Wow, it seems as if because of your faith you’re struggling to find a job because you cannot work on the Sabbath,” or, when they bring attention to the fact that we live simply and humbly with our basic necessities being met but not with all the material possession and luxuries of life. That is when we can say, “It’s better higher up.”

“My son, despise not the chastening of the LORD; neither be weary of His correction: For whom the LORD loveth He correcteth; even as a father the son in whom he delighteth.” Proverbs 3:11–12. We clearly see that the Lord will only ever correct and chasten us from a heart filled with love for us. No other motive would cause the Lord to allow trials and tribulations to come upon us. It is because the Lord sees our heart, our desire to serve Him, and He wants to do everything possible to strengthen that desire.

It is interesting that most of the Psalms were born in difficulty. Most of the Epistles were written in prisons. Most of the greatest thoughts of the greatest thinkers of all time had to pass through the fire. Bunyan wrote *Pilgrim’s Progress* from jail. Florence Nightingale, too ill to move from her bed, reorganized the hospitals of

England. Semi-paralyzed and under the constant menace of apoplexy, Pasteur was tireless in his attack on disease. During the greater part of his life, American historian Francis Parkman suffered so acutely that he could not work for more than five minutes at a time. His eyesight was so wretched that he could scrawl only a few gigantic words on a manuscript, yet he contrived to write twenty magnificent volumes of history.

Sometimes it seems that when God is about to make preeminent use of a man, He puts him through the fire. When the emperor Valens threatened Eusebius with confiscation of all his goods, torture, banishment, or even death, the courageous Christian replied, “He needs not fear confiscation, who has nothing to lose; nor banishment, to whom heaven is his country; nor torments, when our weak bodies can be destroyed at one blow; nor death, which is the only way to set him at liberty from sin and sorrow.”

Many of you have probably heard at one time or another a friend of yours say that they hope their children do not have to experience the hardships that they went through. Next time you hear someone say that, tell them that, although it is beautiful to wish the best for their children, however, it is the hardships they experienced that made them who they are today. Each one of us can receive disadvantages in our life and one disadvantage may be that we never experienced any trials or tribulations. Everything was always too easy and as a result our characters are weak and immoral, or as a result when we finally do have to face trials (because everyone will face tough times at some time or another in their lives) they have no strength or courage to face these trials.

It is my wish and prayer, brothers and sisters that we will realize that, although God does not cause suffering or pain, He does permit Satan to buffet us. The reason God allows this is because He knows that without trials we will be eternally lost and it is only through trials that our characters can become beautiful; we can learn to depend wholly on God, and be fit to spend eternity with Him. Therefore, let us rejoice and praise the Lord that He allows sadness and suffering to enter our lives because it is only in this way that we will experience all the joy and happiness of heaven. Amen.

Richard Eaton





FEAR (Terror)!

“There were they in great fear where no fear was.” Psalm 53:5

“The Only Thing We Have to Fear Is Fear Itself.”

(FDR) Pres. Franklin Delano Roosevelt's First Inaugural Address (1933)

A) DEFINING FEAR (Terror)—

1) The meaning of “Fear”—(Biblical Definition) “Be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear.” 1 Peter 3:15

“The fear here spoken of does not mean distrust or indecision, but with due caution, guarding every point, lest an unwise word be spoken, or excitement of feeling get the advantage, and thus leave unfavorable impressions upon minds, and balance them in the wrong direction. Godly fear, humility, and meekness are greatly needed by all in order to correctly represent the truth of God.” — *Testimonies for the Church*, vol. 4, p 258

2) Standard World English Language Translation — Definition

- Fear is a distressing emotion aroused by an impending pain, danger, evil, etc., or by the illusion of such.
- A specific instance of such a feeling.
- Anxiety, solicitude.
- Reverential awe, especially toward God.
- Something of which one is afraid or that causes fright or apprehension.
- For fear of, in order to avoid or prevent.
- To be frightened of.

Syn. - Apprehension, terror, fright, panic, horror, trepidation. —*The Random House College Dictionary*, Revised Unabridged Edition, Jess Stein, editor in chief, 1975, page 482–483, Random House, Inc., New York, N.Y.

B) CONSEQUENCES OF FEAR

Satan uses fear to rule men’s consciences (*The Great Controversy*, p. 591).

GRIEVING

“Some are always anticipating evil or magnifying the difficulties that really exist, so that their eyes are blinded to the many blessings which demand their gratitude. The obstacles they encounter, instead of leading them to

seek help from God, the only Source of strength, separate them from Him, because they awaken unrest and repining.

“Do we well to be thus unbelieving? Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare; and, “our anxiety and fear grieve the Holy Spirit of God.”

“We should not indulge a solicitude that only frets and wears us, but does not help us to bear trials. No place should be given to that distrust of God which leads us to make a preparation against future want the chief pursuit of life, as though our happiness consist in these earthly things.” —*Patriarchs and Prophets*, p. 293–294

“It is not the will of God that His people should be weighed down with care. But our Lord does not tell us that there are no dangers in our path.” Some people are always fearing (*Steps to Christ*, 121–122).

He does not propose to take His people out of the world of sin and evil, but He points us to a never-failing refuge. He invites the weary and care-laden, “Come unto Me, all ye that labor and are heavy laden, and I will give you rest.” Lay off the yoke of anxiety and worldly care that you have placed on your own neck, and “take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” Matthew 11:28–29

“We may find rest and peace in God, casting all our care upon Him; for He careth for us (1 Peter 5:7).” —*Patriarchs and Prophets*, p. 294

TROUBLE

“Faith takes God at His word, not asking to understand the meaning of the trying experiences that come. But, there are many who have little faith. They are always fearing and borrowing trouble. Every day they are surrounded by the tokens of God’s love, every day they enjoy the bounties of His providence; but they overlook these blessings. And the difficulties they encounter, in-

stead of driving them to God, separate them from Him, by arousing unrest and repining." – *Gospel Workers*, p. 261

HEART FAILURE

"How can the value of your houses and lands bear comparison with that of precious souls for whom Christ died? Through your instrumentality these souls may be saved with you in the kingdom of glory, but you cannot take with you there the smallest portion of your earthly treasure. . . . The mandate may go forth from the Lord, and in a few hours a fire which no skill can quench may destroy the accumulations of your entire life and lay them a mass of smoldering ruins. This was the case with [the] Chicago [fire]. God's word had gone forth to lay that city in ruins. This is not the only city that will realize the visible marks of God's displeasure.

"He has made a beginning, but not an end. The sword of His wrath is stretched out over the people who by their pride and wickedness have provoked the displeasure of a just God. Storms, earthquakes, whirlwinds, fire, and the sword will spread desolation everywhere, until men's hearts shall fail them for fear and for looking after those things which shall come upon the earth. [Luke 21:26] You know not how soon your probation may close." *Testimonies for the Church*, vol. 4, p. 52. Men soon depart from honor and integrity when they cast off the fear of God (*Patriarchs and Prophets*, p. 557).

UNBELIEF

"When trials come to us; when we can see before us, not an increase of prosperity, but a pressure necessitating sacrifice on the part of all, how shall we receive Satan's insinuation that we are to have a very hard time? If we listen to [Satan's] suggestions, unbelief in God will spring up.

"If we lack faith where we are when difficulties present themselves we would lack faith in any place.

"Our greatest need is faith in God. When we look on the dark side we lose our hold on the Lord God of Israel. As the heart is opened to fears and conjectures, the path of progress is hedged up by unbelief. Let us never feel that God has forsaken His work." – *Testimonies for the Church*, vol. 7, p. 211

FEAR OF FOOD

"Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of

something cheerful." – *Testimonies for the Church*, vol. 2, p. 530

RICHES

"The power of the love of riches over the human mind is almost paralyzing. Riches infatuate many, and make them act as though they were bereft of reason. The more they have of this world, the more they desire. Their fears of coming to want, increase with their riches. They are close and selfish, fearing that God will not provide for their future needs. . . . As their riches have accumulated, they have put their trust in them and have not had faith in God or His promises." – *Testimonies for the Church*, vol. 2, p. 680

C) OVERCOMING FEAR

There is nothing to fear except as we forget God's leading (*Life Sketches of Ellen G. White*, p. 196).

BEHOLD!

"The true seeker, who is striving to be like Jesus in word, life, and character, will contemplate his Redeemer and, by beholding, become changed into His image, because he longs and prays for the same disposition and mind that was in Christ Jesus. He is not restrained from evil through fear of shame or through fear of loss, for he knows that all he enjoys comes from God, and he would improve his blessings that he may represent Christ." *Testimonies to Ministers and Gospel Workers*, p. 121. The Fear of God was a shield to Joseph's heart (*The Story of Redemption*, p. 103).

DO NOT FEAR THE FEAR OF THE WICKED

"That time will soon come, and we shall have to keep hold of the strong arm of Jehovah; for all these great signs and mighty wonders of the devil are designed to deceive God's people and overthrow them. Our minds must be stayed upon God, and we must not fear the fear of the wicked, that is, fear what they fear, and reverence what they reverence, but be bold and valiant for the truth. . . . God's watchful eye is ever over Israel for good, and He will protect and save His people, if they put their trust in Him. When the enemy shall come in like a flood, the Spirit of the Lord will lift up a standard against him. Said the angel, 'Remember, thou art on the enchanted ground.'" – *Early Writings*, p. 60

MESSAGE FOR TROUBLED SOULS

"A message for you, and not for you only, but also for other faithful souls who are troubled by doubts and fears regarding their acceptance by the Lord Jesus Christ. His word to you is, 'Fear not: for I have redeemed thee, I have called thee by thy name; thou art Mine.' You desire to please the Lord, and you can do this by believing His promises. . . . He bids you, 'Be still, and know that I am

God.’ [Psalm 46:10]. You have had a time of unrest; but Jesus says to you, ‘Come unto Me, . . . and I will give you rest.’ [Mathew 11:28]. . . . Put away your distrust of our heavenly Father. Instead of talking of your doubts, break away from them in the strength of Jesus, and let light shine into your soul by letting your voice express confidence and trust in God. . . . Do not talk of your inefficiency and your defects. When despair would seem to be sweeping over your soul, look to Jesus, saying, He lives to make intercession for me. Forget the things that are behind, and believe the promise, ‘I will come to you,’ and ‘abide with you. . . .’ Is Jesus true? Does He mean what he says? Answer decidedly, Yes, every word.” *Testimonies to Ministers and Gospel Workers*, p. 516–517. Do not fluctuate between hope and fear (*Messages to Young People*, p. 110).

REMEDY FOR RICHES

“The remedy [God] proposes for the wealthy is a transfer of their affections from earthly riches to the eternal inheritance. By investing their means in the cause of God to aid in the salvation of souls, and by blessing the needy with their means, they become rich in good works, and are ‘laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life.’ This will prove a safe investment.” –*Testimonies for the Church*, vol. 2, p. 681

D) FEARLESSNESS

“Daniel [was] a worthy example of Christian fearlessness.” –*Prophets and Kings*, p. 542

OBEYING GOD’S WORD

“From His servants today God requires fearlessness in preaching the word and in carrying out its precepts. The minister of Christ is not to present to the people only those truths that are the most pleasing, while he withholds others that might cause them pain. He should watch with deep solicitude the development of character. If he sees that any of his flock are cherishing sin he must as a faithful shepherd give them from God’s word the instruction that is applicable to their case. Should he permit them in their self-confidence to go on unwarned, he would be held responsible for their souls. . . . He only who is a faithful teacher of the truth will at the close of his work be able to say with Paul, ‘I am pure from the blood of all men.’” –*The Acts of the Apostles*, p. 393–394

“THUS SAITH THE LORD”

“So men have argued, till policy has taken the place of

faithfulness. Sin is allowed to go unrebuked. When will be heard once more in the church the voice of faithful rebuke, ‘Thou art the man’? If these words were not so rare, we should see more of the power of God. . . . As divinely appointed messengers, ministers are in a position of awful responsibility. In Christ’s stead they are to labor as stewards of the mysteries of heaven, encouraging the obedient and warning the disobedient. *Gospel Workers*, p. 150. “The shadow of a terrible fear crept over [John the Baptist].” *The Desire of Ages*, p. 216. The shepherd does not depend on fear to direct his sheep (*The Desire of Ages*, p. 480).

“Worldly policy is to have no weight with them. Never are they to swerve from the path in which Jesus had bidden them walk. . . . They are not to speak their own words, but the words that One greater than the potentates of earth has bidden them speak. Their message is to be, ‘Thus saith the Lord.’ [Jeremiah 26:2]

“God calls for men who, like Nathan, Elijah, and John, will bear His message with fearlessness, regardless of consequences; who will speak the truth, though to do this calls for the sacrifice of all they have.” *Gospel Workers*, p. 150. Paul had no fear in the storm at sea (*The Acts of Apostles*, p. 442).



E) PHYSICAL AND MENTAL EFFECTS OF FEAR

There is far more to fear from within than from without (*Selected Messages, Book 1*, p. 122).

The greatest threat to humanity right now is not natural disasters, natural catastrophes, Global warming, plagues, and wars, but what concerned scientist’s findings and data support and reveal is that the “state of fear is the greatest threat facing humans today!”

Fears can and do affect you physically and mentally; affecting our physical and mental well-being over a lifetime; and worse than any victim of nuclear fall-out! In the findings of the World Health Organization of the physical and mental ramifications of Chernobyl, Three Mile Island, Nagasaki, and Hiroshima, it was not cancer but the insidious effects of fear of cancer that killed!

The nuclear radiation did not kill but the fear of it did! Fear, again, posed a bigger physical threat to the victims of nuclear fallout than the radiation itself. Many that died for fear of cancer avoided treatment that, if sought, would have had moderately good chances of recovery. The same applies to HIV, cancer, Alzheimer’s disease,

Parkinson's, etc.

When one is affected or faced with fear, the body goes into a "fight or flight" response, which helps you to survive when you are threatened; a natural defense against predators, and life-and-death encounters. There is an increased flow of adrenaline; a powerful drug, potent hormone, a poison which causes undesirable side-effects, which in turn can influence the mind and body adversely.

Common symptoms are: increased metabolic rate, elevated blood sugar levels, blood pressure, rapid heart-beat, sweating, digestive problems (diarrhea). Further symptoms of the fear response can be undue weakness, and irritable-bowel symptoms, fatigue, loss of appetite, dizziness, and insomnia.

The University of Michigan, and the University of Wisconsin conducted studies concluding that disturbing images, under the right circumstances, can "turn your brain into jelly." Voluntarily watching scary, chilling movies (T.V., theatre, C.D.'s, iPods, etc.) could have long-term effects on the psychological and physical well-being such as insomnia, etc., which can last up to a year or longer. Long term effects of exposure when viewing blood, gore, trauma, violence, and wounds, can be: more frequent "colds," infections, aches, pains, sexual disorders, fatigue, loss of appetite, and debilitating phobias with side effects of nausea, headaches, and tremors.

Living with fear, furthermore, results in reduced physical functioning, and the organ systems consequently stop functioning at their peak performance. This leads to a lower quality of life, as one gets sick more often because of compromised systems. Fear can keep people "trapped" and prevents them from reaching the heights of someone with one-half of the potential! One thereby "manufactures a prison!"

Fear often leads to the "fear of rejection"—loneliness, hopelessness, and depression. This, in turn, can lead to more fear and elevated rates of suicidal thinking. Fear, moreover, is contagious and, unfortunately, transfers itself to the one we love the most! So, you see, the most compelling arguments for the dangers of fear is that it not only destroys your physical and mental well-being and of those around you, but can stalk people from generation to generation—unless they learn to conquer it! Returning war veterans, in fact, are suffering from post-traumatic stress disorder at increasingly alarming rates.

Anxiety attacks, in turn, are the most acute physical manifestation of fear and which increases the risk of heart attack and death—still the number one killer in America. The frequent bouts of fear and anxiety, in fact, can and

do increase this risk of heart attack. Anti-anxiety medications may cause physical dependence. Many, however, find relief from effects of fear with prayer and meditation.

Most humans, furthermore, are afraid of death, so it is not uncommon. Most fear death to a degree, and we generally avoid admitting it because it is not to the extent of hampering our normal lives. However, when this fear increases abnormally in an individual, it is known as (from GR: *thanatophobia*, or *necrophobia*)—the fear of death—resulting in anxiety, and loss of control—two of the main symptoms. It is a series of complex processes. In terminal illnesses, what terminates the patient is the fear of death! Cancer is one such disease which pushes the person into the girth of darkness and depression. Many cancer patients get shattered and devastated when they know their illness. Many fight back but chemotherapy often takes away their confidence.

Fear of death, furthermore, is influenced by culture, beliefs, and judicious social factors. The types of death fears are:

- 1) fear of pain and suffering; 2) fear of the unknown; 3) fear of non-existence; 4) fear of eternal punishment; 4) fear of loss of control; 5) fear of what becomes of loved ones; 6) fear of death can interfere with daily life; 7) fear of death consumes one's thoughts and decisions.

In a "healthy fear" of death, one naturally becomes more careful, takes precautions, and reminds us to make the most of our precious time.

So, at this point faith needs to be restored in God and the Holy Spirit. Healing prayers are, however, not to impose or promote any disrespect for medical treatment, but are additional attempts to cure the illness. The prayer can be concluded as the state of mind is hopeful, positive, and peaceful.

Have a positive attitude, therefore, that can fight against all the mental, physical, and emotional problems. With such an attitude we too can push to work harder, distracting self from the illness, and leave a lasting legacy. George Bernard Shaw said, "I want to be thoroughly used up when I die for the harder I work the more I live!"

Moreover, most people agree that fear is the "fear of the unknown." But, a person can find comfort in religion and develop a strong belief in the afterlife. Studies show that deeply religious people fear death the least. Studies also show that the fear of dying seems to lessen as we age and start to accept the facts of life.

But, praying in the name of God, you push away negative

thoughts and concentrate on positive thoughts, and ask God for what you want (i.e., healing for self or others, resolution of problems, etc.). Remember God most when there is a sickness or any terminal illness. Pray and leave everything to God. Some Bible verses for healing are: Acts 3:16; James 3:14–15; Mark 11:24; Luke 9:11; Psalm 103:1–3.

SOURCES:

World Health Organization; Chernobyl: The True Scale of the Accident: The Chernobyl Nuclear Forum. September 2005.

Health Doxology; Stigma, Risk, and Health Policy; Public Attitudes Toward HIV and the Social Construction of Illness: George M. Herek, PhD., et al: 2003.

The Washington Post: Fear Is Potent Risk of Japanese Nuclear Crisis; Rob Stein, March 14, 2001.

Journal of Personality and Social Psychology, Fear, Anger, and Risk, Jennifer S. Lerner, et al: July 2001.

Time Magazine, Between Anxiety and Heart Attack, Laura Blue, January 2005.

Ask Man, Health and Sports. Stress vs. Fear—The Long Term Effects of Fears and Phobias, Editorial Feature, 2011.

Buzzle, Healing Prayers, All Phobias and Meaning, Greeta Dhamle, June 16, 2010.

Angela Morrow, R.N., Fear of Death and Dying, August 26, 2009.

F) MISCELLANEOUS:

Avoid the manifestation of fear in the sick room (*The Ministry of Healing*, p. 219).

Rebuke cherishing of fear (*Evangelism*, p. 180).

Faith grows strong in conflict with fear (*Testimonies for the Church*, vol. 4, p. 117).

Dismiss your fear (*Steps to Christ*, p. 72).

Lack of faith and trust brings on distressing fear (*Testimonies for the Church*, vol. 2, p. 140).

Do not cherish fear (*Evangelism*, p. 180).

Guard against tendency to lose godly fear (*Prophets and Kings*, p. 48).

Godly fear is needed to rightly represent the truth (*Testimonies for the Church*, vol. 4, p. 259).

Fear grows by indulgence (*Testimonies for the Church*, vol. 4, p. 558).

There is guilt in fear (*Patriarchs and Prophets*, p. 330).

Keep your fear before God (*Temperance*, p. 104).

There is no need of fear in God's service on land or sea (*My Life Today*, p. 55; *The Desire of Ages*, p. 336).

You have the privilege of telling God all of your fears (*Selected Messages*, Book 2, p. 238).

The Roman Church has profited by fears and vices of its adherents (*The Story of Redemption*, p. 333–334).

Satan leads men to serve God from fear (*The Great Controversy*, p. 569).

Satan uses fear to rule man's consciences (*The Great Controversy*, p. 591).

The sense of God's presence can banish fear (*Sons and Daughters of God*, p. 197).

Slavish fear is excited in the aged (*Testimony Treasures*, Vol. 1, p. 173).

Millions of human beings are in the bondage of Satan (*The Desire of Ages*, p. 478).

The Syrian Army was routed by fear in Elisha's time (*Patriarchs and Kings*, p. 258).

Perplexities increase as a result of taking counsel with fear (*Steps to Christ*, p. 96).

Many persons distrust God and have a thousand fears in regard to the future (*Testimonies for the Church*, Vol. 2, p. 656).

Unbelief will be revealed by fear in the time of danger (*The Desire of Ages*, p. 336).

Unbelieving fear will be swept away before living faith (*Testimonies to Ministers and Gospel Workers*, p. 226).

There is no need to fear the power of men or enmity of Satan (*The Desire of Ages*, p. 356).

When God makes men fear, they cannot hide the intensity of their terror (*Prophets and Kings*, p. 524).

"The biggest obstacle to life is fear." Teresa de Calcutta

"Like as a father pitieth his children, so the LORD pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust." Psalm 103:13–14

"But the FEARFUL [cowardly], and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolators, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death." Revelation 21:8.

Amen. <><

**John Theodorou
U.S.A**



Memory: A Powerful Tool

"And I will *remember* My covenant, which is between Me and you and every living creature of all flesh; and the waters shall no more become a flood to destroy all flesh." Genesis 9:15. "*Remember* the Sabbath day, to keep it holy." Exodus 20:8. "That ye may *remember*, and do all My commandments, and be holy unto your God. I am the LORD your God, which brought you out of the land of Egypt, to be your God: I am the LORD your God." Numbers 15:40, 51. "*Remember* now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them." Ecclesiastes 12:1. "*Remember* Lot's wife." Luke 17:32. "And he said unto Jesus, Lord, *remember* me when thou comest into thy kingdom." Luke 23:42 [Emphasis mine]

"For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people: For I will be merciful to their unrighteousness, and their sins and their iniquities will I *remember* no more." Hebrews 8:10, 12 [Emphasis mine]

What do all these verses have in common? They all contain the word "remember." What is the significance of the word "remember" as used in these verses and in hundreds more throughout the Bible? In some, God is reminding us that He will remember the covenants that He made with His people. He is asking us to remember the Sabbath day, as a memorial of creation, as the day that He has blessed. He is also reminding the children of Israel what He had done for them, so that they would, in turn, keep His commandments. We are also told to remember times that serve as warnings, what can happen to us when we go against the word of God, as in the example of Lot's wife. And then the thief on the cross, recognizing that Jesus, who hung on the cross beside him, was the Saviour, asked to be remembered when Jesus returns to heaven. And finally, God chooses not to remember our iniquities, and acknowledges us as His people.

Samuel's mother taught him for the first three years of his

life, to learn to distinguish between good and evil. By every familiar object surrounding him, she sought to lead his thoughts to the Creator. By this connection, he would remember the lessons she taught him throughout all his life. She then gave him to Eli to serve in the house of God. The memories from his early training led him to maintain his Christian integrity through many adversities.

When we consider the life of Joseph, the lessons given him by his father, Jacob, in his youth were the very lessons he needed when in exile among idolatrous people. The lessons he remembered he put to practical use. The early impressions on his mind kept his heart safe from falling into temptation. We know the cry of Joseph when tempted by Potiphar's wife, "How can I do this great wickedness, and sin against God?" He recalled the lessons learned in his childhood in times of temptation, and he was able to resist falling into sin.

Both these examples are men of God, who learned from an early age, the lessons taught to them by their parents. And many years later, the memories of those lessons were able to keep them faithful when in times of trial.

We are most impressionable when we are young. Even when the aged may forget what they had for breakfast that day, they can still recount an experience from childhood. If our memory of those days is tainted with negative, unchristian experiences, that is what will be remembered. But, if our childhood memories are filled with lessons we learned at the foot of the cross, they will be brought to our remembrance in times of trial and tribulation and be a strength and guide to us.

"God commanded the Hebrews to teach their children His requirements, and to make them acquainted with all His dealings with His people. Thoughts of God were associated with all the events of daily life in the home dwelling. The mighty works of God in the deliverance of His people were recounted with eloquence and reverential awe. The great truths of God's providence and of the future life were impressed on the young mind. It became acquainted

with the true, the good, the beautiful. By the use of figures and symbols the lessons given were illustrated, and thus more firmly fixed in the memory.” —*The Great Controversy*, p. 18–19

Why was the Lord’s Supper service instituted? To bring to our memory Christ’s blood that He shed for us. When we go through life with its burdens and trials, the Lord’s Supper brings to our remembrance, that our Saviour died for us and is making intercession for us. It also points us to His second coming; He told His disciples that He would not drink again, until that day when He drinks it new with the Redeemed in His Father’s kingdom. It reminds us of His love and what He was willing to do for us.

Memory is important to our spiritual health. As we remember what the Lord has done for us, we are grateful. We remember His promises to us. We also remember what He requires of us. So, memory is an integral part of our spiritual connection with God.

“The time will come when many will be deprived of the written Word. But if this Word is printed in the memory, no one can take it from us.” —*Last Day Events*, p. 67

WHAT IS MEMORY?

Memory is our ability to recall events of the past or present, to memorize facts, to learn skills. All animals have memory, therefore it is not unique to humans. When squirrels bury their nuts to eat over the winter, it is their memory that allows them to recall where they were buried, months later, when needed for sustenance.

However, human memory is more sophisticated than the memory of animals, and we are able to manipulate our memory so that we can perform complex tasks. Our memory helps make us who we are. From fondly recollecting childhood events to remembering where we left our keys, memory plays a vital role in every aspect of our lives. It provides us with a sense of self and makes up our continual experience of life.

It’s easy to think of memory as a mental filing cabinet, storing away bits of information until we need them. In reality, it is a remarkably complex process that involves numerous parts of the brain. Memories can be vivid and long-lasting, but they are also susceptible to inaccuracies and forgetting.

OUR BRAIN

We may think that our brains are inferior to the computers of today. We all rely on the computer to perform multiple tasks, from word processing, web browsing, to storing data such as pictures, to playing music. But, the computer needs to be programmed to learn each and every thing that it needs to know. Our brain doesn’t need that same programming, it is highly adaptable, and versatile, there is nothing that we can’t learn, and, unlike a computer, has unlimited space for memory. Our brain contains 100,000,000,000 (one hundred billion) cells, each brain cell has multiple connections to many other brain cells. As we memorize, we develop

more connections. The more connections that our brain cells have to each other, the better our memory. The brain can perform 10 quadrillion calculations per second. The world’s fastest super-computer could not handle even 1% of all of what the brain does for us. This is partly due to the nature of the brain and its truly unbelievable ability to multitask rather than raw power, although the combined power of the brain is truly unsurpassed as a whole. The amazing thing is that our brain only uses 20W of energy to function. It is highly efficient, but it also is very vulnerable to being overloaded or damaged. Only ten minutes without oxygen will cause permanent brain death.

MEMORY CENTRES OF THE BRAIN

Several areas of the brain are involved in the creation of memories. The most significant structure in the brain for memory is called the hippocampus. All memories that we retain for more than a few minutes must pass through the hippocampus in order for them to stay in our long-term memory. The hippocampus is like a sorting center. It takes in the information that we want to remember, and sends the memory to that part of the brain where it will be stored. All long-term memories are filed in different parts of our brain, depending on the type of memory. Facts are stored in a different place than memories of events. If we see something, and we want to memorize what we saw, it is stored in a specific part of the brain for visual memory. If our memory involves remembering the smell of something, it gets stored in a different place, in the olfactory center of the brain. When we memorize facts, as we study in school or read the Bible, the fact needs to pass through the hippocampus several times until the memory is permanently established and stored in yet another area of the brain. Once the memory is stored, the hippocampus is no longer needed for the fact to be remembered. Damage to the hippocampus affects our ability to learn and remember new facts or events. But, our long-term memory is not affected; once the memory is stored, it doesn’t need the hippocampus for our recall. In Alzheimer’s disease, the hippocampus is damaged. That is why individuals with Alzheimer’s can remember their childhood vividly, but can’t remember what happened a few minutes ago.

The other important structure in the brain involved in memory is the amygdala. It is a small area that sits near the hippocampus. It is connected to our survival instinct. It helps us stay away from previous, life-threatening situations by triggering an unconscious emotional memory of the event. The easiest way to activate the amygdala is by fear, because fear is protective when it comes to survival. We fear something that may put our life in danger and cause us harm. Particular memories, even if not life-threatening, if they are attached to strong emotion, will be triggered by the amygdala. Many of us can recall very vividly those events that caused us great joy, like our baptism or our wedding day. However, the amygdala can also cause development of phobias or post-traumatic stress disorder, which are fears taken to an extreme, and can impact our lives in a significant way.

HOW IS A MEMORY CREATED?

The creation of a memory begins with its perception. Our brain has to actually register a piece of information before we can remember it. Then, after the initial creation of the memory, it needs to be stored, even if only briefly. Because there is no need to store everything we experience in our brain, we have different stages of memory. These stages of memory act as a filter, that helps protect us from the flood of information we receive every second of our lives. Sensory memory, that which we see, hear, touch, smell, can often be remembered for the briefest moment and is then forgotten. As you are walking down the street, your senses are bombarded with multiple stimuli, but it is not necessary to remember all of what you sense. If we need to remember something for more than the briefest moment, it moves into our short-term memory. Our short-term memory contains facts such as phone numbers, remembered for as long as we need to dial the number, and is then forgotten. Our short-term memory capacity is for about 7 items, and is retained for no longer than 20-30 seconds. Sensory and short-term memories do not pass through the hippocampus, and therefore do not become part of our permanent memory.

Once we decide that the information is important enough to retain, it passes through our hippocampus, and is then transferred from short-term memory into our long-term memory. Unlike sensory and short-term memories that are limited and decay quickly, our long-term memory can store unlimited amounts of information for an indefinite time. The more the information is repeated or used, the more likely it will move into our long-term memory, and be retained. This is the reason why studying helps people perform better on tests.

Long-term memory contains facts—data that we learned in school, information that we read, or heard about. Examples are: dates when historical events occurred, how to add numbers together, the names of the different countries of the world, what words mean—the list is endless. These facts can be remembered even though we don't recall exactly the time or place that we learned them. It also holds the memory of skills we have learned—from basic skills such as how to tie a shoelace to more complex skills as to how to drive a car, to the complicated sets of skills you develop for your work career. Our long-term memory also holds the information about the events that occur in our lives. Events can be recalled as visual pictures, sounds, and smells, the way something felt; we also can recall what our emotions were at the time of the event, whether of sadness, joy, fear, or excitement, or a range of other emotions that took place during the event. Because of the nature of our long-term memory,

most of us can probably recall events from our earliest childhood, facts that we learned in school, no matter how old we are. Sometimes the memory of facts and events are forgotten. We forget because we may have been distracted at the time and the memory wasn't retained in the first place; we also forget because we haven't accessed the memory for a long time, and the brain connections that contain that memory begin to fade over time.

Because our long-term memory is so efficient, we need to be careful what we put there. If we focus our minds on information that is not uplifting, if we put ourselves in situations that create events that take our focus from spiritual to worldly thoughts, we can never "un-remember" these. And throughout our lives these memories can draw us away from God, and from our connection to Him. In order for us to grow as Christians, to develop Christ-like characters, we need to create the types of memories, even from our earliest childhood, that will bring us closer to Him. We also need to recall those memories, otherwise they can fade. Sister White tells us that we need to recall the events of the cross "daily" so

that we don't forget Christ's sacrifice for us. What we read, what we focus on, what we experience, all create memories that can be used for good or for evil. "Hang in memory's hall the precious words of Christ. They are to be valued far above silver or gold." — *Testimonies for the Church*, vol. 6, p. 81

"Let the more important passages of Scripture connected with the lesson be committed to memory, not as a task, but as a privilege. Though at first the memory be defective, it will gain strength by exercise, so that after a time you will delight thus to treasure up the words of truth. And the habit will prove a most valuable aid to spir-

itual growth." —*Child Guidance*, p. 511

We need to be mindful about the power of memory and how it can affect our lives and the lives of those we come into contact with. In our daily interactions with people, we are laying down memories for them that will either drive them away or draw them to the gospel of Christ. In our actions, in our words, we need to present Christ to the world, so that the message of His love for all of mankind and His sacrifice on the cross is what people will remember. We do not always know the effect our words may have, but they memory of them will stay with the people we talk to, and one day they may recall what we have said, and turn to Christ. It is my wish and prayer that the memories established in our lives will be for our own salvation and for the salvation of all those who we witness to. Amen.

Part 2: Memory and Habits in next Issue





The Sound of Music

The Psaltery/Harp

The harp is a multi-stringed instrument which has the plane of its strings positioned to the sound board. All harps have a neck, resonator, and strings. Some, known as frame harps, also have a pillar; those without the pillar are referred to as open harps. Depending on its size, which varies, a harp may be played while held on the lap or while it stands on a table, or on the floor. Harp strings may be made of nylon, gut, wire or silk.

The harp is an ancient musical instrument. The psaltery of Ancient Greece (*Epigonion*) dates back from at least 2800 BC, and was a harp-like instrument. The word *psaltery* derives from the Ancient Greek word (*psalterion*), “stringed instrument, psaltery, harp,” and from the verb (*psallo*), “to touch sharply, to pluck, pull, twitch” in the case of the strings of musical instruments, “to play a stringed instrument with the fingers.” According to Josephus, the first-century Jewish historian, the harp (or psaltery) is a ten or twelve-stringed instrument with a broad resonance body that is plucked with the fingers for music. The Bible also mentions that the harp is made up of ten strings. “Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound.” Psalm 92:3

The first mention of the harp in the Bible is found in Genesis 4:21, “His brother's name was Jubal. He was the father of all those who play the harp and flute.”

The harp (Hebrew: *nevel*) and lyre (Hebrew: *kinnor*) are two stringed instruments most frequently mentioned in the Bible. King David was well known for his musical skills and abilities in playing the harp and lyre.

Several verses in the Bible mention the harp:

“Praise the LORD with harp: sing unto Him with the psaltery; and an instrument of ten strings.” Psalm 33:2

“I will sing a new song unto Thee, O God: upon a psaltery and an instrument of ten strings will I sing praises unto Thee.” Psalm 144:9

“Awake up, my glory; awake, psaltery and harp: I myself will awake early.” Psalm 57:8

Harp music was used in worship, prayer, meditation, healing and deliverance. The gentle soothing sound of the harp brings physical and emotional healing. Saul was advised by his servants in 1 Samuel 16:16, “to seek out a man, who is a cunning player on an harp: that he shall play with his hand” and make him feel better. So David played the harp for King Saul when he was in despair and torment, and he was refreshed and well, and the evil spirit departed from him.

David, as a shepherd boy, must have spent a lot of time in the field, looking after the sheep and playing his harp. He most probably used it for meditation, to bring inner peace and harmony between himself, God and nature.

Harp music will continue through eternity in the church restored in heaven and in the New Earth.

“And when He had taken the book, the four beasts and the four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.” Revelation 5:8. “And

I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps.” Revelation 14:2

When we meet Jesus we will be presented with harps to play, and sing, glorifying God and Jesus the Lamb.

“Before entering the city of God the Saviour bestows upon His followers the emblems of victory and invests them with the insignia of their royal state. The glittering ranks



are drawn up in the form of a hollow square about their King, whose form rises in majesty high above saint and angel, whose countenance beams upon them full of benignant love. Throughout the unnumbered host of the redeemed every glance is fixed upon Him, every eye beholds His glory whose 'visage was so marred more than any man, and His form more than the sons of men.' Upon the heads of the overcomers Jesus with His own right hand places the crown of glory. For each there is a crown, bearing his own 'new name,' and the inscription, 'Holiness to the Lord.' In every hand are placed the victor's palm and the shining harp. Then, as the commanding angels strike the note, every hand sweeps the harp strings with skillful touch, awaking sweet music in rich, melodious strains. Rapture unutterable thrills every heart, and each voice is raised in grateful praise: 'Unto Him that loved us, and washed us from our sins in His own blood, and hath made us kings and priests unto God and His Father; to Him be glory and dominion for ever and ever.' —*Our Father Cares*, p. 61–62

Many of us here on Earth cannot play an instrument or read music. But if we prove faithful to God we will be given our own shining harp to play in heaven and we WILL know how to play it! What a beautiful scene that will be! Let us strive to make this scene a reality. Let us put ourselves aside and let God guide in our lives so that one day we may be part of that great and victorious group who will sing and glorify God in heaven. Amen.

Michael C. Newby

The Horn

The Hebrew name for the horn or the trumpet is the shofar, specifically a cornet, curved horn, or trumpet.

According to the Talmud, the shofar can be made of the horns of various animals, including the sheep, both domestic and wild goats, the antelope, the gazelle, and of course, the ram. The sound of the horn was like a cutting blast that awakens or calls to attention.

Along with the harp, the horn is the most spoken of musical instrument in the Bible. While the harp was used to calm and soothe the spirit, the shofar or horn was, and is still constantly used, to grab hold of the attention and spirit of the people. The harp is a consoler, while the horn is a preparer.

The horn was used in Biblical times for various occasions ranging from calling the armies together to signaling death.

The Israelites used this instrument to tell their soldiers to

go into battle. There are several times in the Bible when the Israelites used the horn or trumpet in war. "And it came to pass on the seventh day, that they rose early about the dawning of the day, and compassed the city, after the same manner seven times: only on that day they compassed the city seven times. And it came to pass at the seventh time, when the priests blew with the trumpets, Joshua said unto the people, Shout; for the LORD hath given you the city. So the people shouted when the priests blew with the trumpets: and it came to pass, when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat, so that the people went up into the city, every man straight before him, and they took the city." Joshua 6:15–16, 20

Also, Gideon used the horn in war. Sister White writes, "In the dead of night, at a signal from Gideon's war horn, the three companies sounded their trumpets; then, breaking their pitchers and displaying the blazing torches, they rushed upon the enemy with the terrible war cry, 'The sword of the Lord and of Gideon.'" —*Patriarchs and Prophets*, p. 550

Moses called the people to attention to prepare to appear before the Lord at Mount Sinai. The story tells us that on the third day, the voice of the trumpet was heard, summoning the people to meet with God, and they trembled.

The sound of the trumpet is a warning call, a call to prepare. As people of God, we are called to sound the trumpet, to awaken the people and bring them to salvation.

"Cry aloud, spare not, lift up thy voice like a trumpet, and show My people their transgression, and the house of Jacob their sins." Isaiah 58:1

We, too will be summoned to meet our Creator when He comes in the clouds of heaven by the sound of the trumpet. Will we tremble? Will we fear? Or will we be happy, glad that we will finally spend eternity with Jesus? "Then shall

appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory. And He shall send His angels with a great sound of a trumpet, and they shall gather together His elect from the four winds, from one end of heaven to the other." —*Testimonies for the Church*, vol. 8, p. 74

It is my wish and prayer that, unlike the Midianites, who were sleeping and were startled at the sound of the trumpet, that we may be glad and ready when the trumpet sounds, calling us to meet our Saviour in the clouds. Amen. **Stephen Newby**





2012 GRADUATION – BAMI, KENYA

Front row L to R: Orondo, Graduation Secretary; Ouma, Graduation MC; O. Kyalo-BAMI Teacher; D. Kimeu-BAMI Teacher; Pastor B. Fue, Officiating; Pastor Sevith Moyo-Director/Teacher; Pastor Mbaka, Kenya Union Secretary; Brother Peter Omwoyo, Kenya Union Treasurer.

First row standing L to R: Kamanga-Malawi; Nsengimana- Rwanda; Dyness-Malawi; Etongwe- Cameroon; Kasiwa- Kenya; Isaac Moyo- Malawi; Molatela-RSA; Conduah-Ghana; Damascius-Rwanda;

Back row standing, L to R: Tesfaye- Ethiopia; Chilewani- Malawi; Irakoze- Burundi; Issa Diallo- Guinea; Bentu- Nigeria; Anacoura- Seychelles; Madzalo-Malawi.

Special thanks to the following: The GC; Pastor and Sister Idel Suarez; Sisters Leila and Edda, Canadian brothers and sisters for their contributions; Sister Elizabeth; Kasiwa family; Madisha and Morudu families of RSA; Burundi and Rwanda fields; Seychelles; Tanzania; Zambia; and Brother Bob Bowman of New Zealand, and those that I have not mentioned. Lastly, I wish to thank Kenyans for having opened their doors to the students during their field work practices.

We appeal to you all to continue supporting BAMI especially in sponsoring students who are unable to sponsor themselves, but wish to prepare themselves to serve God better.

We are now in the process of enrolling the 2013/2014 intake. Send your applications quickly, while limited vacancies still exist.

Your brother in Christ,
Sevith Moyo

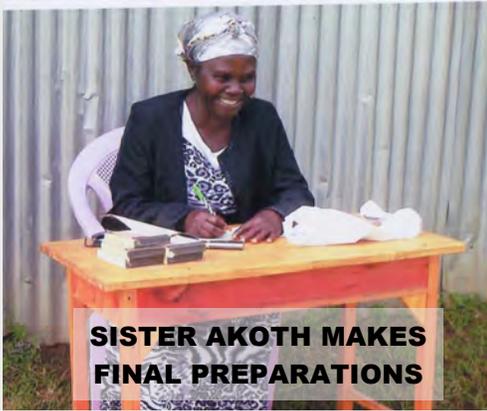
Sabbath in London, Canada

On Sabbath, October 20th, 2012 in the London church we had visitors from Mississauga as well as Br. Chester Cosby with his family, from Detroit. We had fellowship together in London as we worshipped the Lord together. We received God's blessings both in our Sabbath School Lesson and the Divine Service. In the afternoon the children praised the name of the Lord with songs. The brethren gave their experiences. Bible encouragements was the theme of the afternoon meeting. The message we received on Sabbath morning was about the importance of Matthew 24 for God's people. Sister White speaks about it as having major importance and she encourages the Ministers and Bible workers to bring it before the people. Luke 21 and Mark 13 complement each other and help us to understand Matthew 24 in the context in which Jesus explained it to His disciples.

We should be thankful to the Lord for giving us time still to prepare for His soon returning. May the Lord bless us as we approach the end of time, is my prayer.

See more photos opposite page





SISTER AKOTH MAKES FINAL PREPARATIONS



STUDENTS PRESENT POEMS AND PLAYS



END OF SCHOOL YEAR 2012 OKOK AT BETHEL ACADEMY, KENYA



GRADUATING PUPILS



ABOVE: BROTHER NASHON ADDRESSES PARENTS, TEACHERS, VISITORS, AND PUPILS.

LEFT: TOP FOUR STUDENTS IN ACADEMIC PERFORMANCE



SABBATH IN LONDON



ABOVE: CONFERENCE IN EDMONTON, CANADA NOVEMBER 24, 2012



Who Shall Go For Us?

**Ripe, surely ripe is the field world over;
Amazingly, utterly amazing, far and near work isn't over!
Pilgrims, O saints, gathering before us is Storm of Storms!
Woe to us! Lo, the Enemy's dark cloud forms!**

Whom shall we send?

**Shall complacency and indifference ever end?
Terrible times are coming—yet great power has our King.
As those in Heaven behold, saints march, sing, war and win.**

**O saints, the Creator's heritage, ignorance and procrastination yields danger!
Recall now, and ever cherish wisdom of One in the manger.**

**Now, stand up amidst this apostasy, and be counted!
Great, fearful changes 're pending; yet by faith saints won't be haunted.**

Who shall go for us?

**All 're busy; but God hasn't intended it thus.
Eleventh hour labourers—where 're you?
Into line come now, before He pronounces a woe!**

Elder ORBERT GWIZA, Zimbabwe